Aisling Centre Company Limited

Northern Ireland · Charity number 101096

Details

Known as	Aisling Centre
Status	Received
Registered	2015-02-04
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	Aisling Centre 37 Darling Street Enniskillen Co Fermanagh Bt74 7dp BT74 7DP
Phone	028 66 325811
Email	info@theaislingcentre.com
Website	www.theaislingcentre.com

Activities

Purposes: The Charity's objects ("Objects") are to promote good mental health and emotional well-being in Northern Ireland, and in particular for the people of County Fermanagh and the surrounding area, through the provision of a professional counselling and psychotherapy service, support groups/services, complementary therapies, befriending, educational and social programmes/groups /networks and advice and information.

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

How the charity works: Advice/advocacy/information,Counselling/support,Education/training

Who the charity helps: Children (5-13 year olds),General public,Mental health

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£508,522	£507,385	£-6,290	11

Downloaded from opencharities.uk/ni/101096

Trustees

Name	Role	Appointed
Dr Aideen Mcginley		
Mr Iain Kennedy		
Mr Marshal Coalter		
Mr Richard Smith		
Mrs Alison Annan		
Mrs Roberta Hamilton		
Ms Deirdre Kane		
Ms Grainne Scott		
Ms Maeve Devlin		
Ms Monica Corrigan		

Downloaded from opencharities.uk/ni/101096

Aisling Centre Company Limited

Northern Ireland - Charity number 101096

Accounts

Registration number NI027011

Charity Number: NIC101096

Aisling Centre Company Limited
Company Limited by guarantee

Directors' report and financial statements

for the year ended 31 March 2025

Aisling Centre Company Limited

Company limited by guarantee

Contents

	Page
Directors' report	1-5
Auditors' report	6-8
Statement of Financial Activities	9
Statement of Financial Position	10
Notes to the financial statements	11-18

Aisling Centre Company Limited
Company limited by guarantee
Directors' report
for the year ended 31 March 2025

The Directors are pleased to present their annual report and the financial statements of the charity for the year ended 31st March 2025.

Reference and administrative details

Charity Number	NIC101096 The charity is constituted as a company limited by guarantee as per the Memorandum of Association.
Registered Number	NI027011
Registered Office	37 Darling Street Enniskillen Co. Fermanagh BT74 7DP
Auditors	MacNeary, Rasdale & Co. Ltd Chartered Accountants Wellington House 30 Darling Street Enniskillen Co. Fermanagh
Bankers	A.I.B. Bank 2-4 East Bridge Street Enniskillen Co. Fermanagh

Directors & Senior Staff members

The directors of the charitable company (the charity) are its trustees for the purpose of charities and throughout this report are collectively referred to as the Directors.
The directors serving during the year and since the year end were as follows:

Directors	Ms Alison Annan (Chairperson) Ms Deirdre Kane (Vice-Chairperson) Mr Marshall Coalter (Secretary) Ms Monica Corrigan (Treasurer) Ms Roberta Hamilton Ms Grainne Scott Mr Richard Smith Mr Iain Kennedy Dr Aideen McGinley Ms Maeve Corrigan
Company Secretary *Senior Staff Members*	Mr Marshall Coalter Ms Bridie Sweeney (Service Director) Mr John Bennett (Clinical Lead) Ms Patricia Kelly (Admin/facilities Manager)

Aisling Centre Company Limited
Company limited by guarantee

Directors' report
for the year ended 31 March 2025

Structure, Governance and Management

Governing Document

Aisling Centre Co Ltd was incorporated as a Company Limited by Guarantee in 1992 with a registration number of NI 027011.
The Articles of Association (governing document of the Aisling Centre) were updated in May 2014. The revised document was sent to the Charities Commission for NI and consent to amend received on 10th July 2014. They were also sent to the Companies House for approval in September 2014.
The Aisling Centre was approved for registration as a charity with the Charity Commission for NI on 4th February 2015, with a registration number of NIC 101096.
The Aisling Centre objects are - to promote good mental health and emotional well-being in Northern Ireland, and in particular for the people of Co Fermanagh and the surrounding area, through the provision of a professional counselling and psychotherapy service, support groups/services, complimentary therapies, befriending, education and social programmes/groups/networks and advice and information.

Appointment of directors

The number of Directors shall be not less than five or more than twelve.
Quorum for meetings is one half of all members entitle to vote upon the business to be transacted
One third (or the number nearest one third) of the Directors must retire at each AGM, those longest in office retiring first. A retiring Director shall be eligible for re-election.
Membership is open to other persons (aged 18+) who are invited to become members of the Charity by the Directors and apply to the Charity in the form required by the Directors.
Length of service for Directors is four terms (five in exceptional circumstances) while post holders - Chairperson, Vice-chairperson and Secretary - may serve no more than two consecutive three-year terms.
The AGM will be held on 29th October 2025

Directors' induction and training

New Board members receive induction training. A policy is in place covering training for Directors.

Organisation

The Board of Directors normally meets bi-monthly and holds a minimum of 6 meetings per year one of which is an AGM.

The key role of the Directors is to work collectively to set the strategic direction for the organisation and ensure there is proper oversight of the company in all its business and act as trustees of the charity. The Directors are responsible for ensuring that the company is legally and fiscally compliant.

However, it is important to note that the role of the Directors is to ensure that proper oversight is in place rather than to try to be active in these areas directly. The Board can and does delegate authority to sub-committees, working groups, and employees but it always retains overall responsibility. It may also engage external advisors such as the company auditors to ensure compliance.

Organisation (continued)

The duties of the company directors are to;
-Set and protect the values and principles by which the Aisling Centre operates;
-Set the Strategic direction for the work of the Aisling Centre;
-Ensure that the Aisling Centre has the resources in place to carry out its work according to set plans/programmes and that the company structures and systems also facilitate this;
-Ensure that all key stakeholders have input that is appropriate to their relationship with the Aisling Centre;
-Ensure that human resource issues are dealt in line with legal and contractual obligations and that staff are adequately supported to carry out their work;
-Ensure that the organisation complies with all legal and other requirements related to its status as a charity and a company (including AGM; Annual Accounts and Annual Report);
-Work collectively for the good of the Aisling Centre as a team that respects difference and strives to find consensus.

Related parties

Company Directors - A number of directors made regular donations to the charity during the year. Details of these transactions are outlined further at note 15. There were no other transactions during the year between the charity and the directors.

The Sisters of Mercy transferred ownership of the property at 37 Darling Street to the Aisling Centre in June 2022. They also formally withdrew from any role in the Charity and the Articles of Association were amended to reflect this change in October 2023.

Risk Management

-Risks to Directors, staff, clients and members of the public are covered by robust directors, employers and public liability insurances.
-Risk to children or adults at risk of harm are mitigated by the carrying out of appropriate ACCESS NI checks for all staff and volunteers. This is supported by regular updates of safeguarding training.

As a not-for-profit organisation very dependent on external funding and community support, financial sustainability is an on-going challenge. Directors are ever aware of their governance responsibilities and a reserve fund is maintained so that in the unlikely event that the charity had to close the Directors would be in a position to honour redundancy payments and other legal and moral obligations.

Risks of misappropriation of funds are managed through financial policies and procedures including a fraud policy and the annual external audit of accounts.
Risk management policies and procedures are in place and are reviewed regularly.

Aisling Centre Company Limited
Company limited by guarantee

Directors' report
for the year ended 31 March 2025

Objectives and activities

Vision/Dream – Positive mental health and emotional well-being for all
Mission – To provide opportunities for hope, healing and growth in a welcoming and supportive environment.
Principles/ Values – providing a safe, welcoming and confidential environment.Non-judgemental, Inclusive and inclusive of all working collaboratively with others to achieve shared objectives sensitivity to current and emerging needs.

Current Well-Being and Life Learning Programmes and Services
- Counselling, Psychotherapy & Play Therapy
- Complimentary Therapies
- Mindfulness Meditation
- Support Groups
- Stress Management
- Personal Development
- Confidence Building
- Critical Incident De-briefing
- Education, Awareness Raising & Community Support

The centre also acts as a hub from which a range of statutory and community/voluntary provides offer a range of services and supports aimed at promoting positive mental health.

Achievements and Performance

Despite the impact of an increasingly challenging funding environment, the charity has managed to maintain a high level of service provision. To meet the growing demand a 3-year lease was secured on the adjoining building (Number 39 Darling Street) February 2023, at a very competitive rent.

As always the fundraising sub-committee with the support of fellow Directors have delivered on a very successful fundraising strategy. Fundraising income this year is £87,530..

The financial statements show a net surplus in revenue funds of £1,137 for the year.
Previous funders have been secured for another year, funding from VSS, Western Health and Social Care Trust, BBC CIN, SJOG and NRA has been secured until March 2026.

Financial Review

Overall the Directors feel that the Charity has performed adequately in the year. Despite the increasingly difficult funding climate the Board of Directors have managed to maintain a sound financial basis. This has been achieved through a very proactive and focused approach in the implementation of a successful fundraising strategy, continuous review of over-heads and the introduction of cost saving measures.
The Directors have also been able to ensure that core funding has been retained into the coming year.

Future objectives of the charity

The Aisling Centre is, and always has been, dedicated to the promotion of positive mental health and emotional well-being. The Directors strive to ensure that the Centre continues to be well placed to deliver a professional and accountable service in this very challenging time of austerity.

Strategic Aims

1. To promote positive mental health and emotional well-being for adults, young people and children in Co Fermanagh and the surrounding area through the provision of a professional counselling and psychotherapy and play therapy service.

2. To provide a range of additional activities that will enhance and complement the counselling and psychotherapy work of the Centre and give additional value to clients;

3. To ensure that the Aisling Centre is an effective, accountable, transparent and organisation that meets the requirements of all stakeholders.

Tax Status

The company is a charitable organisation, and as all surpluses are intended for charitable purposes, no Corporation Tax liability arises.

Auditors

The auditors, MacNeary, Rasdale & Co. Ltd, have indicated their willingness to continue in office, and a resolution concerning their reappointment will be proposed at the Annual General Meeting.

Statement of Relevant Audit Information

In the case of each of the persons who are directors of the company at the date when this report was approved:

(a) so far as each of the directors is aware, there is no relevant audit information (as defined in the Companies Act 2006) of which the company's auditors are unaware; and

(b) each of the directors has taken all the steps that he ought to have taken as a director to make himself aware of any relevant audit information (as defined) and to establish that the company's auditors are aware of that information.

Directors' Responsibilities Statement

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

In preparing these financial statements, the directors are required to: -

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP (FRS 102) ;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

By order of the board of directors

Marshall Coalter
Company Secretary,
29th October 2025.

Company limited by guarantee

Independent Auditors' Report to the Members of Aisling Centre Company Limited for the year ended 31 March 2025

Opinion

We have audited the financial statements of Aisling Centre Company Limited for the year ended 31 March 2024 which comprise statement of financial activities (including income and expenditure account), statement of financial position and notes to the financial statements, including a summary of 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 company's affairs as at 31st March 2025;
- Have been properly prepared in accordance with the United Kingdom General Accepted Accounting Practice;
- Have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standard 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 in accordance with the ethical requirements that are relevant to our audit of the financial statement 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 director's 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 Company'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 directors 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 directors are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, 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 is 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.

Independent Auditors' Report to the Members of Aisling Centre Company Limited for the year ended 31 March 2025

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- Adequate accounting records have not been kept by the company, or returns adequate for our audit have not been received by us; or
- The company financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of directors' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit.

Responsibilities of directors

As explained more fully in the directors' responsibilities statement, the directors 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 directors 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 directors are responsible for assessing the company'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 directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

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.

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 fraud is detailed below.
We obtained an understanding of the legal and regulatory framework applicable to the company through enquiry of management, sector research and the application of cumulative audit knowledge. We identified the following principal laws and regulations relevant to the company - Companies Act 2006, Charities Act (Northern Ireland) 2008 and the 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)
We developed an understanding of the key fraud risks to the entity (including how fraud might occur) the controls in place to help mitigate those risks, and the accounts balances and disclosures within the financial statements which may be susceptible to management bias. Our understanding was obtained through review of the financial statements for significant accounting estimates, analysis of journal entries, walkthrough of the key controls cycles in place and enquiry of management.

Our procedures to respond to those risks identified included, but were not limited to:

Enquiry of management, and the entity's solicitors around actual and potential litigation and claims.

Enquiry of management to identify any instances of non compliance with laws and regulations.

Reviewing minutes of meetings of those charged with governance.

Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

Auditing the risk of management overrides of controls, including through testing journal entries and other adjustments for appropriateness and evaluating the business rationale of significant transactions outside the normal course of business.

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 available on the FRC's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditors report.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the company's members, as a body, in accordance with Chapter 3 of Part 16 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 auditors 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.

.....

Anthony Rasdale (Senior Statutory Auditor)

For and on behalf of
MacNeary, Rasdale & Co. Limited
Chartered Accountants & Statutory Auditor
Wellington House
30 Darling Street
Enniskillen
Co. Fermanagh

Date: 29th October 2025

The Aisling Centre Company Limited

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDIING INCOME & EXPENDITURE ACCOUNT)

	Note	2025 Unrestricted Funds £	2025 Restricted Funds £	2025 Total Funds £	2024 Total Funds £
INCOME					
Donations & Gifts	4 (a)	87,530	0	87,530	94,051
Charitable Activities	4 (a)	220,409	193,696	414,105	382,070
Investment Income	4 (a)	6,887	0	6,887	4,251
Total Income		314,826	193,696	508,522	480,372
EXPENDITURE					
Expenditure on Charitable Activities	5	(313,689)	(193,696)	(507,385)	(500,183)
Total Expenditure		(313,689)	(193,696)	(507,385)	(500,183)
Net Income (Deficit)		1,137	0	1,137	(19,811)
Net Movement in Funds		1,137	0	1,137	(19,811)
Total Funds brought forward		125,819	102,372	228,191	259,504
Total Carried Forward : Revenue		126,956	102,372	229,328	228,191
Total Carried Forward : Capital		0	1,648,238	1,648,238	1,681,875

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

The Aisling Centre Company Limited

STATEMENT OF FINANCIAL POSITION

	Note	2025 Total Funds £	2024 Total Funds £
FIXED ASSETS			
Tangible Fixed Assets	9	1,666,000	1,700,000
CURRENT ASSETS			
Debtors	10	6,290	22,099
Cash at Bank & in Hand		292,741	222,274
TOTAL ASSETS		1,965,031	1,944,373
Creditors : Amounts falling due within one year	11	(26,624)	(18,432)
Total Assets less current Liabilities		1,938,407	1,925,941
Deferred Income		(60,841)	(15,875)
Net Assets		1,877,566	1,910,066
FUNDS OF THE CHARITY			
Unrestricted Revenue Funds		126,956	125,819
Restricted Capital Funds		1,648,238	1,681,875
Restricted Revenue Funds		102,372	102,372
Total Charity Funds	13	1,877,566	1,910,066

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

The financial statements were approved and authorised for issue by the Board on 29.10.2025 **and signed on its behalf by:**

Alison Annan (Chairperson) Alison Annan

Marshall Coalter (Secretary) Marshall Coalter

1. General information

The charity is a private company limited by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, "The Financial Reporting Standard applicable in the UK and the Republic of Ireland", the 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) (Charities SORP) (FRS 102).

3. Accounting Policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity's ability to continue in operational existence for the foreseeable future and the Directors continue to adopt the going concern basis of accounting in preparing the financial statements.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the directors to further any of the charity's purposes.

Restricted funds are subject to restrictions on their expenditure declared by the donor.

Incoming Resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows: -

Fixtures and Fittings	-	20% straight line
Plant and machinery	-	20% straight line

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2025

4(a). Analysis of income

		Unrestricted Funds	2025 Total	2024 Total
		£	£	£
Gifts, Donations and Fundraising		87,530	87,530	94,051
Bank & Building Society Deposit Interest		6,887	6,887	4,251
Charitable Activities : Unrestricted				
	Room Hire	53,184	53,184	51,015
	Counselling	150,538	150,538	178,023
	St John of God	10,000	10,000	10,000
	Program Income	5,687	5,687	17,976
	Miscellaneous Small Grants	1,000	1,000	12,625
	Total Unrestricted Income	**314,826**	**314,826**	**367,941**

4(b). Analysis of grant income received

	Restricted Fund Income	2024 Total	2024 Total
	£	£	£
Analysis of incoming resources from restricted funds			
Sisters of Mercy Grant	15,000	15,000	6,793
Forget me not Funding	2,200	2,200	2,200
NRA	3,667	3,667	4,000
BBC Children in Need Grant	29,931	29,931	7,249
Fermanagh & Omagh District Council	1,323	1,323	3,855
St. James Place	10,000	10,000	0
Irish Youth Foundation	5,800	5,800	0
Screwfix	5,000	5,000	0
Victims Survivor Service Fund Grant	117,775	117,775	88,334
Fermanagh Trust	3000	3000	0
	193,696	193,696	112,431

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2025

5(a). Analysis of resources expended

	Charitable Expenditure	Governance	2025 Total	2024 Total
Analysis of resources expended for charitable activities	**£**	**£**	**£**	**£**
all direct expenses				
Staff Costs & Counselling Fees	238,772		238,772	299,519
Therapy and Program Costs	1,671		1,671	506
Postage, Stationery & Telephone	7,717		7,717	9,131
Fundraising Expenses	6,017		6,017	3,481
Light, Heat & Water Rates	7,408		7,408	10,350
Repairs, Maintenance & Cleaning	14,823		14,823	19,891
Insurance	4,082		4,082	7,582
Motor & Travel	361		361	769
Staff Training, H &Safety & Professional Development	4,180		4,180	5,541
Rent	14,500		14,500	18,047
Depreciation	34,000		(34,000)	(0)
Capital Grant Release	(33,637)		(33,637)	(0)
Legal & Professional Fee	6,241		6,241	7,451
Audit	0	3,000	3,000	2,900
Other Expenses	4,554		4,554	2,618
	310,689	3,000	313,689	387,786

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries.
Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity, namely audit fees.

5(b). Analysis of resources expended for grant purposes

	Resources for grant expended	2025 Total	2024 Total
Analysis of restricted grant expenses			
Counselling Cost contribution - Sisters of Mercy	15,000	15,000	6,743
BBC Children in Need	29,931	29,931	7,250
Victims Survivor Service Fund	117,775	117,775	87,986
St. James Place: Staff Costs	10,000	10,000	0
Irish Youth : Counselling	5,800	5,800	0
Screwfix: Maintenance	5,000	5,000	0
Fermanagh Trust: Maintenance	3,000	3,000	0
Fermanagh & Omagh D.Council: Light & Heat	1,023	1,023	3,904
Fermanagh & Omagh D.Council: Vol. Expenses	300	300	0
NRA Expenses	3,667	3,667	4,314
Forget me not : Project Costs	2,200	2,200	2,200
	193,696	193,696	112,397

6. Net incoming resources for the year

	2025 £	2024 £
This is stated after charging:		
Auditors Remuneration	3,000	2,900
Depreciation	34,000	0
Release of Capital Reserve	(33,637)	0

7. Staff Costs

No employee received emoluments of more than £60,000.

The total staff costs of the company during the year are noted below. The staff costs disclosed in the account have been reduced as they have been partially funded by a number of grants.

	2025 £	2024 £
Wages & Salaries	240,799	237,041
Employers Social Security Costs	19,451	12,440
Employers Pension Costs	18,775	18,215
	279,025	267,696

The average number of employees during the year was 13 (2024, 13 employees)

Amounts of Staff Costs Funded by Grant Assistance

	2025 £	2024 £
BBC Children In Need Grant	26,835	6,028
Victims Survivor Service Fund Grant	80,179	61,666
St. James Place	10,000	0

8. Emoluments of Directors

No director or member received any remuneration from the company during the year (2024: £Nil).

9. Tangible Fixed Assets

	Building Darling St. £	Plant & Machinery £	Fixtures & Fittings £	Total £
Cost: / Valuation				
At 31 March 2024	1,700,000	121,107	6,052	1,827,159
Additions	0	0	0	0
Disposals	0	0	0	0
At 31 March 2025	1,700,000	121,107	6,052	1,827,159
Accumulated Depreciation:				
At 31 March 2024	0	121,107	6,052	127,159
Charge for the year	34,000	0	0	34,000
At 31 March 2025	34,000	121,107	6,052	161,159
Net Book Value:				
At 31 March 2025	1,666,000	0	0	1,666,000
At 31 March 2024	1,700,000	0	0	1,700,000

10. Debtors and Prepayments

	2025 £	2024 £
Trade Debtors	5,178	22,099
Sundry Debtors & Prepayments	1,112	0
	6,290	22,099

11. Creditors : Amounts falling due within one year

	2025 £	2024 £
VISA	135	225
Sundry Creditors & Accruals	26,489	18,207
	26,624	18,432
Deferred Income	60,841	15,875

12. Provisions for liabilities and charges

There are no provisions for liabilities and charges in the current or previous year.

13. Total Funds of the Charity

There was no fund transfer between restricted and unrestricted funds within the year.

	2025 Total Fund £	2024 Total Fund £
Balance of Revenue unrestricted funds at 1 April 2024	125,819	145,664
Surplus (Deficit) allocated to unrestricted reserves	1,137	(19,845)
Balance of Revenue unrestricted funds at 31 March 2025	126,956	125,819
Balance of Revenue restricted funds at 1 April 2024	102,372	102,338
Surplus (Deficit) for year	0	34
Balance of Revenue restricted funds at 31 March 2025	102,372	102,372
Balance of Capital Restricted Funds as at 01.04.2024	1,681,875	1,681,875
Release to Revenue Unresticted reserve	-33,637	0
Balance of Restricted Capital Reserve as at 31.03.2025	1,648,238	1,681,875
Total funds both restricted and unrestricted at 31 March 2025	1,877,566	1,910,066

14. Cash Flow Statement

Under the provisions of Financial Reporting 102, the company is permitted to prepare annual accounts which exclude a Cash Flow Statement.

15. Related Party Transactions

The directors are related parties. Each of the directors has listed their pecuniary interests The only transactions between the charity and the directors during the period, were donations made by Ann McDermott, Aideen McGinley and Roberta Hamilton to the charity. These directors have set up a standing order to make a monthly donation to the charity. Additionally, Bridie Sweeney , the centre co-ordinator also makes regular donations to the charity.

16. Limited by guarantee

Aisling Centre Company Limited is a company limited by guarantee and accordingly, does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of it being would up while he or she is a member, or within one year after he of she ceases to be a member.

Aisling Centre Company Limited

Northern Ireland - Charity number 101096

Accounts

Original
do not remove from file

Registration number NI027011
Charity Number: NIC101096

Aisling Centre Company Limited
Company Limited by guarantee

Directors' report and financial statements

for the year ended 31 March 2024

Aisling Centre Company Limited

Company limited by guarantee

Contents

	Page
Directors' report	1-5
Auditors' report	6-8
Statement of Financial Activities	9
Statement of Financial Position	10
Notes to the financial statements	11-18

Aisling Centre Company Limited
Company limited by guarantee
Directors' report
for the year ended 31 March 2024

The Directors are pleased to present their annual report and the financial statements of the charity for the year ended 31st March 2024.

Reference and administrative details

Charity Number	NIC101096 The charity is constituted as a company limited by guarantee as per the Memorandum of Association
Registered Number	NI027011
Registered Office	37 Darling Street Enniskillen Co. Fermanagh BT74 7DP
Auditors	MacNeary, Rasdale & Co. Ltd Chartered Accountants Wellington House 30 Darling Street Enniskillen Co. Fermanagh
Bankers	A.I.B. Bank 2-4 East Bridge Street Enniskillen Co. Fermanagh

Directors & Senior Staff members

The directors of the charitable company (the charity) are its trustees for the purpose of charities and throughout this report are collectively referred to as the Directors.
The directors serving during the year and since the year end were as follows:

Directors	Ms Alison Annan (Chairperson) Ms Roberta Hamilton (Vice-Chairperson) Mr Marshall Coalter (Secretary) Mr Neville Armstrong (Treasurer) : (Retired October 2023) Ms Deirdre Kane Ms Grainne Scott Mr Richard Smith Mr Iain Kennedy Dr Aideen McGinley Dr Ann McDermot (Retired October 2023) Ms Monica Corrigan (Treasurer) : (Appointed October 2023) Ms Maeve Corrigan
Company Secretary *Senior Staff Members*	Mr Marshall Coalter Ms Bridie Sweeney (Service Director) Mr John Bennett (Clinical Co-ordinator) Ms Patricia Kelly (Facilities / Admin Manager)

Aisling Centre Company Limited
Company limited by guarantee

Directors' report
for the year ended 31 March 2024

Structure, Governance and Management

Governing Document

Aisling Centre Co Ltd was incorporated as a Company Limited by Guarantee in 1992 with a registration number of NI 027011.

The Articles of Association (governing document of the Aisling Centre) were updated in May 2014. The revised document was sent to the Charities Commission for NI and consent to amend received on 10th July 2014. They were also sent to the Companies House for approval in September 2014.

The Aisling Centre was approved for registration as a charity with the Charity Commission for NI on 4th February 2015, with a registration number of NIC 101096.

The Aisling Centre objects are - to promote good mental health and emotional well-being in Northern Ireland, and in particular for the people of Co Fermanagh and the surrounding area, through the provision of a professional counselling and psychotherapy service, support groups/services, complimentary therapies, befriending, education and social programmes/groups/networks and advice and information.

Appointment of directors

The number of Directors shall be not less than five or more than twelve.

Quorum for meetings is one half of all members entitle to vote upon the business to be transacted

One third (or the number nearest one third) of the Directors must retire at each AGM, those longest in office retiring first. A retiring Director shall be eligible for re-election.

Membership is open to other persons (aged 18+) who are invited to become members of the Charity by the Directors and apply to the Charity in the form required by the Directors.

There is no minimum/maximum length of time for Directors to serve on the Board but there are limitations on post holders - Chairperson, Vice-chairperson and Secretary - who may serve no more than two consecutive three-year terms. The AGM will be held on 27th November 2024

Directors' induction and training

New Board members receive induction training. A policy is in place covering training for Directors.

Organisation

The Board of Directors normally meets bi-monthly and holds a minimum of 6 meetings per year one of which is an AGM.

The key role of the Directors is to work collectively to set the strategic direction for the organisation and ensure there is proper oversight of the company in all its business and act as trustees of the charity. The Directors are responsible for ensuring that the company is legally and fiscally compliant.

However, it is important to note that the role of the Directors is to ensure that proper oversight is in place rather than to try to be active in these areas directly. The Board can and does delegate authority to sub-committees, working groups, and employees but it always retains overall responsibility. It may also engage external advisors such as the company auditors to ensure compliance.

Organisation (continued)

The duties of the company directors are to;

-Set and protect the values and principles by which the Aisling Centre operates;
-Set the Strategic direction for the work of the Aisling Centre;
-Ensure that the Aisling Centre has the resources in place to carry out its work according to set plans/programmes and that the company structures and systems also facilitate this;
-Ensure that all key stakeholders have input that is appropriate to their relationship with the Aisling Centre;
-Ensure that human resource issues are dealt in line with legal and contractual obligations and that staff are adequately supported to carry out their work;
-Ensure that the organisation complies with all legal and other requirements related to its status as a charity and a company (including AGM; Annual Accounts and Annual Report);
-Work collectively for the good of the Aisling Centre as a team that respects difference and strives to find consensus.

Related parties

Company Directors - A number of directors made regular donations to the charity during the year. Details of these transactions are outlined further at note 15. There were no other transactions during the year between the charity and the directors.

The Sisters of Mercy transferred ownership of the property at 37 Darling Street to the Aisling Centre in June 2022. They also formally withdrew from any role in the Charity and the Articles of Association were amended to reflect this change in October 2023.

Risk Management

-Risks to Directors, staff, clients and members of the public are covered by robust directors, employers and public liability insurances.
-Risk to children or adults at risk of harm are mitigated by the carrying out of appropriate ACCESS NI checks for all staff and volunteers. This is supported by regular updates of safeguarding training.

As a not-for-profit organisation very dependent on external funding and community support, financial sustainability is an on-going challenge. Directors are ever aware of their governance responsibilities and a reserve fund is maintained so that in the unlikely event that the charity had to close the Directors would be in a position to honour redundancy payments and other legal and moral obligations.

Risks of misappropriation of funds are managed through financial policies and procedures including a fraud policy and the annual external audit of accounts.
Risk management policies and procedures are in place and are reviewed regularly.

Aisling Centre Company Limited
Company limited by guarantee

Directors' report
for the year ended 31 March 2024

Objectives and activities

Vision/Dream – Positive mental health and emotional well-being for all
Mission – To provide opportunities for hope, healing and growth in a welcoming and supportive environment.
Commitment – Striving to meet professional and ethical service standard and adopting an evidence-based approach within a robust outcome measurement framework.
Principles/ Values – Confidential, respectful, empathic, supportive, non-judgemental and inclusive of all working collaboratively with others to achieve shared objectives sensitivity to current and emerging needs.

Current Well-Being and Life Learning Programmes and Services
- Counselling, Psychotherapy & Play Therapy
- Complimentary Therapies
- Mindfulness Meditation
- Support Groups
- Stress Management
- Personal Development
- Confidence Building
- Critical Incident De-briefing
- Education, Awareness Raising & Community Support

The centre also acts as a hub from which a range of statutory and community/voluntary provides offer a range of services and supports aimed at promoting positive mental health.

Achievements and Performance

Despite the impact of an increasingly challenging funding environment, the charity has managed to maintain a high level of service provision. To meet the growing demand a 3 year lease has been secured on the adjoining building (Number 39 Darling Street) at a very competitive rent.

As always the fundraising sub-committee with the support of fellow Directors have delivered on a very successful fundraising strategy. Fundraising income this year is £94,051.

The financial statements show a net deficit in revenue funds of £19,811 for the year.
Previous funders have been secured for another year, funding from VSS, Western Health and Social Care Trust and NRA has been secured until March 2025.

Financial Review

Overall the Directors feel that the Charity has performed adequately in the year. Despite the increasingly difficult funding climate and the impact of COVID - 19, the Board of Directors have managed to maintain a sound financial basis. This has been achieved through a very proactive and focused approach in the implementation of a successful fundraising strategy, continuous review of over-heads and the introduction of cost saving measures.
The Directors have also been able to ensure that core funding has been retained into the coming year.

Future objectives of the charity

The Aisling Centre is, and always has been, dedicated to the promotion of positive mental health and emotional well-being. The Directors strive to ensure that the Centre continues to be well placed to deliver a professional and accountable service in this very challenging time of austerity.

Strategic Aims

1. To promote positive mental health and emotional well-being for adults, young people and children in Co Fermanagh and the surrounding area through the provision of a professional counselling and psychotherapy and play therapy service.

2. To provide a range of additional activities that will enhance and complement the counselling and psychotherapy work of the Centre and give additional value to clients;

3. To ensure that the Aisling Centre is an effective, accountable, transparent and organisation that meets the requirements of all stakeholders.

Tax Status

The company is a charitable organisation, and as all surpluses are intended for charitable purposes, no Corporation Tax liability arises.

Auditors

The auditors, MacNeary, Rasdale & Co. Ltd, have indicated their willingness to continue in office, and a resolution concerning their reappointment will be proposed at the Annual General Meeting.

Statement of Relevant Audit Information

In the case of each of the persons who are directors of the company at the date when this report was approved:
(a) so far as each of the directors is aware, there is no relevant audit information (as defined in the Companies Act 2006) of which the company's auditors are unaware; and
(b) each of the directors has taken all the steps that he ought to have taken as a director to make himself aware of any relevant audit information (as defined) and to establish that the company's auditors are aware of that information.

Directors' Responsibilities Statement

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

In preparing these financial statements, the directors are required to: -

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP (FRS 102) ;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

By order of the board of directors

Marshall Coalter
Company Secretary 27th November 2024

Aisling Centre Company Limited
Company limited by guarantee

Independent Auditors' Report to the Members of Aisling Centre Company Limited for the year ended 31 March 2024

Opinion

We have audited the financial statements of Aisling Centre Company Limited for the year ended 31 March 2024 which comprise statement of financial activities (including income and expenditure account), statement of financial position and notes to the financial statements, including a summary of 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 company's affairs as at 31st March 2024;
- Have been properly prepared in accordance with the United Kingdom General Accepted Accounting Practice;
- Have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standard 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 in accordance with the ethical requirements that are relevant to our audit of the financial statement 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 director's 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 Company'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 directors 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 directors are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, 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 is 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.

Independent Auditors' Report to the Members of Aisling Centre Company Limited for the year ended 31 March 2024

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- Adequate accounting records have not been kept by the company, or returns adequate for our audit have not been received by us; or
- The company financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of directors' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit.

Responsibilities of directors

As explained more fully in the directors' responsibilities statement, the directors 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 directors 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 directors are responsible for assessing the company'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 directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

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.

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 fraud is detailed below.
We obtained an understanding of the legal and regulatory framework applicable to the company through enquiry of management, sector research and the application of cumulative audit knowledge. We identified the following principal laws and regulations relevant to the company - Companies Act 2006, Charities Act (Northern Ireland) 2008 and the 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)
We developed an understanding of the key fraud risks to the entity (including how fraud might occur) the controls in place to help mitigate those risks, and the accounts balances and disclosures within the financial statements which may be susceptible to management bias. Our understanding was obtained through review of the financial statements for significant accounting estimates, analysis of journal entries, walkthrough of the key controls cycles in place and enquiry of management.

Our procedures to respond to those risks identified included, but were not limited to:

Enquiry of management, and the entity's solicitors around actual and potential litigation and claims.

Enquiry of management to identify any instances of non compliance with laws and regulations.

Reviewing minutes of meetings of those charged with governance.

Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

Auditing the risk of management overrides of controls, including through testing journal entries and other adjustments for appropriateness and evaluating the business rationale of significant transactions outside the normal course of business.

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 available on the FRC's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditors report.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the company's members, as a body, in accordance with Chapter 3 of Part 16 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 auditors 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.

Anthony Rasdale (Senior Statutory Auditor)

For and on behalf of
MacNeary, Rasdale & Co. Limited
Chartered Accountants & Statutory Auditor
Wellington House
30 Darling Street
Enniskillen
Co. Fermanagh

27th November 2024

AISLING CENTRE COMPANY LIMITED
COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES (including Income & Expenditure account)
31 MARCH 2024

	Note	2024 Unrestricted Funds	2024 Restricted Funds	2024 Total Funds	2023 Total Funds
		£	£	£	£
Income					
Donations and gifts	4(a)	94,051	-	94,051	55,329
Charitable activities	4(a)	269,639	112,431	382,070	476,692
Investment income	4(a)	4,251	-	4,251	2,078
Total income		367,941	112,431	480,372	534,099
Expenditure					
Expenditure on raising funds:					
Costs of raising donations		-	-	-	-
Expenditure on charitable Activities	5	(387,786)	(112,397)	(500,183)	(545,601)
Total Expenditure		(387,786)	(112,397)	(500,183)	(545,601)
Net income/(deficit)		(19,845)	34	(19,811)	(11,502)
Net movement in funds		(19,845)	34	(19,811)	1,670,374
Total funds brought forward		145,664	102,338	259,504	259,504
Total Carried Forward: Revenue		**125,819**	**102,372**	**228,191**	**248,002**
Capital Reserve at 01.04.23 / 31.03.24		**-**	**1,681,875**	**1,681,875**	**1,681,875**

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

The Aisling Centre Company Limited
Company Limited by Guarantee
Statement of Financial Position
As At 31 March 2024

	Notes	Unrestricted/ Total Funds 2024 £	Unrestricted/ Total Funds 2023 £
Fixed assets			
Tangible fixed assets	9	1,700,000	1,700,000
Current assets			
Debtors	10	22,099	14,503
Cash at bank and in hand		222,274	233,971
		1,944,373	1,948,474
Creditors: amounts falling due within one year	11	(18,432)	(18,597)
Net current assets		225,921	229,877
Total assets less current liabilities		1,925,941	1,926,877
Deferred income		(15,875)	-
Net assets		**1,910,066**	**1,929,877**
Funds of the charity			
Unrestricted Revenue Funds		125,819	145,664
Restricted Capital Funds		1,681,875	1,681875
Restricted Revenue Funds		102,372	102,338
Total charity funds	13	**1,910,066**	**1,929,877**

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 and authorised for issue by the board 27th November 2024 and signed on its behalf by:

Alison Annan (Chairperson)

Marshall Coalter (Secretary)

1. General information

The charity is a private company limited by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, "The Financial Reporting Standard applicable in the UK and the Republic of Ireland", the 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) (Charities SORP) (FRS 102).

3. Accounting Policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity's ability to continue in operational existence for the foreseeable future and the Directors continue to adopt the going concern basis of accounting in preparing the financial statements.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the directors to further any of the charity's purposes.

Restricted funds are subject to restrictions on their expenditure declared by the donor.

Incoming Resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows: -

Fixtures and Fittings	-	20% straight line
Plant and machinery	-	20% straight line

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2024

4(a). Analysis of income

	Unrestricted Funds	2024 Total	2023 Total
	£	£	£
Gifts, Donations and Fundraising	94,051	55,329	55,329
Bank & Building Society Deposit Interest	4,251	2,078	2,078
Charitable Activities : Unrestricted			
Room Hire	51,015	51,015	54,698
Counselling	178,023	178,023	150,577
St John of God	10,000	10,000	10000
Fermanagh & Omagh District Council	0	0	2500
Program Income	17,976	17,976	4,097
Covid Support	0	0	0
Miscellaneous Small Grants	12,625	12,625	1,998
Furlough	0	0	0
Charities Aid Foundation	0	0	24,521
Charities Aid Foundation (Release of Deferred Income)	0	0	41786
Release of Deferred Income : Other	0	0	64,996
Total Unrestricted Income	**367,941**	**367,941**	**355,173**

4(b). Analysis of grant income received

	Restricted Fund Income	2024 Total	2023 Total
	£	£	£
Analysis of incoming resources from restricted funds			
Sisters of Mercy Grant	6,793	6,793	0
Forget me not Funding	2,200	2,200	2,200
NRA	4,000	4,000	4,000
BBC Children in Need Grant & Belfast Cathedral Sitout	7,249	7,249	12,318
Fermanagh & Omagh District Council	3,855	3,855	0
Victims Survivor Service Fund Grant	88,334	88,334	103,001
	112,431	112,431	121,519

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2024

5(a). Analysis of resources expended

Analysis of resources expended for charitable activities all direct expenses	Charitable Expenditure £	Governance £	2024 £	2023 Total £
Staff Costs & Counselling Fees	299,519		299,519	293,654
Therapy and Program Costs	506		506	3,208
Postage, Stationery & Telephone	9,131		9,131	17,986
Equipment	0		0	11,389
Light, Heat & Water Rates	10,350		10,350	12,705
Repairs, Maintenance & Cleaning	19,891		19,891	44,882
Insurance	7,582		7,582	5,853
Motor & Travel	769		769	805
Staff Training, H &Safety & Professional Development	5,541		5,541	5,440
Rent	18,047		18,047	0
Strategic Plan & Policy Reviews	0		0	6,280
Depreciation / (Write Back of Depreciation)	(0)		(0)	(5,072)
Legal & Professional Fee	7,451		7,451	2,490
Recruitment Costs	0		0	3,310
Audit	0	2,900	2,900	2,150
Other Expenses	6,099		6,099	8,520
	384,886	2,900	387,786	413,600

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries.
Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity, namely audit fees.

5(b). Analysis of resources expended for grant purposes

Analysis of restricted grant expenses	Resources for grant expended	2024 Total	2023 Total
Counselling Cost contribution - Sisters of Mercy	6,743	6,743	0
BBC Children in Need	7,250	7,250	17,342
Victims Survivor Service Fund	87,986	87,986	108,737
Fermanagh & Omagh D.Council: Repairs	3,904	3,904	0
NRA Expenses	4,314	4,314	4,000
Forget me not :Project Costs	2,200	2,200	1,922
	112,397	112,397	132,001

6. Net incoming resources for the year

This is stated after charging:	2024 £	2023 £
Auditors Remuneration	2,900	2,150
Depreciation	0	(5,072)

7. Staff Costs

No employee received emoluments of more than £60,000.

The total staff costs of the company during the year are noted below. The staff costs disclosed in the account have been reduced as they have been partially funded by a number of grants.

	2024 £	2023 £
Wages & Salaries	237,041	232,813
Employers Social Security Costs/ Pension	30,655	33,602
	267,696	266,415

The average number of employees during the year was 13 (2023, 14 employees)

Amounts of Staff Costs Funded by Grant Assistance

	2024 £	2023 £
BBC Children In Need Grant	6,028	14,526
Victims Survivor Service Fund Grant	61,666	81,854

8. Emoluments of Directors

No director or member received any remuneration from the company during the year (2023: £Nil).

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2024

9. Tangible Fixed Assets

Cost: / Valuation	Building Darling St. £	Plant & Machinery £	Fixtures & Fittings £	Total £
At 31 March 2023	1,700,000	121,107	6,052	1,827,159
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 March 2024	1,700,000	121,107	6,052	1,827,159
Accumulated Depreciation:				
At 31 March 2023	NIL	121,107	6,052	127,159
Charge for the year	-	-	-	-
At 31 March 2024	0	121,107	6,052	127,159
Net Book Value:				
At 31 March 2024	1,700,000	NIL	NIL	1,700,000
At 31 March 2023	1,700,000	NIL	NIL	1,700,000

10. Debtors and Prepayments

	2024 £	2023 £
Trade Debtors	22,099	9,114
Prepayments	0	5,389
	22,099	14,503

11. Creditors : Amounts falling due within one year

	2024 £	2023 £
VISA	225	610
Accruals	18,207	17,987
	18,432	18,597
Deferred Income	15,875	106,782

12. Provisions for liabilities and charges

There are no provisions for liabilities and charges in the current or previous year.

13. Total Funds of the Charity

There was no fund transfer between restricted and unrestricted funds within the year.

	2024 Total Fund £	2023 Total Fund £
Balance of Revenue unrestricted funds at 1 April 2023	145,664	146,684
Surplus (Deficit) allocated to unrestricted reserves	(19,845)	(1,020)
Balance of Revenue unrestricted funds at 31 March 2024	125,819	145,664
Balance of Revenue restricted funds at 1 April 2023	102,338	112,820
Surplus (Deficit) for year	34	(10,482)
Balance of Revenue restricted funds at 31 March 2024	102,372	102,338
Balance of Capital Restricted Funds as at 01.04.2023	1,681,875	0
Surplus allocated to Capital Reserve	0	1,681,875
Balance of Restricted Capital Reserve as at 31.03.2024	1,681,875	1,681,875
Total funds both restricted and unrestricted at 31 March 2024	1,910,066	1,929,877

14. Cash Flow Statement

Under the provisions of Financial Reporting 102, the company is permitted to prepare annual accounts which exclude a Cash Flow Statement.

15. Related Party Transactions

The directors are related parties. Each of the directors has listed their pecuniary interests The only transactions between the charity and the directors during the period, were donations made by Ann McDermott, Aideen McGinley and Roberta Hamilton to the charity. These directors have set up a standing order to make a monthly donation to the charity. Additionally, Bridie Sweeney , the centre co-ordinator also makes regular donations to the charity.

16. Limited by guarantee

Aisling Centre Company Limited is a company limited by guarantee and accordingly, does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of it being would up while he or she is a member, or within one year after he of she ceases to be a member.

Aisling Centre Company Limited

Northern Ireland - Charity number 101096

Annual report

Chairperson Report

An annual report is a time to stop and reflect on the past year…and this year 2023/24 has seen an ever-increasing demand on our services. We were delighted to secure a lease on the building next door which provided much needed extra counselling space. All against the background of a very challenging economic climate.

We could not provide our services without the continued support of our many funders and we thank them most sincerely. The generosity of the community, their unwavering support and fund-raising endeavors has been fantastic; marathons, tractor runs, bag-packs, carol services, personal donations, business and school events and other activities large and small.
Collectively all this support keeps us working at our current level. I would like to pay tribute to our own energetic fundraising sub-committee and the many volunteers who support then, your pro-activity has been excellent in helping meet financial demands.

It has also been a busy year in terms of staff changes and the implementation of our pilot counsellor mentoring programme. A new financial administrator has also been appointed. Conversely, we were very sorry to see the departure of experienced counsellors Helen, Nicholas, Rosemary and Zahada, who all made a valuable contribution to the team at Aisling Centre. We wish them well. In the coming year we will say a fond farewell to Joan, the longest serving member of the team as she and her fellow receptionist Fionnuala both look forward to retirement.

Strategic development is constantly under review by our board of directors and I am pleased to report that we have fulfilled all our core aims on target for this year. I would like to take this opportunity to thank my fellow board members for their support, hard work and commitment throughout the year and especially my vice-chairperson Roberta Hamilton who has now stood down from post in October 23, but remains a valued director and to welcome my new vice-chair Deirdre Kane.

We were delighted to welcome to the board two new directors, Monica Corrigan and Maeve Devlin. Both bring with them great skills and have already settled in well and are active in their roles, Maeve on the Fundraising Sub-Group and Monica Corrigan on the Finance Sub-Group. Monca is now the company treasurer having replaced Neville Armstrong who along with Dr Ann McDermott (former chairperson) stepped down from the board at our AGM in October 23. Both stalwarts gave long and sterling service in various roles to the work and ethos of Aisling.
The calm face of Aisling belies the enormous amount of activity within. We are very blessed with a very dedicated administrative and clinical team with complementary therapists under the direction of the management team, Bridie Sweeney, Service Director, John Bennett, Clinical Lead and Patricia Kelly, Admin Facilities Manager. Collectively it is thanks to all their hard work that Aisling Centre is held in such high esteem in the community.

It is a privilege to serve on the Board of Directors of Aisling Centre and be part of an organisation where the ethos has remained intact since its inception and the common thread is for hope, healing and growth for everyone who uses the services.

Alison Annan, Chairperson

Service Director Report

For the first time in the 13 years that I have worked in Aisling Centre I have not managed to have the annual report printed up in a glossy format in time for the AGM.

This does not sit easy with me, but it has made me sit back and reflect not just on the last year but the last decade. In that time our financial turnover has increased by 150% while still maintaining strong reserves. The number of counselling sessions has increased from an average of 2000 per year to 5000+ including outreach work. We are well on the way to establishing a vibrant and consistent well-being programme including the annual HHG event which is now in its eight year. We have an extremely active fund-raising sub-committee and other more recently established sub-groups. We have also developed a really strong community presence. At a practical level we have updated our management information systems, tightened our governance, refurbished the building and accessed new sources of income. In that time, we received the Queens Award, celebrated 25years of AC, appointed a Patron and a Life-time honorary member and had the honor of being gifted the building by the SOM. These are just some of the highlights that sit alongside the day-to-day operations of the Centre.

The world of charities has also changed in that time, mostly notably with the introduction of the NI charity commission of which we are a member. We are without doubt the most highly monitored sector both in terms of finance and outputs and that is only going to continue.

Funder requirements are increasing, sometimes it almost feels like quarterly, and while some of this can feel frustratingly like tick box exercises, it is for the most part welcome because it also increases accountability for the Organisation and offers protection to its staff and perhaps more importantly to our voluntary Board of Trustees.

We are living in financially challenging times and going forward we may have to make difficult decisions to make, like any small business we will have to cut our coat according to our cloth. But we have been here before. When I was interviewed for this job all those years ago, I was asked by Sr Edel how I would take the work of the Centre forward. I was aware that AC was in a time of change and ever cautious and with many years of community experience behind me I replied that my first steps would be to review and consolidate the crucial work of the Centre. And, as discussed at recent board meetings, following the growth of the last decade we are at that review and consolidate stage again. I look forward to working with the Board to progress this work in the New year.

As a small local charity Aisling Centre punches well above its weight. This dream of Aisling Centre is well and truly alive and vibrant thanks to a fantastic team effort from Directors, staff, sessional workers and volunteers, each playing an essential role.

I would like to record my thanks to everyone who supports my work year on year. To Alison and the board and most particularly John and Patricia who regularly go above and beyond.

Clinical Lead Report

Within this Annual Report, you will find a summary of the anonymous feedback provided by clients about their experiences at the Aisling Centre. Collected at the end of therapy, this feedback reflects the deep gratitude of those who embarked on a personal journey of self-exploration and growth - often discovering that their experience was quite different from what they had imagined at the outset. With hindsight, clients can appreciate the contrast between how they felt before counselling and the positive changes they experienced because of it. They reveal just how worthwhile it was to embrace the challenges of the process; of opening up, of confronting painful emotions, of revisiting difficult life events or making difficult changes in behaviour, relationships and thought patterns. Much like the athletes we watched during the Olympics, progress for our clients is often gradual, requiring patience, persistence, and commitment to the process, in the hope of life-changing rewards.

We understand that the counselling process begins long before a client arrives here, shaped by their lived experiences and often supported by the encouragement of family, friends, or medical professionals. Their feedback highlights the importance of the welcoming atmosphere first experienced at our reception and the sense of arriving in a safe and peaceful environment. In this space where confidentiality is paramount, clients can and do express their true selves without fear of ridicule or rejection - a place where they feel accepted, heard, understood, and free from judgment. It is here that we strive to offer hope, healing, and growth to every person who comes to the Aisling Centre.

The dedication and hard work of our staff, along with the generous giving of themselves by our volunteers, make what we do possible. When I read our feedback, I hope each one knows they have played an important part in affirming the value of our work. I also want to thank our independent Clinical Supervisors, who assist in overseeing the clinical work of our therapists, enhancing the quality of care and ensuring ethical integrity and professional competence.

Finally, this year, some of our own colleagues have faced significant personal challenges with quiet strength and resilience, serving as an inspiration to us all. We continue to extend our heartfelt support and gratitude to them.

John Bennett, Clinical Lead

Treasurer's Report

By way of introduction, this is my first report as Treasurer of Aisling Centre.
I joined the Aisling Centre Board of Directors in July 2023 and I was delighted to be appointed as the new Treasurer in October 2023.

Since joining the Board I have seen how beneficial Aisling Centre is to Fermanagh and how supportive of these services the people of Fermanagh and the wider community are.

As you can see from the accounts, we have continued to receive financial income from a range of funders, fundraising and personal and public donations and we thank everyone for their continued support. It is vital in enabling us to do the work we do. This year the fundraising committee have raised significant funds with the help of volunteers through a number of very successful events. The volunteers are essential to our success as they provide support to fundraising but also promote awareness of the Aisling Centre.

Unfortunately, due to the increasingly difficult economic climate, these efforts are more important than ever. Due to the challenges of financial sustainability faced by Aisling Centre, the Board have maintained a pro-active and focused approach on finances through the implementation of a successful fundraising review, continuous review of overheads and the introduction of cost saving measures throughout the year. Through these steps I am confident Aisling Centre can continue to thrive and operate as a facility to serve multiple needs within the community.

I commend this financial report.

Monica Corrigan, Director/Treasurer

Counselling Services

"The service is invaluable. You actually don't realise how much you really need it until you do it and such amazing staff so caring and helpful that you leave a much better version of yourself than when you arrived (albeit a little emotionally exhausted) but overall could not advocate more for the service going forward"

753 people attended counselling with a total of 6040 sessions of counselling offered.

"*There are many diverse clients within Aisling Centre, with many different presenting issues. The therapeutic relationship is fundamental with each and every client regardless of their presenting issue. It is the foundation for the counselling process. It provides a safe and trusting environment where clients can talk openly and freely in a safe and confidential space and develop autonomy as they actively participate in their own healing process."* Therapist

ADULT COUNSELLING SERVICE

Source of referrals

Self	33%
GP	42%
Other Health Professionals	14%
Other Statutory Services	04%
Misc. other	07%

" Aisling Centre is a wonderful service/ life-line for the many levels of distress/trauma people are experiencing"

"A Time of Great Confusion"

"I am very grateful for the service provided for me by the Aisling Centre. Without their help my condition would have been extremely difficult to manage. For the first time in my life, I had the opportunity to discuss and try to make sense of my condition.
When I first came for my counselling session, I felt fearful and full of anxiety, but this soon eased after my first meeting with my Counsellor. I felt that she had a great understanding and was able to help me to better understand myself during a time of great confusion in my life.
Without the service provided by the Aisling Centre I would have had to face my condition alone. These services, without any doubt in my mind, save lives, especially in a region that is desperately neglected and underfunded in terms of Mental Health Services.
I would like to thank the Aisling Centre and especially my Counsellor for the help I was provided".
Male, aged 30. Attended 12 Sessions.

Feedback

Overall Experience of the Service	
Excellent	92%
Good	5%
No Ans	3%

Support/Service Received	
Excellent	92%
Good	8%

Levels of Distress		
	Before	**After**
None	0.5%	18.5%
Mild	4%	58.5%
Moderate	21%	22%
High	74.5%	1%

Outcomes	
Feeling more positive about the future	98%
Identified improvement	96%

The Legacy of The Troubles

This case study is based on the experience of a lady, who was referred by her GP for issues in relation to anxiety and low mood. Middle aged, she worked in the caring profession. She also supported her husband, who due to a work injury was confined to home and suffered with depression. She was experiencing low mood and panic attacks, which were having a very restrictive and negative impact on her quality of life. She admitted that it was such a struggle for her to attend and had taken a lot of courage and effort for her to come and see me.

Listening to this lady whom I will call Carrie, I understood that she had lived with trauma in her early years. Creating a place of safety in the sessions was vital. The consistency of weekly meetings, where she felt no judgement, helped build trust which provided a safety also. Carrie's father had been in the security forces, she told me that fear had played a huge part in her experience as a child. She spoke about the trauma of having constant vigilance and an attempted attack on her father. She told me she had never spoken before about this experience. She started to see the impact which this had on herself and her family. She realised the trauma of her childhood had greatly influenced her and that of her own children. She started to understand how she had lived a life which was greatly restricted due to fear.

The demands of a caring role in work and at home, was beginning to wear her down. She realised that she never stepped out of this role and was surprised at the anger and resentment she felt. Carrie saw that she had lost a lot of who she was and had neglected her own needs in the process. She recognised also that she wasn't good at reaching out for help, just was "getting on

with it all". She began to look at getting help from others to give her the time and space she needed.

She spoke more of the night her dad was attacked, telling me she experienced constant flash backs. She had buried a lot. She told me she was easily triggered, especially by sound. Use of more creative techniques, sand tray and art as a part of sessions, helped Carrie to express what she couldn't put into words.

Slowly Carrie began to trust herself further as our sessions progressed. Reflecting on this, gave her confidence, most especially on the more difficult days. She admitted she found it difficult to deal with flash backs and we used grounding techniques to take her back to the here and now. Relaxation techniques also helped gain a sense of control of her anxiety. As we came to the end of our time together, we looked at support from other organisations as Carrie now felt able to address further the impact of her early life experiences.

Not "Feeling Himself"

37-year-old Will referred himself for counselling. Nervous and uncertain, this was the first time he had sought help with his emotional wellbeing, unsure whether he had 'done the right thing'. During assessment, Will conveyed that his usual struggles with low mood and lack of motivation had recently gotten worse and he had not been 'feeling himself' lately, reaching out for help in an effort to prevent this situation from getting worse. He was stuck in a 'dead-end' job he didn't enjoy but lacked confidence to apply for other positions. His anxiety was palpable in the room and he initially struggled to talk about himself, diverting into small talk about the town, other people etc. We spent several sessions building up trust and laying down a solid foundation and eventually were able to start peeling back the layers of Will's life, connecting past events with current difficulties.

As a young child, he had experienced the death by suspected suicide of a parent – something that was never talked about or processed in the family; there was no outlet for grief, confusion or anger. The remaining parent withdrew emotionally from Will and his sibling, meaning that he effectively lost both. From then on and into the present, he became a people pleaser, always looking out for everybody else's needs and neglecting his own. He learned to dismiss and detach from his emotions, a process that was never reversed. Alarmingly, Will had initially described his childhood as 'normal' and the parent's death as 'no big deal'. Throughout his formative years, he had felt 'other' and different – not wearing the right clothes, not being picked for football teams, labelled stupid for his dyslexia. He had internalised all and now, as an adult, had extremely low self-esteem, which I could sense when I was in his presence. Body posture, tone of voice, the struggle to keep eye contact all conveyed a sense of 'I'm sorry to take up space'. Will complained about the lack of respect from colleagues.

Initially appearing like a case of anxiety and depression, this case revealed itself to be complex, with significant childhood trauma, which the client himself had never acknowledged. Of the different approaches I used, Psycho-education was key. Validating the traumatic experiences of his child self and connecting them to current difficulties created important insights. This understanding seemed to bring some relief. We worked with the Inner Child, creating a felt sense

that the adult Will is now in a position to meet the needs of the child Will. Through role play, we also practiced how to act with greater confidence in daily life. A large sheet of paper served as a Vision Board, capturing the various 'ingredients' of a good life for Will.
There is much work that still needs doing, the 16 sessions we had are only the beginning. Our work gave Will the confidence to apply and interview for a different job and in our second last session he reported that he had been successful!

Evaluation Feedback

What worked well?
Client feedback was overwhelmingly positive about the service they received. They focused on the welcome and feeling of being safe, heard and supported.

"This is the first time ever doing this, thinking of a service like this before I wouldn't have been in favour of it but I'm so glad I did. This has helped me to become myself again and think of my future as it becoming a bright happy place"

The Welcome Received

"Lovely and calming environment, friendly and welcoming staff. Kind, empathetic, and empowering counsellor"
"Friendliness of staff, made it very easy to come back, welcoming"
"Staff are helpful, friendly and supportive"
"Excellent local service, easy to access and friendly/ confidential staff"
"I would like to thank each one and all of the staff of the Aisling Centre for their hard work and being there for me. I will never forget"
"Yet again I would like to thank everyone involved in providing the services in The Aisling Centre it has been the only proper support that I received throughout my journey of navigating my way through the health system to receive the help I needed"
"Aisling Centre offers an amazing service to our community. It is a beautiful, calming, peaceful environment. We are so blessed to have it. Staff are helpful, friendly and supportive"

The Safe Space

"Very calm atmosphere, nice waiting areas, a feeling of tranquillity"
"Very relaxing environment, use of essential oils brilliant"
"Aisling Centre offers an amazing service to our community. It is a beautiful, calming, peaceful environment. We are so blessed to have it"
"Peaceful, friendly surroundings along with professional counsellor"
"The actual counselling and the building atmosphere were very relaxing"
"I really enjoyed my sessions. The whole place is very relaxing and welcoming"

The Professional Service

"I love coming here each week to have a quiet safe space to offload. It has changed my life"
"Keep up the fantastic work you're all doing. This service has truly helped me in ways I couldn't have imagined"
"I was very grateful for the counselling I received and it certainly helped me at the time. The counsellor was very easy to talk to and she provided me with strategies which I still use"

"Discreet, professional and no fuss"
"Peaceful, friendly surroundings along with professional counsellor"

Being listened to without judgement

"Being able to talk to someone who listened and didn't judge"
"Worked well for me, I feel my voice got heard. I feel the pain is getting out of me"
"The space to talk and share my innermost turmoil. The kindness, compassion and understanding of my counsellor"
"Everything about my experience has been great and would have been lost without the service provided here"
"Helpful conversation, Compassion shown. Had a laugh!"

The benefits of having attending counselling

"Feel my mood has improved. Relationship within my family have got better. Things are easier now. Understand myself better"
"I was really low at the start. My health has been brought back together"
"Thank you for this experience. I can now understand the things that I need to work on/develop and I feel a lot more confident in myself to do so"
"The service at Aisling Centre is excellent. I don't know where I would be today without this help"
"Thank you very much, I have thoroughly enjoyed my experience here and all of the wisdom I have gained. Thank you for being a valuable part of my journey"
"I can I realise now, express emotions much better than I thought I could. I feel I've achieved something in being able to get my own identity back. Empowered/complete sessions"
"Made a big difference to me. My family have noticed that I'm "glowing" again"
"It is very relaxing and supportive, it helps to clear your mind and getting things off your mind"
"I am very happy to have availed of this service, I feel so much better"
"It helped me to look at my issues in a more positive way"
"I feel so grateful for having this opportunity. It is my hope that everyone should be able to access this service"

Aisling

Aisling has endured a challenging early life though her bright smile, colourful clothing and cheerful demeanour suggest otherwise.
Raised in the countryside with financial difficulties, Aisling's father alternated between working and drinking while her mother was perpetually angry and bitter. Aisling received more attention from her father which exacerbated her mother's harshness towards her. She describes herself as a lonely child.

From a young age Aisling experienced sexual abuse from a neighbour. When she tried to tell her mother, she was disbelieved allowing the abuse to continue. At 16 she was pregnant leading to a rejection from her family. She moved in with a seemingly supportive boyfriend. The initial support he had shown her soon faded and by the time Aisling was 18 she was being regularly physically abused whilst also caring for two small children.
A back injury sustained by an assault brought her in contact with the GP but she was too afraid to disclose the abuse and the prescription for antidepressants and pain relief allowed her some sense of ease.

Aisling's main aim throughout was always to protect and care for her children and without any support network she couldn't see a way out. To escape the misery, she began to take more and more pain relief as she felt that was the only way she could get through. Eventually this came to a head and after 12 years a referral was made to social services from the school.
When social services initially got involved, Aisling was convinced that his threats would come true and she would lose her children. She was shocked to discover at this point that Social Services did have an awareness of the bigger picture and relieved when their support enabled her to leave this abusive relationship.

Since leaving Aisling had been involved and supported by the addiction services and Women's Aid and had made many positive changes. She felt that she wanted to address and reflect upon the many events that had brought her to this point and her support worker had suggested the Aisling Centre.

Many clients approach counselling with a fear that they will be made to talk about something that they do not wish to discuss and that counselling involves a necessity to open up completely and tell everything. Our assessment interview allows us to gather some information about both a client's background and their hopes and aims for their counselling sessions. Aisling had talked briefly around the experience of abuse at a young age but decided that this was not the time or place to talk about this. Aisling was more focussed on the recent traumatic events around the separation and the rebuilding of her life. She had completed a controlled reduction of her medication with the help of the GP and was ready to talk. Most of our sessions were focussed on Aisling gaining an appreciation of her survival and parenting skills and looking at what hopes she had for herself and her children in the future.

When she finished her sessions, she reflected that being able to choose what she talked about in sessions had been really helpful and that she was now thinking that when she was more settled in

her new accommodation it might be time for her to return and address her early childhood experiences

Areas for Improvement

Overall, the feedback related to accessibility in terms of physical access to the building (lots of stairs) and the length of waiting times.

"Accessibility - managed the stairs but would have preferred not to"
"Perhaps accessibility but otherwise excellent"
"Accessibility initially but alternative room worked well"
"There is a long wait to see someone"

Unfortunately, changing these situations are outside our gift. We have tried to make the building as accessible as possible including the use of a stair lift but we understand the challenges and where possible we worked to change appointments to more accessible rooms.

In terms of waiting times, we are seeing an ever-growing demand for services amid a very challenging economic environment and are very grateful to the local community for their support in helping us meet this challenge with all donations received used to support the counselling service. Without this support waiting times would be much longer.

The challenge of finding suitable outreach venues continues and for some client's external noise was very distracting.

Another very practical suggestion was made to have "*Toys in waiting area"* this we have put in place and it is well received.

General Feedback

"Aisling Centre go above and beyond to help people. My sessions have been very educational and I now have a better understanding of trauma and it's lasting impacts. I see things differently now. I am grateful to have been signposted to the Regional Trauma Network"

"It has helped me realise a lot about myself and has helped me to go and seek out medical intervention which I'd never have done without it. Lovely staff and very kind"

"I think the service provided have helped me sort out how I was feeling as before I felt totally overwhelmed. I feel a lot better able to cope and prioritise life"

"My therapist has made my first counselling experience easy for me to open up to and embrace and have found it extremely helpful"

BETH

Beth is a 10-year-old girl who attended therapy due to family Separation. This not only included parental separation but also having been removed from the care of her parents during her infant years. Both parents have a history of substance disorder, but her mum has been in recovery for a number of years and her daughter had been returned to her care. Beth has experienced a lot of trauma during her childhood, leaving her to struggle with issues of abandonment, rejection and low self-worth.

During the initial assessment, both Beth and her mum, talked about Beth's experiences to date and the impact they have had on her. They talked about Beth's issues around trust, feeling rejected by a number of family members and feelings of self-blame and shame. They both spoke about how all of this would create high levels of anxiety for her, resulting in frequent emotional outbursts.

As the therapy progressed, Beth slowly gained trust in me, something she said was hard it is for her to do with anybody. Beth and her mum stated that whilst she found the sessions very emotionally challenging sometimes, she knew they were helping her, not only to openly talk about things she would not contemplate sharing anywhere else, but also finding ways to manage her anxiety and to deal with those around her that were adding to it. During her therapy, these feelings were continually retriggered due to current family incidents, hence increasing her anxiety levels. However, she increasingly used the calming techniques that she had learned in the sessions. She also did a lot of CBT work around managing her thoughts.

Beth and her mum often clashed around their conflicting ideas on dealing with family members and incidents that were emotionally harmful to Beth. Beth often found it hard to understand decisions made by her mum in order to protect her, sometimes being strongly influenced by unhealthy family relationships. We were able to give Beth the space to process this, bringing her to a better understanding of the harm that can come from toxic relationships and coming to her own conclusions on what was needed to protect her.

As Beth approached the end of her therapy, both Beth and her mum talked about how it had helped Beth to face the issues she had been experiencing and to gain a deeper understanding of how other peoples' behaviors can negatively impact on an individual, destroying their self-belief. Beth learnt ways to manage the negative influences around her, helping her to feel more in control of her own being, which they both reported had significantly reduced her anxiety.

Aisling Centre Company Limited

Northern Ireland - Charity number 101096

Annual return

Original
do not remove from file

Registration number NI027011
Charity Number: NIC101096

Aisling Centre Company Limited
Company Limited by guarantee

Directors' report and financial statements

for the year ended 31 March 2024

Aisling Centre Company Limited

Company limited by guarantee

Contents

	Page
Directors' report	1-5
Auditors' report	6-8
Statement of Financial Activities	9
Statement of Financial Position	10
Notes to the financial statements	11-18

Aisling Centre Company Limited
Company limited by guarantee
Directors' report
for the year ended 31 March 2024

The Directors are pleased to present their annual report and the financial statements of the charity for the year ended 31st March 2024.

Reference and administrative details

Charity Number	NIC101096 The charity is constituted as a company limited by guarantee as per the Memorandum of Association
Registered Number	NI027011
Registered Office	37 Darling Street Enniskillen Co. Fermanagh BT74 7DP
Auditors	MacNeary, Rasdale & Co. Ltd Chartered Accountants Wellington House 30 Darling Street Enniskillen Co. Fermanagh
Bankers	A.I.B. Bank 2-4 East Bridge Street Enniskillen Co. Fermanagh

Directors & Senior Staff members

The directors of the charitable company (the charity) are its trustees for the purpose of charities and throughout this report are collectively referred to as the Directors.
The directors serving during the year and since the year end were as follows:

Directors	Ms Alison Annan (Chairperson) Ms Roberta Hamilton (Vice-Chairperson) Mr Marshall Coalter (Secretary) Mr Neville Armstrong (Treasurer) : (Retired October 2023) Ms Deirdre Kane Ms Grainne Scott Mr Richard Smith Mr Iain Kennedy Dr Aideen McGinley Dr Ann McDermot (Retired October 2023) Ms Monica Corrigan (Treasurer) : (Appointed October 2023) Ms Maeve Corrigan
Company Secretary *Senior Staff Members*	Mr Marshall Coalter Ms Bridie Sweeney (Service Director) Mr John Bennett (Clinical Co-ordinator) Ms Patricia Kelly (Facilities / Admin Manager)

Aisling Centre Company Limited
Company limited by guarantee

Directors' report
for the year ended 31 March 2024

Structure, Governance and Management

Governing Document

Aisling Centre Co Ltd was incorporated as a Company Limited by Guarantee in 1992 with a registration number of NI 027011.

The Articles of Association (governing document of the Aisling Centre) were updated in May 2014. The revised document was sent to the Charities Commission for NI and consent to amend received on 10th July 2014. They were also sent to the Companies House for approval in September 2014.

The Aisling Centre was approved for registration as a charity with the Charity Commission for NI on 4th February 2015, with a registration number of NIC 101096.

The Aisling Centre objects are - to promote good mental health and emotional well-being in Northern Ireland, and in particular for the people of Co Fermanagh and the surrounding area, through the provision of a professional counselling and psychotherapy service, support groups/services, complimentary therapies, befriending, education and social programmes/groups/networks and advice and information.

Appointment of directors

The number of Directors shall be not less than five or more than twelve.

Quorum for meetings is one half of all members entitle to vote upon the business to be transacted

One third (or the number nearest one third) of the Directors must retire at each AGM, those longest in office retiring first. A retiring Director shall be eligible for re-election.

Membership is open to other persons (aged 18+) who are invited to become members of the Charity by the Directors and apply to the Charity in the form required by the Directors.

There is no minimum/maximum length of time for Directors to serve on the Board but there are limitations on post holders - Chairperson, Vice-chairperson and Secretary - who may serve no more than two consecutive three-year terms. The AGM will be held on 27th November 2024

Directors' induction and training

New Board members receive induction training. A policy is in place covering training for Directors.

Organisation

The Board of Directors normally meets bi-monthly and holds a minimum of 6 meetings per year one of which is an AGM.

The key role of the Directors is to work collectively to set the strategic direction for the organisation and ensure there is proper oversight of the company in all its business and act as trustees of the charity. The Directors are responsible for ensuring that the company is legally and fiscally compliant.

However, it is important to note that the role of the Directors is to ensure that proper oversight is in place rather than to try to be active in these areas directly. The Board can and does delegate authority to sub-committees, working groups, and employees but it always retains overall responsibility. It may also engage external advisors such as the company auditors to ensure compliance.

Organisation (continued)

The duties of the company directors are to;

-Set and protect the values and principles by which the Aisling Centre operates;
-Set the Strategic direction for the work of the Aisling Centre;
-Ensure that the Aisling Centre has the resources in place to carry out its work according to set plans/programmes and that the company structures and systems also facilitate this;
-Ensure that all key stakeholders have input that is appropriate to their relationship with the Aisling Centre;
-Ensure that human resource issues are dealt in line with legal and contractual obligations and that staff are adequately supported to carry out their work;
-Ensure that the organisation complies with all legal and other requirements related to its status as a charity and a company (including AGM; Annual Accounts and Annual Report);
-Work collectively for the good of the Aisling Centre as a team that respects difference and strives to find consensus.

Related parties

Company Directors - A number of directors made regular donations to the charity during the year. Details of these transactions are outlined further at note 15. There were no other transactions during the year between the charity and the directors.

The Sisters of Mercy transferred ownership of the property at 37 Darling Street to the Aisling Centre in June 2022. They also formally withdrew from any role in the Charity and the Articles of Association were amended to reflect this change in October 2023.

Risk Management

-Risks to Directors, staff, clients and members of the public are covered by robust directors, employers and public liability insurances.
-Risk to children or adults at risk of harm are mitigated by the carrying out of appropriate ACCESS NI checks for all staff and volunteers. This is supported by regular updates of safeguarding training.

As a not-for-profit organisation very dependent on external funding and community support, financial sustainability is an on-going challenge. Directors are ever aware of their governance responsibilities and a reserve fund is maintained so that in the unlikely event that the charity had to close the Directors would be in a position to honour redundancy payments and other legal and moral obligations.

Risks of misappropriation of funds are managed through financial policies and procedures including a fraud policy and the annual external audit of accounts.
Risk management policies and procedures are in place and are reviewed regularly.

Aisling Centre Company Limited
Company limited by guarantee

Directors' report
for the year ended 31 March 2024

Objectives and activities

Vision/Dream – Positive mental health and emotional well-being for all
Mission – To provide opportunities for hope, healing and growth in a welcoming and supportive environment.
Commitment – Striving to meet professional and ethical service standard and adopting an evidence-based approach within a robust outcome measurement framework.
Principles/ Values – Confidential, respectful, empathic, supportive, non-judgemental and inclusive of all working collaboratively with others to achieve shared objectives sensitivity to current and emerging needs.

Current Well-Being and Life Learning Programmes and Services
- Counselling, Psychotherapy & Play Therapy
- Complimentary Therapies
- Mindfulness Meditation
- Support Groups
- Stress Management
- Personal Development
- Confidence Building
- Critical Incident De-briefing
- Education, Awareness Raising & Community Support

The centre also acts as a hub from which a range of statutory and community/voluntary provides offer a range of services and supports aimed at promoting positive mental health.

Achievements and Performance

Despite the impact of an increasingly challenging funding environment, the charity has managed to maintain a high level of service provision. To meet the growing demand a 3 year lease has been secured on the adjoining building (Number 39 Darling Street) at a very competitive rent.

As always the fundraising sub-committee with the support of fellow Directors have delivered on a very successful fundraising strategy. Fundraising income this year is £94,051.

The financial statements show a net deficit in revenue funds of £19,811 for the year.
Previous funders have been secured for another year, funding from VSS, Western Health and Social Care Trust and NRA has been secured until March 2025.

Financial Review

Overall the Directors feel that the Charity has performed adequately in the year. Despite the increasingly difficult funding climate and the impact of COVID - 19, the Board of Directors have managed to maintain a sound financial basis. This has been achieved through a very proactive and focused approach in the implementation of a successful fundraising strategy, continuous review of over-heads and the introduction of cost saving measures.
The Directors have also been able to ensure that core funding has been retained into the coming year.

Future objectives of the charity

The Aisling Centre is, and always has been, dedicated to the promotion of positive mental health and emotional well-being. The Directors strive to ensure that the Centre continues to be well placed to deliver a professional and accountable service in this very challenging time of austerity.

Strategic Aims

1. To promote positive mental health and emotional well-being for adults, young people and children in Co Fermanagh and the surrounding area through the provision of a professional counselling and psychotherapy and play therapy service.

2. To provide a range of additional activities that will enhance and complement the counselling and psychotherapy work of the Centre and give additional value to clients;

3. To ensure that the Aisling Centre is an effective, accountable, transparent and organisation that meets the requirements of all stakeholders.

Tax Status

The company is a charitable organisation, and as all surpluses are intended for charitable purposes, no Corporation Tax liability arises.

Auditors

The auditors, MacNeary, Rasdale & Co. Ltd, have indicated their willingness to continue in office, and a resolution concerning their reappointment will be proposed at the Annual General Meeting.

Statement of Relevant Audit Information

In the case of each of the persons who are directors of the company at the date when this report was approved:
(a) so far as each of the directors is aware, there is no relevant audit information (as defined in the Companies Act 2006) of which the company's auditors are unaware; and
(b) each of the directors has taken all the steps that he ought to have taken as a director to make himself aware of any relevant audit information (as defined) and to establish that the company's auditors are aware of that information.

Directors' Responsibilities Statement

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

In preparing these financial statements, the directors are required to: -

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP (FRS 102) ;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

By order of the board of directors

Marshall Coalter
Company Secretary 27th November 2024

Aisling Centre Company Limited
Company limited by guarantee

Independent Auditors' Report to the Members of Aisling Centre Company Limited for the year ended 31 March 2024

Opinion

We have audited the financial statements of Aisling Centre Company Limited for the year ended 31 March 2024 which comprise statement of financial activities (including income and expenditure account), statement of financial position and notes to the financial statements, including a summary of 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 company's affairs as at 31st March 2024;
- Have been properly prepared in accordance with the United Kingdom General Accepted Accounting Practice;
- Have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standard 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 in accordance with the ethical requirements that are relevant to our audit of the financial statement 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 director's 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 Company'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 directors 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 directors are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, 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 is 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.

Independent Auditors' Report to the Members of Aisling Centre Company Limited for the year ended 31 March 2024

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- Adequate accounting records have not been kept by the company, or returns adequate for our audit have not been received by us; or
- The company financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of directors' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit.

Responsibilities of directors

As explained more fully in the directors' responsibilities statement, the directors 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 directors 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 directors are responsible for assessing the company'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 directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

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.

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 fraud is detailed below.
We obtained an understanding of the legal and regulatory framework applicable to the company through enquiry of management, sector research and the application of cumulative audit knowledge. We identified the following principal laws and regulations relevant to the company - Companies Act 2006, Charities Act (Northern Ireland) 2008 and the 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)
We developed an understanding of the key fraud risks to the entity (including how fraud might occur) the controls in place to help mitigate those risks, and the accounts balances and disclosures within the financial statements which may be susceptible to management bias. Our understanding was obtained through review of the financial statements for significant accounting estimates, analysis of journal entries, walkthrough of the key controls cycles in place and enquiry of management.

Our procedures to respond to those risks identified included, but were not limited to:

Enquiry of management, and the entity's solicitors around actual and potential litigation and claims.

Enquiry of management to identify any instances of non compliance with laws and regulations.

Reviewing minutes of meetings of those charged with governance.

Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

Auditing the risk of management overrides of controls, including through testing journal entries and other adjustments for appropriateness and evaluating the business rationale of significant transactions outside the normal course of business.

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 available on the FRC's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditors report.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the company's members, as a body, in accordance with Chapter 3 of Part 16 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 auditors 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.

Anthony Rasdale (Senior Statutory Auditor)

For and on behalf of
MacNeary, Rasdale & Co. Limited
Chartered Accountants & Statutory Auditor
Wellington House
30 Darling Street
Enniskillen
Co. Fermanagh

27th November 2024

AISLING CENTRE COMPANY LIMITED
COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES (including Income & Expenditure account)
31 MARCH 2024

	Note	2024 Unrestricted Funds	2024 Restricted Funds	2024 Total Funds	2023 Total Funds
		£	£	£	£
Income					
Donations and gifts	4(a)	94,051	-	94,051	55,329
Charitable activities	4(a)	269,639	112,431	382,070	476,692
Investment income	4(a)	4,251	-	4,251	2,078
Total income		367,941	112,431	480,372	534,099
Expenditure					
Expenditure on raising funds:					
Costs of raising donations		-	-	-	-
Expenditure on charitable Activities	5	(387,786)	(112,397)	(500,183)	(545,601)
Total Expenditure		(387,786)	(112,397)	(500,183)	(545,601)
Net income/(deficit)		(19,845)	34	(19,811)	(11,502)
Net movement in funds		(19,845)	34	(19,811)	1,670,374
Total funds brought forward		145,664	102,338	259,504	259,504
Total Carried Forward: Revenue		**125,819**	**102,372**	**228,191**	**248,002**
Capital Reserve at 01.04.23 / 31.03.24		**-**	**1,681,875**	**1,681,875**	**1,681,875**

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

The Aisling Centre Company Limited
Company Limited by Guarantee
Statement of Financial Position
As At 31 March 2024

	Notes	Unrestricted/ Total Funds 2024 £	Unrestricted/ Total Funds 2023 £
Fixed assets			
Tangible fixed assets	9	1,700,000	1,700,000
Current assets			
Debtors	10	22,099	14,503
Cash at bank and in hand		222,274	233,971
		1,944,373	1,948,474
Creditors: amounts falling due within one year	11	(18,432)	(18,597)
Net current assets		225,921	229,877
Total assets less current liabilities		1,925,941	1,926,877
Deferred income		(15,875)	-
Net assets		**1,910,066**	**1,929,877**
Funds of the charity			
Unrestricted Revenue Funds		125,819	145,664
Restricted Capital Funds		1,681,875	1,681875
Restricted Revenue Funds		102,372	102,338
Total charity funds	13	**1,910,066**	**1,929,877**

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 and authorised for issue by the board 27th November 2024 and signed on its behalf by:

Alison Annan (Chairperson)

Marshall Coalter (Secretary)

1. General information

The charity is a private company limited by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, "The Financial Reporting Standard applicable in the UK and the Republic of Ireland", the 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) (Charities SORP) (FRS 102).

3. Accounting Policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity's ability to continue in operational existence for the foreseeable future and the Directors continue to adopt the going concern basis of accounting in preparing the financial statements.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the directors to further any of the charity's purposes.

Restricted funds are subject to restrictions on their expenditure declared by the donor.

Incoming Resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows: -

Fixtures and Fittings	-	20% straight line
Plant and machinery	-	20% straight line

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2024

4(a). Analysis of income

	Unrestricted Funds	2024 Total	2023 Total
	£	£	£
Gifts, Donations and Fundraising	94,051	55,329	55,329
Bank & Building Society Deposit Interest	4,251	2,078	2,078
Charitable Activities : Unrestricted			
Room Hire	51,015	51,015	54,698
Counselling	178,023	178,023	150,577
St John of God	10,000	10,000	10000
Fermanagh & Omagh District Council	0	0	2500
Program Income	17,976	17,976	4,097
Covid Support	0	0	0
Miscellaneous Small Grants	12,625	12,625	1,998
Furlough	0	0	0
Charities Aid Foundation	0	0	24,521
Charities Aid Foundation (Release of Deferred Income)	0	0	41786
Release of Deferred Income : Other	0	0	64,996
Total Unrestricted Income	**367,941**	**367,941**	**355,173**

4(b). Analysis of grant income received

	Restricted Fund Income	2024 Total	2023 Total
	£	£	£
Analysis of incoming resources from restricted funds			
Sisters of Mercy Grant	6,793	6,793	0
Forget me not Funding	2,200	2,200	2,200
NRA	4,000	4,000	4,000
BBC Children in Need Grant & Belfast Cathedral Sitout	7,249	7,249	12,318
Fermanagh & Omagh District Council	3,855	3,855	0
Victims Survivor Service Fund Grant	88,334	88,334	103,001
	112,431	112,431	121,519

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2024

5(a). Analysis of resources expended

Analysis of resources expended for charitable activities all direct expenses	Charitable Expenditure £	Governance £	2024 £	2023 Total £
Staff Costs & Counselling Fees	299,519		299,519	293,654
Therapy and Program Costs	506		506	3,208
Postage, Stationery & Telephone	9,131		9,131	17,986
Equipment	0		0	11,389
Light, Heat & Water Rates	10,350		10,350	12,705
Repairs, Maintenance & Cleaning	19,891		19,891	44,882
Insurance	7,582		7,582	5,853
Motor & Travel	769		769	805
Staff Training, H &Safety & Professional Development	5,541		5,541	5,440
Rent	18,047		18,047	0
Strategic Plan & Policy Reviews	0		0	6,280
Depreciation / (Write Back of Depreciation)	(0)		(0)	(5,072)
Legal & Professional Fee	7,451		7,451	2,490
Recruitment Costs	0		0	3,310
Audit	0	2,900	2,900	2,150
Other Expenses	6,099		6,099	8,520
	384,886	2,900	387,786	413,600

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries.
Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity, namely audit fees.

5(b). Analysis of resources expended for grant purposes

Analysis of restricted grant expenses	Resources for grant expended	2024 Total	2023 Total
Counselling Cost contribution - Sisters of Mercy	6,743	6,743	0
BBC Children in Need	7,250	7,250	17,342
Victims Survivor Service Fund	87,986	87,986	108,737
Fermanagh & Omagh D.Council: Repairs	3,904	3,904	0
NRA Expenses	4,314	4,314	4,000
Forget me not :Project Costs	2,200	2,200	1,922
	112,397	112,397	132,001

6. Net incoming resources for the year

This is stated after charging:	2024 £	2023 £
Auditors Remuneration	2,900	2,150
Depreciation	0	(5,072)

7. Staff Costs

No employee received emoluments of more than £60,000.

The total staff costs of the company during the year are noted below. The staff costs disclosed in the account have been reduced as they have been partially funded by a number of grants.

	2024 £	2023 £
Wages & Salaries	237,041	232,813
Employers Social Security Costs/ Pension	30,655	33,602
	267,696	266,415

The average number of employees during the year was 13 (2023, 14 employees)

Amounts of Staff Costs Funded by Grant Assistance

	2024 £	2023 £
BBC Children In Need Grant	6,028	14,526
Victims Survivor Service Fund Grant	61,666	81,854

8. Emoluments of Directors

No director or member received any remuneration from the company during the year (2023: £Nil).

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2024

9. Tangible Fixed Assets

Cost: / Valuation	Building Darling St. £	Plant & Machinery £	Fixtures & Fittings £	Total £
At 31 March 2023	1,700,000	121,107	6,052	1,827,159
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 March 2024	1,700,000	121,107	6,052	1,827,159
Accumulated Depreciation:				
At 31 March 2023	NIL	121,107	6,052	127,159
Charge for the year	-	-	-	-
At 31 March 2024	0	121,107	6,052	127,159
Net Book Value:				
At 31 March 2024	1,700,000	NIL	NIL	1,700,000
At 31 March 2023	1,700,000	NIL	NIL	1,700,000

10. Debtors and Prepayments

	2024 £	2023 £
Trade Debtors	22,099	9,114
Prepayments	0	5,389
	22,099	14,503

11. Creditors : Amounts falling due within one year

	2024 £	2023 £
VISA	225	610
Accruals	18,207	17,987
	18,432	18,597
Deferred Income	15,875	106,782

12. Provisions for liabilities and charges

There are no provisions for liabilities and charges in the current or previous year.

13. Total Funds of the Charity

There was no fund transfer between restricted and unrestricted funds within the year.

	2024 Total Fund £	2023 Total Fund £
Balance of Revenue unrestricted funds at 1 April 2023	145,664	146,684
Surplus (Deficit) allocated to unrestricted reserves	(19,845)	(1,020)
Balance of Revenue unrestricted funds at 31 March 2024	125,819	145,664
Balance of Revenue restricted funds at 1 April 2023	102,338	112,820
Surplus (Deficit) for year	34	(10,482)
Balance of Revenue restricted funds at 31 March 2024	102,372	102,338
Balance of Capital Restricted Funds as at 01.04.2023	1,681,875	0
Surplus allocated to Capital Reserve	0	1,681,875
Balance of Restricted Capital Reserve as at 31.03.2024	1,681,875	1,681,875
Total funds both restricted and unrestricted at 31 March 2024	1,910,066	1,929,877

14. Cash Flow Statement

Under the provisions of Financial Reporting 102, the company is permitted to prepare annual accounts which exclude a Cash Flow Statement.

15. Related Party Transactions

The directors are related parties. Each of the directors has listed their pecuniary interests The only transactions between the charity and the directors during the period, were donations made by Ann McDermott, Aideen McGinley and Roberta Hamilton to the charity. These directors have set up a standing order to make a monthly donation to the charity. Additionally, Bridie Sweeney , the centre co-ordinator also makes regular donations to the charity.

16. Limited by guarantee

Aisling Centre Company Limited is a company limited by guarantee and accordingly, does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of it being would up while he or she is a member, or within one year after he of she ceases to be a member.

Aisling Centre Company Limited

Northern Ireland - Charity number 101096

Accounts

Registration number NI027011

Charity Number: NIC101096

Aisling Centre Company Limited
Company limited by guarantee

Directors' report and financial statements

for the year ended 31 March 2023

Aisling Centre Company Limited
Company limited by guarantee

Contents

	Page
Directors' report	1-5
Auditors' report	6-8
Statement of Financial Activities	9
Statement of Financial Position	10
Notes to the financial statements	11-18

Aisling Centre Company Limited
Company limited by guarantee
Directors' report
for the year ended 31 March 2023

The Directors are pleased to present their annual report and the financial statements of the charity for the year ended 31st March 2023.

Reference and administrative details

Charity Number	NIC101096 The charity is constituted as a company limited by guarantee as per the Memorandum of Association
Registered Number	NI027011
Registered Office	37 Darling Street Enniskillen Co. Fermanagh BT74 7DP
Auditors	MacNeary, Rasdale & Co. Ltd Chartered Accountants Wellington House 30 Darling Street Enniskillen Co. Fermanagh
Bankers	A.I.B. Bank 2-4 East Bridge Street Enniskillen Co. Fermanagh

Directors & Senior Staff members

The directors of the charitable company (the charity) are its trustees for the purpose of charities and throughout this report are collectively referred to as the Directors.
The directors serving during the year and since the year end were as follows:

Directors	Ms Alison Annan (Chairperson) Ms Roberta Hamilton (Vice-Chairperson) Mr Marshall Coalter (Secretary) Mr Neville Armstrong (Treasurer) Ms Deirdre Kane Ms Grainne Scott Mr Richard Smith Mr Iain Kennedy Dr Aideen McGinley Dr Ann McDermot Ms Monica Corrigan (Appointed 31 May 2023) Ms Maeve Corrigan (Appointed 31 May 2023)
Company Secretary *Senior Staff Members*	Mr Marshall Coalter Ms Bridie Sweeney (Service Director) Mr John Bennett (Clinical Co-ordinator) Ms Patricia Kelly (Facilities / Admin Manager)

Aisling Centre Company Limited
Company limited by guarantee

Directors' report
for the year ended 31 March 2023

Structure, Governance and Management

Governing Document

Aisling Centre Co Ltd was incorporated as a Company Limited by Guarantee in 1992 with a registration number of NI 027011.

The Articles of Association (governing document of the Aisling Centre) were updated in May 2014. The revised document was sent to the Charities Commission for NI and consent to amend received on 10th July 2014. They were also sent to the Companies House for approval in September 2014.

The Aisling Centre was approved for registration as a charity with the Charity Commission for NI on 4th February 2015, with a registration number of NIC 101096.

The Aisling Centre objects are - to promote good mental health and emotional well-being in Northern Ireland, and in particular for the people of Co Fermanagh and the surrounding area, through the provision of a professional counselling and psychotherapy service, support groups/services, complimentary therapies, befriending, education and social programmes/groups/networks and advice and information.

Appointment of directors

The number of Directors shall be not less than five or more than twelve.

Quorum for meetings is one half of all members entitle to vote upon the business to be transacted

One third (or the number nearest one third) of the Directors must retire at each AGM, those longest in office retiring first. A retiring Director shall be eligible for re-election.

Membership is open to other persons (aged 18+) who are invited to become members of the Charity by the Directors and apply to the Charity in the form required by the Directors.

There is no minimum/maximum length of time for Directors to serve on the Board but there are limitations on post holders - Chairperson, Vice-chairperson and Secretary - who may serve no more than two consecutive three-year terms. The AGM will be held on 25th October 2023.

Directors' induction and training

New Board members receive induction training. A policy is in place covering training for Directors.

Organisation

The Board of Directors normally meets bi-monthly and holds a minimum of 6 meetings per year one of which is an AGM.

The key role of the Directors is to work collectively to set the strategic direction for the organisation and ensure there is proper oversight of the company in all its business and act as trustees of the charity. The Directors are responsible for ensuring that the company is legally and fiscally compliant.

However, it is important to note that the role of the Directors is to ensure that proper oversight is in place rather than to try to be active in these areas directly. The Board can and does delegate authority to sub-committees, working groups, and employees but it always retains overall responsibility. It may also engage external advisors such as the company auditors to ensure compliance.

Organisation (continued)

The duties of the company directors are to;

-Set and protect the values and principles by which the Aisling Centre operates;
-Set the Strategic direction for the work of the Aisling Centre;
-Ensure that the Aisling Centre has the resources in place to carry out its work according to set plans/programmes and that the company structures and systems also facilitate this;
-Ensure that all key stakeholders have input that is appropriate to their relationship with the Aisling Centre;
-Ensure that human resource issues are dealt in line with legal and contractual obligations and that staff are adequately supported to carry out their work;
-Ensure that the organisation complies with all legal and other requirements related to its status as a charity and a company (including AGM; Annual Accounts and Annual Report);
-Work collectively for the good of the Aisling Centre as a team that respects difference and strives to find consensus.

Related parties

Company Directors - A number of directors made regular donations to the charity during the year. Details of these transactions are outlined further at note 15. There were no other transactions during the year between the charity and the directors.

The Sisters of Mercy transferred ownership of the property at 37 Darling Street to the Aisling Centre in June 2022. They also formally withdrew from any roe in the Charity and the Articles of Association will be amended to reflect this change at the AGM in October 2023.

Risk Management

-Risks to Directors, staff, clients and members of the public are covered by robust directors, employers and public liability insurances.
-Risk to children or adults at risk of harm are mitigated by the carrying out of appropriate ACCESS NI checks for all staff and volunteers. This is supported by regular updates of safeguarding training.

As a not-for-profit organisation very dependent on external funding and community support, financial sustainability is an on-going challenge. Directors are ever aware of their governance responsibilities and a reserve fund is maintained so that in the unlikely event that the charity had to close the Directors would be in a position to honour redundancy payments and other legal and moral obligations.

Risks of misappropriation of funds are managed through financial policies and procedures including a fraud policy and the annual external audit of accounts.
Risk management policies and procedures are in place and are reviewed regularly.

Aisling Centre Company Limited
Company limited by guarantee

Directors' report
for the year ended 31 March 2023

Objectives and activities

Vision/Dream – Positive mental health and emotional well-being for all
Mission – To provide opportunities for hope, healing and growth in a welcoming and supportive environment.
Commitment – Striving to meet professional and ethical service standard and adopting an evidence-based approach within a robust outcome measurement framework.
Principles/ Values – Confidential, respectful, empathic, supportive, non-judgemental and inclusive of all working collaboratively with others to achieve shared objectives sensitivity to current and emerging needs.

Current Well-Being and Life Learning Programmes and Services
- Counselling, Psychotherapy & Play Therapy
- Complimentary Therapies
- Mindfulness Meditation
- Support Groups
- Stress Management
- Personal Development
- Confidence Building
- Critical Incident De-briefing
- Education, Awareness Raising & Community Support

The centre also acts as a hub from which a range of statutory and community/voluntary provides offer a range of services and supports aimed at promoting positive mental health.

Achievements and Performance

Despite the impact of an increasingly challenging funding environment, the charity has managed to maintain a high level of service provision. To meet the growing demand a 3 year lease has been secured on the adjoining building (Number 39 Darling Street) at a very competitive rent.

As always the fundraising sub-committee with the support of fellow Directors have delivered on a very successful fundraising strategy. Fundraising income this year is £55,328.

The financial statements show a net deficit in revenue funds of £11,502 for the year. This is due mainly to the costs associated with the refurbishment of the new premises.

Previous funders have been secured for another year, funding from VSS, Western Health and Social Care Trust and NRA has been secured until March 2024.

Financial Review

Overall the Directors feel that the Charity has performed adequately in the year. Despite the increasingly difficult funding climate and the impact of COVID - 19, the Board of Directors have managed to maintain a sound financial basis. This has been achieved through a very proactive and focused approach in the implementation of a successful fundraising strategy, continuous review of over-heads and the introduction of cost saving measures.
The Directors have also been able to ensure that core funding has been retained into the coming year.

Future objectives of the charity

The Aisling Centre is, and always has been, dedicated to the promotion of positive mental health and emotional well-being. The Directors strive to ensure that the Centre continues to be well placed to deliver a professional and accountable service in this very challenging time of austerity.

Strategic Aims

1. To promote positive mental health and emotional well-being for adults, young people and children in Co Fermanagh and the surrounding area through the provision of a professional counselling and psychotherapy and play therapy service.

2. To provide a range of additional activities that will enhance and complement the counselling and psychotherapy work of the Centre and give additional value to clients;

3. To ensure that the Aisling Centre is an effective, accountable, transparent and organisation that meets the requirements of all stakeholders.

Tax Status

The company is a charitable organisation, and as all surpluses are intended for charitable purposes, no Corporation Tax liability arises.

Auditors

The auditors, MacNeary, Rasdale & Co. Ltd, have indicated their willingness to continue in office, and a resolution concerning their reappointment will be proposed at the Annual General Meeting.

Statement of Relevant Audit Information

In the case of each of the persons who are directors of the company at the date when this report was approved:
(a) so far as each of the directors is aware, there is no relevant audit information (as defined in the Companies Act 2006) of which the company's auditors are unaware; and
(b) each of the directors has taken all the steps that he ought to have taken as a director to make himself aware of any relevant audit information (as defined) and to establish that the company's auditors are aware of that information.

Directors' Responsibilities Statement

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

In preparing these financial statements, the directors are required to: -

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP (FRS 102) ;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

By order of the board of directors

Marshall Coalter
Company Secretary 25th October 2023

Aisling Centre Company Limited
Company limited by guarantee

Independent Auditors' Report to the Members of Aisling Centre Company Limited for the year ended 31 March 2023

Opinion

We have audited the financial statements of Aisling Centre Company Limited for the year ended 31 March 2023 which comprise statement of financial activities (including income and expenditure account), statement of financial position and notes to the financial statements, including a summary of 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 company's affairs as at 31st March 2023;
- Have been properly prepared in accordance with the United Kingdom General Accepted Accounting Practice;
- Have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standard 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 in accordance with the ethical requirements that are relevant to our audit of the financial statement 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 director's 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 Company'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 directors 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 directors are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, 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 is 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- Adequate accounting records have not been kept by the company, or returns adequate for our audit have not been received by us; or
- The company financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of directors' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit.

Responsibilities of directors

As explained more fully in the directors' responsibilities statement, the directors 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 directors 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 directors are responsible for assessing the company'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 directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

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.

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 fraud is detailed below.
We obtained an understanding of the legal and regulatory framework applicable to the company through enquiry of management, sector research and the application of cumulative audit knowledge. We identified the following principal laws and regulations relevant to the company - Companies Act 2006, Charities Act (Northern Ireland) 2008 and the 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)
We developed an understanding of the key fraud risks to the entity (including how fraud might occur) the controls in place to help mitigate those risks, and the accounts balances and disclosures within the financial statements which may be susceptible to management bias. Our understanding was obtained through review of the financial statements for significant accounting estimates, analysis of journal entries, walkthrough of the key control cycles in place and enquiry of management.

Our procedures to respond to those risks identified included, but were not limited to:

Enquiry of management, and the entity's solicitors around actual and potential litigation and claims.

Enquiry of management to identify any instances of non compliance with laws and regulations.

Reviewing minutes of meetings of those charged with governance.

Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

Auditing the risk of management overrides of controls, including through testing journal entries and other adjustments for appropriateness and evaluating the business rationale of significant transactions outside the normal course of business.

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 available on the FRC's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditors report.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the company's members, as a body, in accordance with Chapter 3 of Part 16 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 auditors 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.

Anthony Rasdale (Senior Statutory Auditor)

For and on behalf of
MacNeary, Rasdale & Co. Limited
Chartered Accountants & Statutory Auditor
Wellington House
30 Darling Street
Enniskillen
Co. Fermanagh

25th October 2023

AISLING CENTRE COMPANY LIMITED
COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES (including Income & Expenditure account)
31 MARCH 2023

	Note	2023 Unrestricted Funds	2023 Restricted Funds	2023 Total Funds	2022 Total Funds
		£	£	£	£
Income					
Donations and gifts	4(a)	55,329	-	55,329	77,152
Charitable activities	4(a)	355,173	121,519	476,692	361,527
Investment income	4(a)	2,078	-	2,078	2,101
Total income		412,580	121,519	534,099	440,780
Expenditure					
Expenditure on raising funds:					
Costs of raising donations		-	-	-	-
Expenditure on charitable Activities	5	(413,600)	(132,001)	(545,601)	(439,100)
Total Expenditure		(413,600)	(132,001)	(439,100)	(439,100)
Net income/(deficit)		(1,020)	(10,482)	(11,502)	1,680
Restricted Capital Fund:					
Donated value of Property Transfer (Sisters of Mercy : Provincial)	15		1,681,875	1,681,875	-
Net movement in funds		(1,020)	1,671,394	1,670,374	1,680
Total funds brought forward		146,684	112,820	259,504	257,824
Total Carried Forward: Revenue		**145,664**	**102,338**	**248,002**	**259,504**
Total Carried Forward: Capital		**-**	**1,681,875**	**1,681,875**	**-**

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

The Aisling Centre Company Limited
Company Limited by Guarantee
Statement of Financial Position
As At 31 March 2023

	Notes	Unrestricted/ Total Funds 2023 £	Unrestricted/ Total Funds 2022 £
Fixed assets			
Tangible fixed assets	9	1,700,000	13,053
Current assets			
Debtors	10	14,503	20,092
Cash at bank and in hand		233,971	348,806
		1,948,474	368,897
Creditors: amounts falling due within one year	11	(18,597)	(15,665)
Net current assets		229,877	353,233
Total assets less current liabilities		1,929,877	366,286
Deferred income		-	(106,782)
Net assets		**1,929,877**	**259,504**
Funds of the charity			
Unrestricted Revenue Funds		145,664	146,684
Restricted Capital Funds		1,681,875	-
Restricted Revenue Funds		102,338	112,820
Total charity funds	13	**1,929,877**	**259,504**

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 and authorised for issue by the board 25th October 2023 and signed on its behalf by:

Alison Annan (Chairperson)

Marshall Coalter (Secretary)

1. General information

The charity is a private company limited by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, "The Financial Reporting Standard applicable in the UK and the Republic of Ireland", the 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) (Charities SORP) (FRS 102).

3. Accounting Policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity's ability to continue in operational existence for the foreseeable future and the Directors continue to adopt the going concern basis of accounting in preparing the financial statements.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the directors to further any of the charity's purposes.

Restricted funds are subject to restrictions on their expenditure declared by the donor.

Incoming Resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows: -

Property	-	2% straight line
Fixtures and Fittings	-	20% straight line
Plant and machinery	-	20% straight line

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2023

4(a). Analysis of income

	Unrestricted Funds	2023 Total	2022 Total
	£	£	£
Gifts, Donations and Fundraising	55,329	55,329	77,152
Bank & Building Society Deposit Interest	2,078	2,078	2,101
Charitable Activities : Unrestricted			
Room Hire	54,698	54,698	42,367
Counselling	150,577	150,577	149,661
St John of God	10,000	10,000	0
Fermanagh & Omagh District Council	2,500	2,500	0
Program Income	4097	4,097	3,412
Covid Support	0	0	9,712
Miscellaneous Small Grants	1,998	1,998	2,790
Furlough	0	0	1,074
Charities Aid Foundation	24521	24,521	41,782
Charities Aid Foundation (Release of Deferred Income)	41786	41,786	
Release of Deferred Income : Other	64,996	64,996	0
Total	**355,173**	**355,173**	**250,798**

4(b). Analysis of grant income received

	Restricted Fund Income	2023 Total	2022 Total
	£	£	£
Analysis of incoming resources from restricted funds			
Sisters of Mercy Grant	0	0	5,000
Forget me not Funding	2,200	2,200	2,200
NRA	4,000	4,000	4,000
BBC Children in Need Grant & Belfast Cathedral Sitout	12,318	12,318	25,115
Victims Survivor Service Fund Grant	103,001	103,001	74,414
	121,519	121,519	110,729

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2023

5(a). Analysis of resources expended

Analysis of resources expended for charitable activities all direct expenses	**Charitable Expenditure £**	**Governance £**	**2023 £**	**2022 Total £**
Staff Costs & Counselling Fees	293,654		293,654	236,201
Therapy and Program Costs	3,208		3,208	4,600
Postage, Stationery & Telephone	17,986		17,986	9,138
Equipment	11,389		11,389	21,566
Light, Heat & Water Rates	12,705		12,705	8,979
Repairs & Maintenance	44,882		44,882	20,271
Insurance	5,853		5,853	5,749
Motor & Travel	805		805	1,324
Staff Training & Professional Development	5,440		5,440	2,408
Strategic Plan & Policy Reviews	6,280		6,280	0
Depreciation / (Write Back of Depreciation)	(5,072)		(5,072)	362
Legal & Professional Fee	2,490		2,490	0
Recruitment Costs	3,310		3,310	0
Audit		2,150	2,150	2,000
Other Expenses	8,520		8,520	10,552
	411,450	2,150	413,600	323,150

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity, namely audit fees.

5(b). Analysis of resources expended for grant purposes

	Resources for grant expended	**2023 Total £**	**2022 Total £**
Analysis of restricted grant expenses			
Salary contribution - Sisters of Mercy	0	0	5,000
BBC Children in Need	17,342	17,342	25,785
Victims Survivor Service Fund	108,737	108,737	77,862
NRA Expenses	4,000	4,000	4,000
Forget me not Funding	1,922	1,922	3,303
	132,001	132,001	115,950

6. Net incoming resources for the year

	2023	2022
	£	£
This is stated after charging:		
Auditors Remuneration	2,150	2,000
Depreciation	(5,072)	362

7. Staff Costs

No employee received emoluments of more than £60,000.

The total staff costs of the company during the year are noted below. The staff costs disclosed in the account have been reduced as they have been partially funded by a number of grants.

	2023	2022
	£	£
Wages & Salaries	232,813	209,464
Employers Social Security Costs/ Pension	33,602	15,482
	266,415	224,946

The average number of employees during the year was 14 (2022, 11 employees)

Amounts of Staff Costs Funded by Grant Assistance

	2023	2022
	£	£
BBC Children In Need Grant	14,526	21,016
Victims Survivor Service Fund Grant	81,854	66,352
Sisters of Mercy Grant	0	5,000

8. Emoluments of Directors

No director or member received any remuneration from the company during the year (2022: £Nil).

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2023

9. Tangible Fixed Assets

Cost:	Building Darling St. £	Plant & Machinery £	Fixtures & Fittings £	Total £
At 31 March 2022	18,124	121,107	6,052	145,283
Transfer from Sisters of Mercy	1,681,876	-	-	1,681,876
Disposals	-	-	-	-
At 31 March 2023	1,700,000	121,107	6,052	1,827,159
Accumulated Depreciation:				
At 31 March 2022	5,071	121,107	6,052	132,230
Write Back on Tranfer of Building	(5,071)	-	-	(5,071)
At 31 March 2023	0	121,107	6,052	127,159
Net Book Value:				
At 31 March 2023	1,700,000	NIL	NIL	1,700,000
At 31 March 2022	13,053	NIL	NIL	13,053

10. Debtors and Prepayments

	2023 £	2022 £
Trade Debtors	9,114	16,047
Prepayments	5,389	4,045
	14,503	20,092

11. Creditors : Amounts falling due within one year

	2023 £	2022 £
VISA	610	298
Accruals	17,987	15,367
	18,597	15,665
Deferred Income	0	106,782

12. Provisions for liabilities and charges

There are no provisions for liabilities and charges in the current or previous year.

13. Total Funds of the Charity

There was no fund transfer between restricted and unrestricted funds within the year.

	2023 Total Fund £	2022 Total Fund £
Balance of Revenue unrestricted funds at 1 April 2022	146,684	144,886
Surplus (Deficit) allocated to unrestricted reserves	(1,020)	1,798
Balance of Revenue restricted funds at 31 March 2023	145,664	146,684
Balance of Revenue restricted funds at 1 April 2022	112,820	112,938
Deficit charged to restricted reserve	(10,482)	(118)
Balance of Revenue restricted funds at 31 March 2023	102,338	112,820
Balance of Capital Restricted Funds as at 01.04.2022	0	0
Surplus allocated to Capital Reserve	1,681,875	0
Balance of Restricted Capital Reserve as at 31.03.2023	1,681,875	0
Total funds both restricted and unrestricted at 31 March 2023	1,929,877	259,504

14. Cash Flow Statement

Under the provisions of Financial Reporting 102, the company is permitted to prepare annual accounts which exclude a Cash Flow Statement.

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2023

15. Related Party Transactions

The directors are related parties. Each of the directors has listed their pecuniary interests
The only transactions between the charity and the directors during the period, were donations made by Ann McDermott, Aideen McGinley and Roberta Hamilton to the charity. These directors have set up a standing order to make a monthly donation to the charity. Additionally, Bridie Sweeney , the centre co-ordinator also makes regular donations to the charity.
The Sisters of Mercy are also a related party.
During the year this organisation gifted the premises at 37 Darling St. Enniskillen to the Aisling Centre Company Limited
There is a special condition whereby the Aisling Centre Company returns the building to The Sisters of Mercy for a nominal fee of £1, if the company was in contravention of it's duties as a charity or should the charity move or cease to trade.
A professional valuation of the premises by McGovern Estate Agents Ltd placed a value of £1,700,000 on the property.

16. Limited by guarantee

Aisling Centre Company Limited is a company limited by guarantee and accordingly, does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of it being would up while he or she is a member, or within one year after he of she ceases to be a member.

Aisling Centre Company Limited

Northern Ireland - Charity number 101096

Annual report

Aisling centre

Hope Healing Growth

Annual Report 2022 – 2023

“From you enter inside the Center you meet welcome”

www.theaislingcentre.com

Contents

Iain Kennedy BEM 2

Introduction

Chairperson's Report 3
Service Director Report 4
Clinical Lead Report 4

Services

Counselling, Psychotherapy & Play Therapy Service 5
Well-Being & Life Learning Services 12
Hope For The Future 13

Governance

Treasurer's Report 15
Income and Expenditure Breakdown 15
Preparing For The Future 16
Funder Acknowledgements 17

Features

Reflections 19
Gifting of Building 21
Charity Greeting Cards 22
Herstory 23
World Suicide Prevention Day 2022 24
Mental Health Benefits of Reading 26

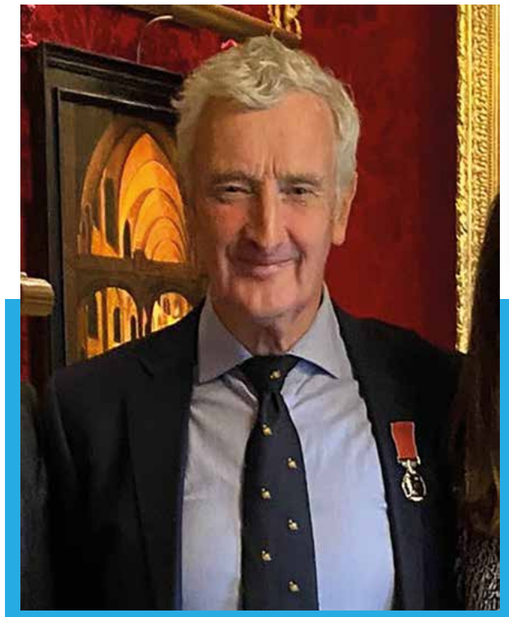
Community Hub

Forget Me Not Support Group 27
Aisling Centre Gift Cards 28
Support Groups & Networks 29

Meet The Team

Meet The Team 30

Aisling centre
Hope Healing Growth



Iain Kennedy BEM

"Try to make a difference in your own way."

Congratulations to Director Iain Kenndy BEM who received this honour in 2023 in recognition of his voluntary contribution to the community. Most notably his work with Enniskillen Royal Boat Club, Erne Integrated Primary School and Aisling Centre.

Thank you, Iain, for all you do for Aisling Centre. Congratulations on your well-deserved recognition.

Design www.colinthedesigner.com Oct 23

Chairperson's Foreword

The past year has brought much change to Aisling Centre, both in terms of physical growth and an ever-increasing demand for services. To meet this growing need, we were delighted to end the year having secured a 3-year lease on the adjacent building, No 39 Darling Street which will provide extra counselling rooms.

Strategic development is one of the key responsibilities of a board of directors. The recent review of our strategic plan was timely in the current climate of change and uncertainty. A comprehensive review was undertaken that included robust facilitated workshops with directors and staff focus groups as well as extensive and confidential stakeholder consultations which brought forward some interesting ideas and very encouraging feedback. The updated 3-year strategic plan begins April 23 and reaffirms the core ethos and function of Aisling Centre.

No plan operates without someone to deliver it and at Aisling Centre we are very blessed with a dedicated administrative and clinical team and complementary therapists capably led by our management team, Bridie Sweeney, Service Director, John Bennett, Clinical Lead and Patricia Kelly, Admin/Facilities Manager. I am deeply indebted to all for their commitment and sterling work.

This year we said goodbye to some long serving members of the team Marie Greene, administrator and Brenda Wynne-McKervey, psychotherapist. Both had given more than 20 years of dedicated service. We thank them all most sincerely and wish them well for the future. We were also delighted to welcome some new people to the team in both administrative and counselling roles.

A significant milestone in the history of Aisling Centre occurred this year when, in an enormous act of generosity, the Sisters of Mercy gifted the building at 37 Darling Street to the charity. We were very humbled to be entrusted with this amazing gift which will help secure the future of Aisling Centre for generations to come.

We celebrated this momentous occasion, with a delightful afternoon tea party with the Sisters at the Westend Café. Linen tablecloths, Royal Albert China, delightful cakes and lots of chat, were the order of the day as Aisling Centre played host to friends old and new.

We continue to work towards improved efficiency and accessibility through the upgrading of our IT systems, and the building of a new more accessible website. The installation of solar panels has also greatly added to the efficiency of our service.

I would like to take this opportunity to pay tribute to our funders. Also, to the local community and our fundraising sub-committee for their steadfast support. We are totally indebted to them and enriched by their ongoing care and kindness at a time when financial support was never more needed.

I would also like to thank my vice-chair person, Roberta Hamilton, and my fellow directors for their commitment and continued support throughout the year. Huge congratulations to Iain Kennedy who received a BEM from King Charles in the 2023 New Year's Honours' List for his dedicated and selfless service to the community.

It's my pleasure as Chairperson to present this Annual Report for 2022-2023 and a privilege to be associated with it. I look forward to the year ahead where we will look forward to welcoming new directors to the board and the piloting of our counsellor mentoring scheme.

Alison

Reports

Service Director Report

Situated on the quiet of Darling Street, Aisling Centre building is not particularly remarkable. But behind that discrete façade the most remarkable and transformative work happens every day.

The dream of welcome and hospitality that inspired the establishment of Aisling Centre still forms part of its core ethos. A recent, very brief encounter, with the work of two theologians Pete Greig and Henri Nouwen caused me to reflect on the importance of those two simple words 'welcome' and 'hospitality'. Pete Greig describes listening as the "highest form of hospitality" while Henri Nouwen notes that "True listeners no longer have an inner need to make their presence known. They are free to receive, to welcome, to accept". He also said that "The beauty of listening is that those who are listened to start feeling accepted, start taking their (own) words more seriously and discovering their own true selves".

Aisling Centre works hard to create a safe space where people who are dealing with difficult and challenging life experiences can be heard without judgement or expectation. It is within this safe space that our fantastic therapy team supports clients to begin this difficult but often transformative journey of healing and growth.

"I found counselling hard but also so so helpful".

Aisling Centre is fortunate to have Alison Annan, Chairperson, Roberta Hamilton, Vice-Chairperson and a steadfast Board of Directors. All of whom are focused on the well-being of the charity, our clients and the team. I thank them sincerely for their on-going guidance and support.

We are also fortunate to have many excellent organisations working out of the Centre. They contribute so much to the local community while supporting the work of Aisling Centre.

As always, I would like to pay tribute to the dedicated team at Aisling Centre staff, sessional and volunteers, all of whom are doing a phenomenal job. We are fortunate to have a low staff turnover at Aisling Centre but this year we were sad to say good-bye to two stalwarts of the team, Brenda Wynne-McKervey and Marie Greene. Thank you for your dedication and commitment. It has been a pleasure to work with you both. You will be missed.

We are ever appreciative of our funders and our many supporters in the local community. We couldn't do this work without you. However, in a time of growing need and the current financial climate, securing funding is a greater challenge than ever. As a charity Aisling Centre is no stranger to challenge and we will continue to work hard in the year ahead to meet the growing need of the many courageous people who come forward to use our services.

Bridie

Clinical Lead Report

Every one of us knows what it is like to go through a period of feeling 'not ok', a time of feeling emotionally or mentally distressed, unhappy, empty or insecure. It is often a sign that something is bothering or troubling a person when one part of ourselves, our mind, is not at its strongest or healthiest. We probably become aware of it through emotions like sadness, anxiety, anger, low mood or sometimes through our behaviours, ways we're acting that are out of character like drinking too much or shutting ourselves off from people around us.

In most cases this can be related to something, maybe personal problems or challenging life circumstances and events. Fortunately, we mostly experience it at the lower end of the scale where we can tolerate the unease or distress, and the good thing is that most of the time we are able to deal with it and get through it drawing on our own resources, our past experiences and what we know has helped us get through similar situations in the past.

Recently sitting in Aisling Centre with a group of people who had all experienced a significant trauma in their lives, one person asked of the others 'What do you do to get through this and to recover?'

At first it seemed that there was no answer to the question, but then one by one, individuals in the room spoke about what they had done that helped them. Before we knew it, there was a list of helpful ideas. Help that is immediately available to everyone as a first step.

And what had been of some help for this group of people? - educating themselves about their issue and their symptoms eg anxiety, depression etc; talking to others who had similar experiences; doing something they enjoy, perhaps walking or exercising; trying to eat well and sleep well; spending time in good and helpful company; having realistic expectations and being accepting of bad days and setbacks.

It was clear there was no one answer and what worked for one might not be what worked for another, but while no one was able to 'fix' things exactly as they would like, everyone was able to take some control and take important steps to look after themselves.

In Aisling Centre we offer a dream of wholeness for everyone through the range of programmes and services available. Fortunately, we are all continuing to get better at recognising when upset and distress is getting too much to manage alone and having the courage to ask for help, and in doing so, helping to prevent the problem from developing into something bigger.

Working here it continues to be our privilege to welcome people from the Fermanagh community and beyond who are reaching out for that professional help to deal with their distress. We understand the trust you place in us and assure you that we will do our best to help you achieve your dream of wholeness.

John

Services

Counselling, Psychotherapy & Play Therapy

"I would like to thank the Aisling Centre for all the help and support shown to me. I feel it truly saved my life. Enniskillen people are so blessed to have this service".

668 people attended counselling with a total of 5497 sessions of counselling offered.

Aisling Centre recognises the uniqueness of each person and holds a dream of wholeness for all who struggle with life's difficulties and dilemmas. No matter what age, each person is filled with potential and the opportunity to make choices that can enhance life. We welcome and value each person because no matter what their current distress, we believe in the capacity for healing and growth of the human person. This section of the report gives a brief snapshot of that work.

ADULT COUNSELLING SERVICE	
Self	33%
GP	39%
Other Health Professionals	21%
Misc. other	7%

"This service has been invaluable in guiding me through a very dark time and giving me hope and the tools for a more positive and happier future. Thank you so much".

I wish I had done it years ago

Jaime is a male who is in his late 20's and referred himself to the Aisling Centre due to a long history of panic attacks. Jaime explained that he has been suffering with these since his adolescent years and has a fear of death that can trigger these panic attacks. He is frustrated with them as they can be quite invasive, although he explained he doesn't seem to have them at his workplace, only at home. A trigger could be something like watching a movie with a death scene, and feeling very tired or stressed can also be factors in bringing them on. Since taking a job with rotational night shifts, he has noticed that he is more susceptible around those periods when working nights. Jaime, has high expectations from himself, both at work and at home. He accepts all work challenges, doesn't ask for support when needed and claims to others that he is ok, when he is not.

Explaining the overwhelming physical and mental effects are exhausting, and fearing the attacks themselves, each time they happen they can trigger more. His family can try and comfort him, but it doesn't prevent them from taking place. Jaime has recently moved in with his fiancé, has a healthy relationship with her and his family of origin, and is especially close with his mother.

Building a safe, non-judgmental, confidential space in the counselling room, Jaime was able to explore some of his younger years and reflected on an experience he had around his first significant family bereavement. Making some connections and processing this, was helpful to Jaime: making sense of it, normalising it, and feeling validated. He also did some work managing his anxiety. He learned to identify what his anxiety looked like and what his choices were to manage it and over the weeks of counselling, he could identify some significant benefits to working this way. This in turn, naturally encouraged positive changes in his life and brought hope.

During his work on his panic attacks, Jaime reflected on how his family's normal way to cope was not to talk about family challenges outside the house. Jaime internalised this and made some connections to how it manifested in him, which led him to not communicate with others when he feels challenged. Learning to think about this in an alternative more helpful way, Jaime chooses to begin to share his challenges, ask for support and voice his concerns with others. This helped again to benefit him with small steps to positive changes.

During the latter and final sessions, Jaime shared that his panic attacks have not been happening in many weeks, and the anxiety has been much more manageable. He has been watching movies without panic attacks and even enjoying these with his fiancé. Work has improved due to using the problem-solving and communication skills he has worked on. Family relationships are much more open to discussion around naming and normalising any challenging emotions, and this has brought relationships even closer. When finishing with counselling, Jaime said that he would continue to practice these skills and keep moving forward with his healing. He was very thankful that he took the step to attend counselling at the Aisling Centre, saying that he wished he had of done it years ago.

Feedback

Overall Experience of the Service	
Excellent	85%
Good	7%
Fair	0%
Poor	1%
No Ans	7%

Support/Service Received	
Excellent	95%
Good	5%
Fair	0%
No Ans	0%

"The level of upset/distress varied from week-to-week depending on how I was feeling but always left my sessions feeling better in myself even if I was upset. I felt very supported throughout my journey".

Levels of Distress		
	Before	After
None	0.5%	21%
Mild	3%	57%
Moderate	27%	19%
High	69%	2%
No Ans	0.5%	1%

"I have had reservations about counselling, having had negative experiences previously. On completion of this course of counselling, I have found it positive and beneficial".

Outcomes	
Feeling more positive about the future	97%
Identified improvement	94%

"With her calm demeanour and complete professionalism my counsellor guided me through the traumas that were affecting my life and helped me to start to resolve/ come to terms with them".

"I am so appreciative of the help I have been given as I don't think I would have been ever able to recover from abuse without this".

Creating a place of safety

This case study is based on sessions I completed recently with a client, who was referred for issues in relation to anxiety and low mood. This was a middle-aged lady who worked in the caring profession. She was experiencing panic attacks, which were having a very restrictive and negative impact on her quality of life. It was confessed in the first session that it was such a struggle for her to attend and had taken a lot of courage and effort for to be there.

Listening to my client, whom I will call Mary, there had been a lot of traumatic events in her early life. Creating a place of safety was important. The consistency of weekly meetings, where she felt no judgement, helped build trust which provided safety, a place to look at early life experiences. Mary's father had been in the security forces and she told me that fear had played a huge part in her experience as a child. She spoke about the trauma of constant vigilance, and an attempted attack on her father. She told me she had never spoken before about this experience. She started to see the impact which this had on herself and her family. She realised the trauma of her childhood had greatly influenced her and that of her own children. She started to understand how she had lived a life which was greatly restricted due to fear.

She spoke about a bomb in her area, when she was a teenager and constant flashbacks. She had never been able to speak about the horror of this. I was very aware of the defences that Mary had built up, helping her to cope. She told me she was easily triggered, especially by sound. Use of more creative techniques, sand tray and art as a part of sessions, helped Mary to express what she couldn't put into words.

Slowly Mary began to trust herself further as our sessions progressed. Reflecting on this, gave her confidence, especially on the more difficult days. She admitted she found it difficult to deal with flashbacks and we used grounding techniques to take her back to the here and now. Relaxation techniques also helped gain a sense of control of anxiety. As we came to the end of our time together, we looked at support from other organisations as Mary now felt able to address further the impact of her early life experiences.

"The service took me from a bad place and helped me a lot. I'm over the moon to have got the opportunity to avail of the service. I would fully recommend it to anyone".

When the Time is Right

As counsellors when we receive a referral about a client, we have very minimal details. The first session we have together is an assessment session and within that, we work with clients to understand what they hope for in their counselling experience and to work out if counselling is the right thing for this person at this time.

Rowna came to her assessment session because of the domestic abuse she had been suffering for the last 20 years. She had initially attended her GP, suffering from symptoms of anxiety and depression, but had not felt able at that point to disclose the root cause of the symptoms. The GP had prescribed medication and made a referral to the Aisling Centre but whilst on the waiting list, a serious attack on her had resulted in Police Involvement and an emergency move away from home.

In her assessment session, Rowna talked about feeling all over the place. She had been involved with the Police, Women's Aid, Social Services and the Housing Department and had a multiplicity of appointments to attend. Her crisis was now.

Counselling works best when a client has some sort of stability, as in itself counselling can bring up challenging thoughts and memories. Counselling also requires some "headspace" to enable our clients to process some of our conversations in their own time and space.

As Rowna talked about what was going on for her, she came to the conclusion that this was not the right time for her to attend the Aisling Centre. We did however talk together about what was happening for her and to reflect on how this took up all her available time and energy at present. We talked about how her only peaceful moments were when she was driving and listening to classical music and how important this small moment was to her just now.

As we concluded her session with the decision that counselling was not right for her at present, Rowna stated that actually coming into the building and realising there was a place to go afterwards, was in itself very helpful. She appreciated the opportunity to have a conversation about how counselling might be of use and noticing that our building felt like a safe space to her. She plans to continue her work with Women's Aid and to contact the Aisling Centre when she feels the time is right for her.

Evaluation Feedback

What worked well?

When asked what worked well for them clients focused on two main areas: their therapy and the atmosphere in the Centre. They talked about the things that made them feel safe, welcome, respected and supported.

Being able to attend for in-person where they could talk and were listened to without judgement.

"Face to face sessions, after 3 - 4 sessions I really looked forward to the upcoming session. Thanks to your support I now have a confidence on managing my mental health positively going forward".

"Knowing that I could say anything without being judged".

"Being able to open up about things I haven't before".

"Being able to talk freely and being listened to as I worked through past experiences and feelings".

"The non-judgemental environment and being able to take my time and be emotional without being judged".

"Kindness, support and attention".

The Professional Service

"Listening and understanding from a professional".

"Having protected time and space to make sense of what was happening in my mind".

"The fact it was holistic mind body soul and spiritual issues addressed in a non-judgemental way".

"Validation - awareness of abuse. Information about biological responses to situation eg stress and physical illness".

"Able to talk to someone neutral".

"The space given - it was private and comfortable to talk in".

"I have found the whole experience wonderful. Honestly this has changed me".

"Consistent appointments. Face to face interactions rather than phone/zoom".

"Helping me understand myself, values, thought processes".

"Very good and very professional. I was shown great compassion and understanding".

"Experience was very good. Was in a very low place at the start and now feel so much better".

"Sessions were kept the same day/time each week".

"Talking with somebody outside the family. Very very good".

"Structured and tailored to my concerns/worries/ feelings".

Flexibility Around Sessions

"Being able to come in face to face to talk. But also having that option to still have your appointment over the phone or Zoom if needed".

"Time of session worked around personal circumstance. Sessions with an amazing therapist totally made me feel at ease, very approachable, easy to open up to. Felt comfortable throughout every session".

Services

"Telephone counselling worked well. At time too anxious to leave the house. It was more comfortable - above all brilliant".

"Doing sessions by Zoom really worked, really helpful as I am a wheelchair user. I felt safe doing my sessions from my own home and so could be more open in what I was disclosing in the sessions. Not stressed or panicked about being on time, access, parking etc".

The Welcome Received

"First impression, front of house, very kind and went the extra mile by checking 'any concerns".

"Friendly welcoming from entry - place of trust"

"Waiting room very relaxed, and when I was so nervous the first appointment. Makes you know you're not alone. Felt welcome".

"The whole place - everyone was welcoming. There was a lovely atmosphere and it felt comfortable".

"I felt very safe, welcoming and reassured by all at the Aisling Centre".

"Also feeling a sense of security in the Aisling Centre. I always felt good coming

The confidentiality and warm welcome".

"Welcoming atmosphere, clean and quiet environment. Helpful, sympathetic staff".

"Excellent conditions of the rooms and comfortable environment".

"The communication was good".

"I was made feel very welcome and comfortable. I was surprised how at ease I felt".

"Very comfortable waiting area. Calm, Clean. Music and purifier all very relaxing pre session".

"The waiting area was soothing".

"Professionalism, privacy of waiting areas, and calm".

"Atmosphere - calm and polite. I loved the private room - cosy, warm etc. My dealings with everyone was welzcoming and polite".

The Tools and Resources

"All the practical advice, tips on stress management and tips on how to deal with anxiety. All the info I got has been a great help".

"I learnt a lot about myself and coping mechanisms for the future".

"My counsellor had a lot of techniques that worked really well for me".

"Being given resources to look back on like a workbook and handout".

"The breathing techniques, the tapping method".

"Being fit to talk to somebody and helping me to think in different ways".

"Exercises to help me remain calm, focused and grounded".

"Talking learning how manage life better. Finding that I am better person than I thought I was".

"The mindfulness and learning different points of view".

Survival Toolkit

Siobhan is a middle-aged woman, who lived alone and had a history of depression with anxiety. She recognised and was concerned over a recurrence and increase of symptoms such as lower mood and motivation, increased hypervigilance, dissociation and avoidance etc. She was also concerned about the upcoming Christmas period. After seeing her GP and having her anti-depressant medication reviewed, a referral was made to Aisling Centre. Siobhan had previously attended Aisling Centre, twice over the last ten years.

Throughout the assessment process, Siobhan was clearly guarded, suspicious at times of the therapist's need to ask the questions that form part of the process and of signing the contract. The therapist worked to help Siobhan relax and build rapport and trust in the therapeutic relationship. The opening three sessions focussed primarily on safeguarding, identifying triggers and situations that Siobhan was currently finding overwhelming and that led to thoughts of suicide. An agreed safety plan of how to manage these risks, including what to do, and who to involve, if Siobhan felt she wasn't coping, was put in place.

After seeing and feeling the investment in her well-being from her therapist, Siobhan began to open up more. The more trust she gained in herself, the more resilient she became in managing her triggers outside of therapy and, the more she divulged in sessions.

Siobhan had really good awareness of her depression, it's origin, recurrent nature and that it is a lifelong companion for her, something to be managed. She described the therapy she has previously received from Aisling Centre as part of her "survival toolkit".

We used the agreed safety plan to navigate the Christmas period, now normal relations after covid had resumed. Siobhan saw this as the trigger point for her recent depressive episode,

In counselling sessions after the holiday period, Siobhan was glad to say she enjoyed it and felt it allowed her to reconnect with family. The anxiety and stigma was not as "bad" as she had thought. Siobhan described many adverse childhood experiences and complex childhood trauma which meant that Christmas was always a frightening time for her. As therapy progressed, she talked much more about these traumatic childhood experiences and the effects on her throughout her life.

Like many people living with anxiety and depression, Siobhan shied away from many things that people rightly expect from life: to be in a good job, have a relationship or family, to socialise freely. Despite this, she was generally good at managing her life and her illness, and enjoying simple things in the day to day.

This is what she wanted to get back to, her goal from therapy. The main thing that helped her get there was someone, the therapist, making themselves available to 'bear witness' to Siobhan's suffering, in the past and on to today. This is such an important process for anyone who has been through severe trauma and helped Siobhan achieve her goal from therapy.

Areas for improvement

Overall feedback was overwhelmingly positive, but the challenge of outreach and the issue of waiting times did come up.

Some people felt the waiting time for counselling was too long but they also recognised the high level of demands on the service:

"Nothing with the actual experience it was everything I needed. In ideal world, waiting list would come down".

The feedback also highlights the on-going challenge of finding outreach venues that are confidential and safe as well as welcoming.

"The room in was noisy in background (outside). Lots of activity going on. Hard to concentrate".

"Checking in at reception downstairs each week you tend to see quite a few people which isn't great".

"The room was very cold and a lot of (external) noise".

As always, we are mindful of these issues and working to address them as best, we can.

Healing and Growth

Alex is a 24-year-old client who identifies as non-binary. Alex was diagnosed with ASD as an adolescent. They were referred by their GP with high levels of anxiety, and low mood. Alex had experience previously of counselling and found it helpful. Alex lives with their partner but feels that their relationship could be better, for many reasons, but mainly due to poor communication. Socially, Alex shared that they do not keep in contact with many friends, and feelings of isolation have crept in as their family of origin has not been a healthy experience either. Both Alex's parents had dependency on alcohol, along with their own mental health issues, while Alex was growing up, which made their childhood challenging and complex.

Alex chooses to begin to work on their anxiety as it, after some exploration, seemed to be the issue that was closely connected to their low moods, and fuelled an unhelpful cycle in Alex's life. Alex explained that the anxiety and unhelpful thinking patterns became so invasive, that Alex would believe that everyone thought "bad of me". This in turn caused Alex to retreat and not communicate with significant people in their life, which only triggered more anxiety of "what will they think of me now". This pattern was not helping and triggered low mood and more isolation from the world.

Growing up, Alex, had a lot of extra responsibilities at home due to lack of stability, while also feeling that "things were never good enough". Constant emotional abuse left Alex feeling a sense of low self-esteem and they didn't put much value on themselves. Currently Alex only has minimal contact with their mother, but even now this has been challenging, with emotional abuse.

Alex used the therapeutic counselling space to work through and make sense of their childhood and the effects it has had on their current life. Making connections, normalising, and feeling validated was helpful for Alex. Also learning about anxiety, especially social anxiety, its connections to low moods and self-esteem, Alex began to put in place some small changes and began to see the anxiety as something to work with instead of against. When this began, the anxiety began to become less intrusive in their life. Small steps, like walking up the town on a nice day, and making connections with other people helped to show and prove to Alex that anxiety can be managed, and hope began to grow. Alex decided to put firm boundaries in with their family of origin, to minimise any emotional abuse and this helped to start the growth of their self-worth. Having open communication at work with their boss and sharing their work challenges, helped Alex to gain support and discard unhelpful thinking styles, and to realise that "not all people think bad of me."

Alex's relationship with their partner began to develop in a more meaningful way, by making use of open communication, and helping their partner to understand the challenges Alex faced with anxiety and low mood. This felt more supportive for Alex and helped their relationship grow, putting in place better styles to work together. At times Alex shared it can become frustrating and bad days still happen, but knowing what to do with the bad days has been so much more helpful.

Services

At the end of therapy, Alex shared that they could see a great improvement in themselves. The anxiety did remain but they felt it more manageable, and low moods have felt less severe along with self-esteem beginning to grow. Feeling the benefits of using more open communication with others, naming, and normalising their own feelings has led Alex to wanting to continue to practice these to continue their own healing and growth.

General Feedback

"The sessions of counselling have been extremely helpful. I was absolutely in a state of panic and distress. Speaking with my counsellor has enabled me to deal with my situation more calmly and use different techniques. I cannot thank this service enough and my counsellor".

"This Centre is an amazing addition to our community; I was so lost and didn't know who to reach out to. From the moment I spoke with my counsellor I felt a sense of relief. I'm looking forward to growing with the tools she has shown me".

"The counsellor I had was amazing, I learned so much about myself and why I feel the way I do. I have learned new techniques to help me deal with the stress in my life".

"A challenging and enlightening journey with non-judgemental patient guide".

"I found this very worthwhile. Friends and family have noticed a marked difference in me".

A huge relief

Claire had been feeling very low and tired for months, possibly longer, and she always brushed it off as just the wear and tear of sleepless nights and demanding days looking after her four young children. Gradually she began to notice that she rarely laughed or smiled anymore and had begun avoiding being around people, cutting down on play dates and baby groups, and saying no to things more often. She had previously enjoyed her time home when the oldest were very small and became aware that this felt different. Her health visitor suggested a referral to the Aisling Centre and an appointment with her GP, reminding Claire that just because she had found things ok with her other children, that didn't mean this time round would be exactly the same. Claire hadn't recognised until then, that she was doing much more this time, with much less sleep, energy and space for herself.

In the counselling, it felt like a huge relief just to be herself for an hour, with another adult, without the interruptions and concentration that a baby and toddler, and two other young children required. She also felt guilt almost immediately for feeling this relief, which her counsellor helped her recognise didn't cancel out her love for her children or love of being a mother. She had felt really ashamed to acknowledge with herself that she was struggling. She would often swing between feeling guilty at not loving this time that was so precious and blaming herself when she felt desperate to get some space from it. She believed she wasn't allowed to complain as it was her choice and her job to just 'get on with it'. Gradually in the counselling, she began to lean into the space where it was safe to say she was feeling a few different ways at once about things. She began to realise that she was allowed to choose how she parented, and also be allowed to say when something was hard. She slowly began to recognise her own needs alongside her children's, picking up on when she was tired, or hungry, or feeling overwhelmed or bored – things she realised she was an expert in noticing with them.

The counselling gave her space to tune into and listen to herself, and helped her trust that things wouldn't fall apart at home, if she worked around her needs as well as her children's. She started small, and practiced doing little things between sessions, and week by week, she and her counsellor built up some evidence that it was possible and it was ok for everyone else. She felt her mood become more varied, it was still low at times, but it didn't get stuck like that for long periods like it used to. She felt her guilt and self-blame quieten down, as she acknowledged that her children were safe and loved, even on days when the house felt like chaos and like she was achieving nothing.

During the counselling, Claire began to recognise how her own experiences as a child were coming into the foreground more and more. Memories of childhood were showing up more often, as well as emotions which Claire worried that she couldn't explain. Her counsellor helped her understand how becoming a parent often presses on old experiences of being parented and old feelings too, which helped it make some sense. They worked carefully together around what was best for Claire now, and she decided that she would take some time on the work they had been doing around meeting her basic needs and pause the work on her childhood memories for now. They looked at resources and supports she could use in the meantime, after counselling, and how she could refer back in when she needed to, once her youngest was old enough for childcare.

Claire felt relieved that she could go at her own pace and was surprised that it helped a little even just to acknowledge some of those feelings and memories, even if she wasn't speaking about them in detail yet. She was glad that she could come back when she had a bit more space for herself.

Play Therapy Service

"I feel good now".

54 children attended play therapy, 23 girls and 31 boys.

Source of referral

Parent	35.5%
GP	9%
School	50%
Other NHS	5.5%

Main Presentations

Bereavement	22%
Family Separation	44.5%
Illness	1.5%
Multiple Loss	7.5%
Transgenerational Trauma	7.5%
Other	17%

Child Feedback

"I still feel sad that mummy and daddy don't live together but I have been able to talk about it in here and how it makes me feel".

"I feel better in myself because I've been able to talk about my feelings but I was disappointed that daddy wasn't able to come for a review to hear how I feel".

"Think our family is doing better as think we are finding it better to cope with the death".

"I am happy most of the time, but also angry sometimes".

Parent Feedback

"Everyone is so friendly and a relaxing atmosphere, my daughter was very comfortable with the surroundings and really liked her counsellor, which boosted her confidence".

"My son has become less apprehensive and nervous about situations out of his control".

"My child will talk more openly about her feelings and or any worries she may have. Has also learned to take time out when things get a bit too much, over all a very positive improvement".

"Excellent therapist, very caring and understanding of child's issues".

"Better coping ability and thought process. Therapist gave very useful suggestions and these helped greatly along with the listening and support".

Suzie

11 year old Susie attended therapy as a result of the loss she was feeling after her grandad passed away. At the initial session both Suzie and her mum Kathleen spoke about Suzie's difficulty in coping with her loss and the increased anxiety she has experienced since he died. They both explained how Suzie tends to worry about everybody around her and has this constant fear of something bad happening to someone else she loves.

Suzie had 8 sessions. Initially Suzie seemed to present lots of other issues in the sessions, talking about everything except her grandad. But as we explored her anxiety and fears she became more open to talking about her grandad, his passing, her memories and how she had felt since he died. We used the CBT technique on the 5-part model to help Suzie understand her grief and that how she feels is linked to how she thinks which therefore explains the increase in her anxiety. This also helped Suzie to see the link between her anxiety and her behaviours, such as worrying about her granny, not being able to sleep and wanting to mask her feelings.

Shortly after this work, which was about halfway through the process, Suzie arrived one day saying she felt great, her anxiety had lessened and she didn't think she needed any more sessions. I invited Suzie to take time and not rush her healing process, explaining the idiom 'run before you can walk'. Following this and talking with her mum, Suzie decided to continue with sessions.

During the following session, Suzie opened up about her grandad's death and her feelings of loss, revealing aspects that she had never shared with anyone before. Suzie concluded that she was preoccupied with worrying about and protecting other family members and hence was not allowing herself the time or space to process her own grief. As a result, it was becoming increasingly difficult to do so and the 'holding it in' and masking her feelings was creating even more anxiety and fear. It also became clear that the way she was dealing with her loss was a family pattern and therefore making it more difficult for her to confide in others. After this session, Suzie stated she was ready to share her feelings with her mother and they both agreed that they would communicate more openly going forward.

As Suzie reflected on her therapy process, she stated that when she first arrived for therapy, she did not believe that she would ever be able to talk about the loss of her grandad in the way that she did and that she felt so much lighter for doing so, as it helped to lessen her fear and anxiety. Sometime after her therapy sessions, Suzie sent me a card and an image she had drawn, illustrating her 'vision' when she reflects on her experience of the Aisling Centre. This consisted of a waterfall, mountains and trees.

Services

Well-Being & Life Learning Services

Aisling Centre are working on increasing the range of well-being and life learning programmes they are offering. We are fortunate to have some excellent facilitators on the team who can offer a range of supports. 170 people availed of the well-being programmes.

Participants heard about the activities from a variety of different sources eg newspaper, social media or friends while some were recommended through their Counsellor or a health professional.

Complementary Therapy

"I could recommend them to anybody, they have helped my mental well-being, plus my physical well-being. Perfect peace for one hour per week"

375 sessions of complementary therapy were offered by Sheila with 93% of people who attended for identifying as victims/survivors of the troubles.

Participants presented with a range of issues including grief, depression, stress, fatigue, mobility issues, PTSD etc. However, the main presenting issues were anxiety and pain, particularly back pain.

"I felt so good after them mentally and physically"

"Felt at peace, good overall well-being"

"I feel lighter when walking"

"Really do feel less anxious and stressed"

"I feel it has made me more confident and my mobility has improved"

Mindfulness Meditation

"I'm very grateful for this opportunity, for its affordability, location, Aisling centre is an amazing resource, and for the knowledge, kindness and patience of our teacher, Siobhan. Thank you"

As we moved out of C-19 restrictions Siobhan continued to deliver in-person Mindfulness Meditation programmes including drop-in sessions and an 8-week Mindfulness Stress Reduction Programme.

Having completed the 8-week programme participant feedback indicated that they felt better able to cope with:

Stress/Anxiety	100%
Physical illness or pain	80%
Mental ill health	80%
Current difficulties or problems	100%

"Loved the practice mindfulness sessions on the actual evenings. A great group of people who worked well together, felt better able to refocus. Reminded to be kind and gentle with myself. Challenged with thoughts. Better able to relax"

"Very happy and sad that its all over but I'm planning on keeping it all going with monthly drop ins"

"Putting the work into practice and actually seeing it help and benefit me. I loved the new learning, enjoyed every week. Fantastic – I will and have gone away with so much"

Self-Care Sessions

"I came in not knowing what to expect. I was very stressed. It helped me to learn to relax more and how to use these techniques appropriately. I think it brought my stress levels down"

Therapist Holly ran her very popular 5-week programme, three times over the year. The Self-Care Sessions, which focused on managing anxiety were well received by participants:

"Holly is a natural facilitator. I really feel the sessions have helped me through a difficult time"

"It was very educational"

"I found out I was very in touch with my body and feelings"

"This has been great for me as I've PTSD so this helped me slow down and pay attention to how I can help myself"

"Lovely calm and relaxed environment. Holly has a lovely gentle and warm personality"

"The sessions were excellent and the delivery by Holly was so kind and useful. Her voice is so soothing"

Reattach and MET
(Modern Energy Tapping)

"I like this. I have anxiety. I will use this daily".

Therapist Rosa ran monthly Re-attach sessions which were attended on a drop-in basis. Participants came along for a variety of reasons from to find tools to aid their own well-being, to helping others, or to developing skills to add to their own practice.

Feedback was positive. Most participants said that they liked it with some experiencing a positive reaction during the session. Most of those who attended felt it would be a useful technique for managing emotions.

"This is nice and good and quick change".

"It is very gentle way to change emotion".

"I think you just need to be open and trust yourself for this technique to work on you".

In the autumn Rosa developed the drop-ins using Modern Energy Tapping. Participants found the technique simple and easy to follow describing it as "very deep", "comforting" and "relaxing".

The Hub

Martina secured funding through the FODC warm spaces programme and ran a 10-week hub drop-in. Each week featured a different topic focused on well-being and information sharing with various members of the Aisling Centre team as well as a very informative visit by Deirdre O'Connor, FODC and a excellent talk with local historian Frankie Roofe. Participants enjoyed the varied programme and the lunch but what they enjoyed most was the informal atmosphere and good company which the group provided.

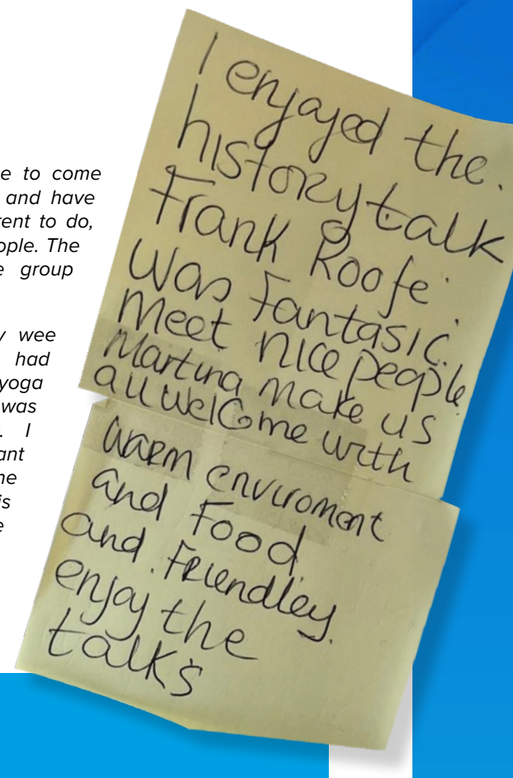
"Today's session was very interesting, enjoyed the talk about Old Enniskillen. It's nice to come in and meet the people as always"

"So well looked after. Martina is a wonderful caring person. It is lovely to have this to get up in the morning to come to"

"Really caring group, it is helping me. I am grateful for all the support I am getting. It's beneficial"

"A fantastic place to come to have a chat and have something different to do, to meet new people. The girls taking the group are wonderful"

"This is a lovely wee group and we had Shauna doing yoga today, which was a lovely treat. I often don't want to get up in the morning but this group gives me something to get up for"



Hope for the Future

Hope, Healing, Growth 2023

"I was thoroughly impressed, inspired and got encouragement from the fantastic workshop"

The 2023 event was another milestone event and for the first time it ran as a very successful hybrid event (room and zoom).

The overall theme of the presentations as always was linked by HOPE. There was a strong thread stressing the importance of connection and self-compassion. No one is alone – at some level all of us are vulnerable. We are all emotional beings who feel things, who get hurt, who feel pain, who are tested. But we all have an inner capacity to cope better than we think we can. If we look back, we can all see that there is something in our past that we have come through, something that we might once have thought we would never be able to get through.

Really simple things lie at the heart of better mental health, talking, listening, saying hello to someone, getting fresh air, spending a little time in the company of others.

In his opening comments Adrian Dunbar encouraged us to find something positive from the day. While psychologist Shane Martin focused on the importance of being present in our lives. For many life can go by so quickly because we are not aware of the present for so much of the time.

In sharing her story Emma Spence encouraged self-compassion. She acknowledged that some people do set up charities and 'do big things', as a way of coping with tragedy. However most people, when faced with adversity and bad things in life happen, go through a time when success is simply about getting through the day and putting one foot in front of the other. "You don't need to compare yourself to anyone else."

As part of the group discussion facilitated by Noelle McAlinden, Conor McBarron's underpinning message was the importance of learning to live, not just exist. While Una Leonard stressed that at some point along the way, everyone must look after themselves and 'do something for me'. Recognising your own importance and caring for yourself, looking after yourself is a most unselfish act.

Climate activist Dr Lorna Gold talked about the very real connection between emotional well-being and nature and asked the question, "How can we have healthy people if the planet is sick?"

The FIND Centre shared a video they had made in support of young people's mental health. Nathalie Truelove and Amy Bogue emphasised the importance of connection and any connection even with a pet can be the thing that gives life meaning and hope.

Richard Moore reminded us that you don't need to stay stuck in the bad event, you have to find a way to accommodate it, to let it become part of your history and begin to live a new present and create a new future.

Singer Janet Devlin who closed a fantastic day with her song of hope also spoke of her life challenges and reassured that "There will come a day when you are excited to see the sunrise".

What a wonderful day!!!!! I feel so privileged to have had the opportunity to participate in such a fabulous event."

SAVE THE DATE

HOPE, HEALING, GROWTH

Day of Inspiration | Ripples of Hope

Saturday 6th January 2024, 10:00am - 3.30pm

GUEST SPEAKERS

Adrian Dunbar - Aisling Centre Patron
Catherine Murnin - The Wisdom of Well-being
Shannon Hollywood - The four secrets of being a happier parent
Ciara and Billy Nicholl - Living Legacies – Ellie's Retreat
Niamh Brownlee - Struggling to Breathe
James Martin - Living your Dream
Victoria and Margaret Geelan - The Ripple Effect
Frank Liddy - Ripples of Hope

Registation information and further details **www.theaislingcentre.com**

Governance

Treasurer's Report 2022-2023

This will be my sixth and final Treasurer's Report and I am delighted to see steady growth and good financial practice for the past year.

This, once again has been a most challenging and difficult time for everyone. The general cost of living crisis and its impact on society is real and worrying. Families squeezed by increasing interest rates and rampant inflation has resulted in a new uncertainty that assaults our health and well-being. Our work in Aisling has never been more needed as the general vista of financial support from government at all levels continues to diminish. Increasingly, external fund-raising taking place all over the community is our life-line and for that support we are most grateful.

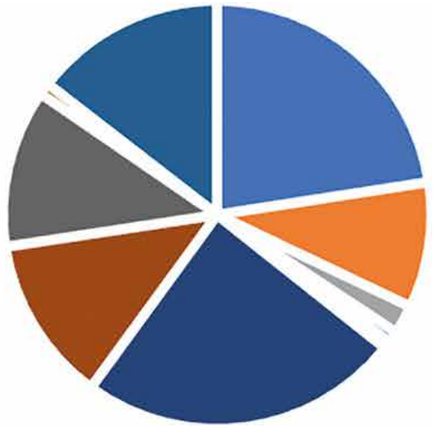
It is also encouraging to see how room hire has increased significantly. There is nothing better than to see the centre buzzing from wide and varied usage. Additionally, we also give thanks to the Victims Survivor Service for their continued support, as well as to Children in Need who have steadfastly stood by us over these past years. We are also indebted to the Charities Aid Foundation for their generous donation as well as to St. John of God who continue to provide financial support. Finally, we thank Fermanagh and Omagh District through their grant schemes and through Neighbourhood Renewal.

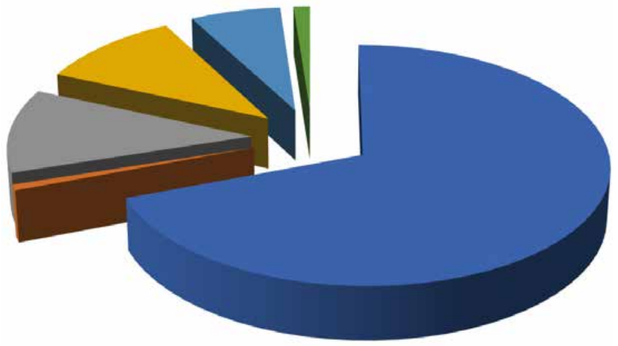
I would also like to pay tribute to McNeary Rasdale, our accountants. Their professionalism and steady guidance have been much appreciated over these past years.

In conclusion, it has been my great honour to be Treasurer and to see at first hand the excellent work of our management team under the steady hand of Bridie. New additions to our Director team will add significantly to working practice as well as bring new ideas to the table. One thing that has brought me much satisfaction is to see how the work of the Aisling Centre is held in such esteem throughout the wider community. This reputation has been won hard is worth preserving. It is also worth noting the amazing generosity of The Sisters of Mercy whose faith in Aisling continues to inspire and challenge our work on a daily basis.

Neville Armstrong
Treasurer

Income Breakdown





Preparing for the Future

Strategic Plan - March 2023 – April 2026

Strategic Review

In May 2002 the Borad of Directors undertook a robust review of Aisling Centre Strategic Plan. Over a period of 6- months they engaged in on-going strategic review workshops and planning days.

Stakeholder feedback across all sectors and including clients was central to the development of the plan. This feedback forms the foundation on which this strategic plan is based.

Mission

To provide opportunities for hope, healing and growth in a welcoming and supportive environment

Vision / Dream

Positive Mental Health and Emotional Well-Being for All

Values

Providing a safe, Welcoming and Confidential Space Non-judgemental, Inclusive and Respectful

Strategic Aims 2023 - 2026

To promote positive mental health and emotional well-being in County Fermanagh and the surrounding area by:

1. Providing an accessible and professional counselling, psychotherapy and play therapy service.
2. Providing a wellbeing support service and community hub.
3. Ensuring that Aisling Centre continues to be an effective, transparent and ethical organisation.

Context

Aisling Centre's core service is the provision of counselling, psychotherapy and play therapy and the promotion of wellbeing.

Aisling Centre is acutely aware of the challenges faced by people across society. The Board appointed external facilitator Thomas Martin, Martin Consultancy to work with them to undertake a comprehensive review of the work of the Centre to ensure the long-term resilience of the Centre and its team as it continues to provide an essential mental health service in the community.

As a charity Aisling Centre works in a challenging environment dependent on short-term funding sources including contracts, grants and income generation through room rental and programme delivery, fundraising and donations.

The Centre works within a constantly changing and evolving external environment with the new NI Mental Health Strategy, the work of Pathfinders and the development of GP Hubs and the Regional Trauma Hub. It is also an environment that has been severely impacted by funding, Covid 19, the changes to Universal Credit and Benefits and, the pressure that families and individuals are currently feeling with the increased cost of living and spiralling cost of energy. There is also growing acknowledgement of the increased need for mental health services particularly in the aftermath of the Covid 19 pandemic.

Within this fluid environment it seemed most prudent to limit the new strategic plan to a 3-year period:

- It will be regularly reviewed to take account of this current climate of uncertainty and change within the sector.
- It may need to be adjusted to take account of financial and other resources available or opportunities which present.
- All actions taken will be consistent with our ethos.
- All decisions will be made in the best interests of our clients within the limits of resources available.

Brief Summary Of Key Findings

Clients

- Clients feel comfortable using Aisling Centre, people are friendly and understanding, there is a sense of calm.
- Clients said the referral turnaround time was quick and waiting lists are much shorter than some health service provision.
- Clients feel welcome, they feel they have been given the 'tools' to help themselves.
- Clients feel actively involved in the evolution and delivery of services.
- Clients commented very positively on the way their consultations were managed and progressed.
- For some clients the online counselling service (during C-19) worked for them, but most people would prefer face to face counselling.
- Clients would like more outreach and evening sessions.
- People value the short referral form and process.

Other Stakeholders

- People are very pleasant and upbeat, staff/sessional team feel the organisation is a good place to work.
- There is a strong sense of purpose within the team and good teamwork.
- Aisling Centre's 'people' are its most valuable resources.
- External stakeholders hold the organisation in high regard.
- Aisling Centre is seen as being very neutral and safe.
- Health professionals have security and confidence in the organisation.
- Good relationships with other organisations in the statutory and voluntary sectors
- Service is seen as professional and is described as excellent (both counsellors and support staff)
- Coffee shop is seen as a real asset.
- People value the accessible referral form and process.

Financial

- Aisling Centre is seen by funding stakeholders as delivering value for money and having good financial governance.
- The Centre meets funder expectations.
- Financial model includes essential fundraising and donations.
- Short-term nature of funding is an on-going challenge.
- Variety of funding sources both an asset and a challenge.
- The organisation has to continually work hard to attract new funds.
- Good financial governance with financial reporting a standing item on the agenda for Board meetings and annual external audits as well as funder audits.
- Current financial crisis will impact on Aisling Centre and on its clients.

Thank you to all our funders. Your on-going commitment to the work of Aisling Centre is vital in enabling us to do the work we do.

Community Support

Reflections

"I would like to express how grateful I am to Brenda and the opportunity to talk openly about my feelings. When the sessions began, I was at a very low point. Talking to Brenda has allowed me to make sense of my emotions and I feel much stronger to face whatever difficulties arise in my personal life."

The time has finally come for me to move on

As I sit to write, I am recalling all the years spent in in the Aisling centre. I started more than twenty years ago when there were only three to four therapists on the team. I have watched Aisling Centre move through many changes with the management, the board of directors and the therapeutic team over the years and witnessed it grow from strength to strength.

Aisling Centre has a great team spirit and a positive working atmosphere. The work involves very complex issues and demands a lot of energy from the practitioners. Aisling Centre has become more and more aware of this and provided many emotional and psychological supports for wellbeing, not just for the clients that come to Aisling Centre to avail of the services but to the team, and never more so during the pandemic when extra services were provided such as yoga and mindfulness, these continued long after covid. When life presented health challenges, Aisling Centre was there for me for which I am very grateful.

However, the time has finally come for me to move on. Having completed a master's dissertation on the emotional and spiritual impact of cancer, my interest now is moving towards health and illness, along with private practice and working as a supervisor. I wish to send a big thank you to all at Aisling Centre, for the wonderful send off and the beautiful gifts I received. There is no doubt no matter where I wander Aisling Centre will be hard to beat.

Brenda

I will be very sad to leave

After 23 years of dedicated service Finance Administrator Marie Greene retired at the end of March 2023. Marie commenced work in Aisling Centre on 28th August 2000 as a Receptionist/Secretary, working alongside her good friend Joan and she has been an integral part of the functioning of Aisling Centre ever since. We are all very sorry to see her leave.

Speaking on her retirement Maire said "I am looking forward to spending more time with myself. When you are working five days a week you don't have much time to yourself." She continued "I would love to take up some kind of hobby maybe two days a week. I'm not sure what that will be yet, but I know I will need to do something. I just hope that something will come up that suits me."

Marie's retirement plans are focused on her family and friends. "To be honest I don't know if it is the right time for me to retire. I just thought to myself I need more time to do other things. I took it upon myself to do it anyway. I want to spend more time with my husband, family and friends so retiring means I can do more of that." Reminiscing on her time in Aisling Centre Marie acknowledged she has seen a lot of changes to the organisation most of them for the better. "When I first came here there was only a few of us compared to the larger staff base we have now. It was Joan and I on Reception. We might have only had about 4 or 5 referrals a week, that is a lot different to nowadays, we would have that each day now." She went on to talk about the growing demand for the service. "People are more in need nowadays. People are more aware of Aisling Centre and the work we do now. I believe that is thanks to our Service Director Bridie for raising awareness in the community." Marie found her job very fulfilling saying, "I loved meeting people especially when I was on Reception. I have seen people coming into the Centre with tears in their eyes and leaving with a smile. That makes you feel good, that you have helped them in some way." Marie was very dedicated to her work at Aisling Centre. "I loved coming to do my work. I'd say I was only ever off one or two days sick in all my time here."

"I have enjoyed all my years here and I will be very sad to leave and hate the thought of it, but I have enjoyed it all and I am very grateful for Aisling Centre." Marie is not one to be idle and she is looking forward to the interesting things that may come her way in retirement.

Gifting of Building

Afternoon Tea at Aisling Centre

On 25th April 2023, Aisling Centre hosted afternoon tea for the Sisters of Mercy in the Westend Coffee Shop where the story of Aisling began. This was a day of celebration held to acknowledge the contribution of the Sisters of Mercy to the Centre and in particular the gifting of the building to the charity.

Chairperson Alison Annan gave this address on behalf of the team at Aisling Centre: It is particularly lovely that we have two of our founding members in attendance,

Sr Mary and Sr Edel, and of course we remember the late Sr Helena, the third member of the team. Also, it is so nice to have Sr Rose Marie and Sr Aine from the Provincial team here and indeed they are no strangers to Aisling Centre.

With more than 20 years' service on the Board of Directors of Aisling Centre I have come to know and be inspired by so many of you. I witnessed how you live out your faith and vocation through your commitment to community, service and social justice.

Aisling is a beautiful word meaning dream, and that dream which started with Sr Mary (Daly) has flourished. We are delighted to be able to say that 32 years later, that founding ethos still holds strong; Aisling Centre remains a place of welcome and hospitality where people can find hope, healing and growth. It is both an honour and a pleasure to serve as a Trustee for the charity.

On a personal level I am forever grateful that the founding members reached out to the community and truly made Aisling Centre a place where people from all traditions could feel welcomed and safe. This cannot have been easy to do back in the early 1990's. On that note, it is wonderful to have Daphne Clarke with us today. Daphne joined the management board in 1992 and is still an active supporter of the Centre 30 years later. That says it all.

Over the years the management Board has had 2 representatives of the Sisters of Mercy, most recently Sr Mary (Delacy) and Sr Edel, and I witnessed how they stepped back and watched with joy as they saw the management and staff teams develop and grow strong, taking the Aisling dream forward, as they quietly supported from the sidelines. What wisdom and vision they showed.

Despite being involved in many local community groups and charities, the local Sisters of Mercy have always fully committed to the work of Aisling Centre. In addition to the founding members, Sr Phil, Sr Mary Delacy and Sr Mary Conway were all members of the first management committee (as was the late Sr Helena) and over the next number of years the late Sr Maureen and the late Sr Joan, Sr Rose Marie Conlon (now provincial leader) and of course our lifetime honorary member Sr Edel also served on the Board for many years. But of course, the support did not stop there. Over the years Sr Rose Marie (Keenan), Sr Rita, and the late Sr Kathleen O'Donnell delivered their much-loved Poetry, Enneagram and Art Workshops. Our fundraising stalwarts Sr Anne Marie, Sr Mary Patricia and the late Sr Catherine made sure no-one got past them! And we can't forget Theresa Monaghan, Sr Mary Carroll and Sr Mary Conway who contributed so much through their work as therapists. And indeed, as Director, Mary Conway oversaw a huge building expansion which was officially opened in February 1999.

For our 25th anniversary in 2015, three of the counselling rooms in that extension area were named in honour of our three founding sisters Mary, Edel and Helena.

We were always encouraged by the local community of Sisters and those who couldn't help in person sent generous donations and supported our events. This we always appreciated. We were also supported at Provincial level and indeed there were times when the annual grant was the only thing keeping the wolf from the door.

When Sr Edel and Sr Mary told us that the Provincial Team had decided to gift the building to the charity, we were stunned by their generosity and absolutely humbled by the trust that is being placed in us.

Of course, we did not earn this trust alone, it has been built through 32 years of hard work, so it is wonderful that we have John Sheridan with us today. John was the first Chairperson of Aisling Centre. We are also pleased to have former chairs Pat Cassidy and Ann McDermott here today.

We have long had a lovely piece from a local paper depicting our three founding members and the opening of Aisling Centre hanging in the front hallway. It has now been joined by a plaque which reads:

"Aisling Centre Trustees are pleased to acknowledge the work of the Congregation of the Sisters of Mercy who founded, nurtured and developed Aisling Centre, gifting this building to the Charity in November 2022"

We would also like to give you a small gift of a rose to plant in the Convent Garden. We chose this rose because it is named 'Sweet Dream'. It will be accompanied by a plaque which reads:

Aisling Centre would like to thank the Sisters of Mercy, Enniskillen, founders of Aisling Centre, for the incredible support they have given to the local community and the contribution they have made to promoting positive mental health.

This rose 'Sweet Dream' was planted by Aisling Centre in 2022. The healing that takes place at Aisling Centre day and daily is almost miraculous and none of us will ever know how many lives have been transformed and indeed saved. All of us in this community truly owe you a huge debt of gratitude.

Thank you.

Charity Greeting Cards

£4.50 for a pack of 10

With the growth in social media and virtual communications people do not send as many cards as they used to and when they do, they search for a nice meaningful card and what better way to do so than with a charity card which has been created with much love and supports a vital local mental health service.

Unlike generic charity cards, Aisling Centre greeting cards all feature beautiful artwork based on original designs created by local artists: Sheila Gilroy-Collins, Grainne Knox and Patricia Martinelli. The cards are blank inside and suitable for any occasion. They have been printed on sustainably resourced paper. 100% of the proceeds from the cards will be used to support the delivery of counselling and well-being services at Aisling Centre.

Cards are available to buy from the Centre (in person or over the Phone) or from our website www.theaislingcentre.com

Herstory

Aisling Centre was absolutely delighted when founding member Sr Edel Bannon was selected as one of the local women to be celebrated as part of the Heroines for Peace Exhibition when it came to Enniskillen.

The exhibition was was part of a new herstory and educational exhibition programme that explored the pivotal role of women in the NI Peace Process. Since the 19th century, women's roles have changed, women's movements have emerged with suffragettes, trade unionism and eventually the peace movement of the 1960s on. The Peace Heroines of Northern Ireland exhibition highlights the role of women in the Northern Ireland peace process, marking the 25th Anniversary of the Good Friday Agreement. Women from all walks of life played a pivotal role in the Northern Ireland peace process and continue cross-community dialogue and reconciliation projects today. From grassroots to government levels, the exhibition captured a diversity of voices and perspectives.

The exhibition was hosted by Fermanagh and Omagh District Council at Enniskillen Castle Museum. It celebrated the work of some of the most inspirational and formidable women who during the most challenging of times worked for peace and a better life for our communities. These women were celebrated through a series of stunning portraits created by visual artist Marian Noone aka FRIZ. It also celebrated the work of local women.

In their compassion, wisdom and foresight Sr Edel and her fellow founding members Sr Mary and the late Sr Helena created in Aisling Centre a safe space where people from all traditions could come and find support at difficult times in their lives. This was not an easy task when the Centre opened in 1990 but, they focused on how best they could meet the mental health and emotional well-being needs of the whole community. 33 years later we owe them a great debt of gratitude for the wonderful service Aisling Centre is today. A service which has helped people from all traditions deal with traumas born out of the 'troubles' as well as many other traumas and challenges that we have experienced both as individuals and as a community.

A big thank you to Sinead Reilly, Development Officer: Collections & Exhibitions, Museum Services FODC, who curated the excellent Enniskillen exhibition.

World Suicide Prevention Day 2022

Following the success of our 2021 Cuilcagh Trek to mark World Suicide Prevention Day, we have decided to make it an annual event.

In holding the trek, Aisling Centre wanted to organise an event which would raise awareness of mental health and to encourage people who may be considering ending their lives to talk to someone, and to remind them that there is help available. Suicide is preventable. Another important element of the dxay is providing a space where people bereaved by suicide can come together in solidarity with others to remember and find support.

For us at Aisling Centre it was an honour to share the morning with you and hear a little of your journey, thank you.

World Suicide Prevention Day, which first started in 2003, is observed across the world on 10th September annually. It aims to start a conversation about suicide and promote a worldwide message of Hope. The theme in recent years has been 'creating hope through action'.

At the time of writing, the 2023 trek has been completed and the 2024 trek is provisionally booked for Saturday 14th September.

World Suicide Prevention Day 2022

Mental Health Benefits Of Reading

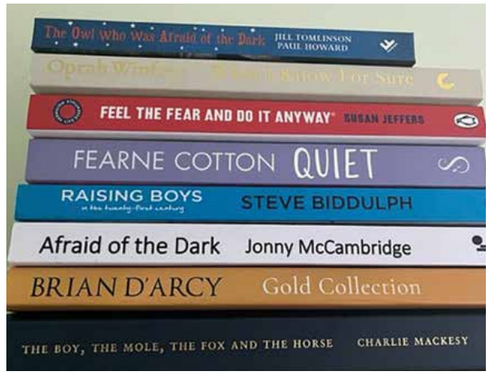
Studies have shown that reading can benefit your mental health and emotional well-being. Getting lost in a good book can provide a break and a distraction from the stresses of life. A study in 2009 by the University of Sussex found that reading for 30 minutes can lower blood pressure, heart rate and psychological distress and, that it can work better and faster than some other relaxation methods such as listening to music.

If you are new to reading start by finding a book or magazine on a topic that interests you. It can be anything: gardening, music, cooking, a romantic novel, a thriller (avoid choosing something that you might find upsetting or unsettling). Then find a quiet space and enjoy your escape to another world for a short while.

A study completed by the BACP (British Association of Counselling and Psychotherapy) in 2021 showed that reading was one of the most popular ways in which people managed their stress levels during the C-19 pandemic. According to a World Book Day article on their website https://www.bacp.co.uk/news/news-from-bacp/2022/3-march-world-book-day-the-mental-health-benefits-of-reading/ reading can reduce stress, improve mental health, ease symptoms of depression, improve memory and focus, and help with sleep.

A physical book is better than a e-reader especially if reading as part of a night-time routine. Books can be picked up quite cheaply from charity shops or borrowed for free from the local library.

Recommended Books



Quiet - Fearne Cotton

From Sunday Times bestselling author Fearne Cotton, this is the handbook for modern life we all need. Including expert advice, ideas to put into practice, and activities to complete. 'Quiet' identifies ways to help you tune out the negative backchat holding you back.

The owl who was afraid of the dark – Jill Tomlinson

Filled with gentle humour and heart-warming illustrations, this uplifting story about finding the courage to face your fears, has been beloved of parents and children for decades – and its message of resilience is as timely as ever.

Feel the fear and do it anyway – Susan Jeffers

Filled with concrete techniques to turn passivity into assertiveness. Dr. Susan Jeffers teaches you how to stop negative thinking patterns and re-educate your mind to think more positively.

What I know for sure – Oprah Winfrey

Oprah shares her experiences and insights on overcoming hardship and how she used that strength to forge a path toward reaching her full potential.

Gold Collection – Brian D'Arcy

From the popular Sunday World columnist, this book will help whether you need advice, consolation, guidance in prayer, or just a good laugh.

Afraid of the dark – Jonny McCambridge

This is a heartfelt story from Jonny McCambridge, a Northern Irish journalist and a former HHG Guest Speaker. An honest account of his attempt to overcome the mental health demons which tormented him for decades and brought him dangerously close to the conclusion that life simply wasn't worth living anymore.

Raising Boys – Stephen Biddulph

A practical guide to the issues parents face in raising sons--including sex, violence, homework, sports, the Internet, and more--and how to best aid boys' development from birth to manhood.

Manhood – Stephen Biddulph

Written by world renowned family therapist Stephen Biddulph, this very accessible book addresses the problems and possibilities confronting men in their daily lives.

The boy, the mole, the fox, and the horse – Charlie Mackesy

Four unusual friends share truths about life as they search for a home. The deceptively simple and beautifully illustrated book and reminds us that kindness and that love can be found in unexpected places.

Visit our website www.theaislingcentre.com to find out more about the recommendations.

Community Hub

FORGET ME NOT
Bereaved By Suicide Support Group

Meets first Monday of each month 7.30pm – 9.00pm
Venue - Aisling Centre

Farewell Fidelis

In March 23 Fidelis Simpson stepped down from her role as facilitator of the Forget Me Not Support Group. Fidelis has been working with the group since 2012 apart form a short period between 2016-2020. Fidelis has supported the group and its members through many difficult days with both tears and laughter along the way. She will be much missed. Members thank her for all her support in the group and wish her a happy retirement.

TREE OF LIGHTS

Sunday 25th November 2023
Aisling Centre

Remember me in every special way, keep me close to your heart, we'll meet again one day

Tree of Lights is a moving event orgniased annually by the Forget Me Not Support Group. This very special ceremony creates a quiet space to remember a loved one who has died by suicide before the advent of the Christmas Season.

Simple wooden symbols are made available where you can write the name and/or a message in remembrance of your loved one. These are placed on a twig type tree which will remain lit (during opening hours at the Centre) until the 6th of January.

Aisling Centre Gift Cards

A Gift of Hope

_____ has gifted _____

to Aisling Centre on behalf of

_____

This gift will be used to support a local person, who may be in distress or despair, through our *free, confidential and professional counselling service*

Give the Gift of Hope this Christmas

Aisling Centre are delighted to announce their new Charity Gift Cards.

When you purchase an Aisling Centre Gift Card you are Giving the Gift of Hope. Your gift will be used to provide counselling to a local person who is dealing with difficult times in their life and may be in great distress or despair.

In purchasing an Aisling Centre Gift Card, you are buying an ethical and sustainable gift.

You can select from our range of greeting cards, all of which are printed on sustainably sourced paper and depict a beautiful original piece of artwork by a local artist, and if framed, would make a lovely print for any wall.

Some of the ways your gift can help: £10 will provide art supplies for a child coping with loss to use in Play Therapy, £30 will provide crisis support for one person, £100 will help one person receive much needed counselling.

The beauty of this gift is that any amount, no matter how small or large your gift, combined with other donations, will contribute to helping someone in need of support.

Aisling Centre Gift of Hope Cards make a wonderful alternative and sustainable gift idea which will be received with delight while also helping local people find hope and healing. Aisling Centre gift cards are suitable for any occasion and are available to buy all year round

You can purchase your gift card online from our Facebook page and website www.theaislingcentre.com or directly from the Centre by telephone (028 66 325811) or in person.

Donations received by Aisling Centre are used to support our free, professional and confidential counselling and well-being service.

SUPPORT GROUPS & NETWORKS

Aware NI

Support group for adults affected by depression
Meets fortnightly – Tuesday's 7:30pm – 9:00pm
For further information contact Sarah Tel 07867 028489
| 028 9035 7820 Ext. 243 or Email sarah@aware-ni.org

Escapists

Support group for carers
Wednesday, 10:30am – 1:00pm.
For further information contact Aisling Centre

Forget Me Not – Support Group for people bereaved by suicide

First Monday of the month, 7:30pm - 9:00pm
For further information contact Aisling Centre

WORKSHOPS AND CLASSES

Island Artists

Wednesday, 1:00pm – 3:00pm.
For further information contact Maura
T: 079 6822 5704

Yoga with: Genny Brown (Yoga Ocean)

Thursday, 12 noon – 1:30pm.
For further information contact Genny
T: 028 8954 1994

Shauna McMorrow (Aurora Yoga)

Wednesday, 6:30pm – 7:30pm.
For further information contact Shauna
T: 075 2646 5004 / shauna@aurorayogastudio.co.uk

Teresa Cleary (TLC Yoga)

Thursday evenings, 7:00pm – 8:00pm.
For further information contact Teresa
T: 079 2369 4523

OTHER SERVICES

Cherish Sure Start

Crèche & Family Support
For further information contact Maeve Linton.
T: 028 6862 1970 / E: cherish@archlc.com

ERANO

Fermanagh Omagh Refuge Support
For further information contact Mary mary.lafferty@eran.org.uk

ZEST

Healing the Hurt of Self Harm & Suicide Counselling Service
For further information contact ZEST.
T: 028 7126 6999 / W: www.zestni.org

In AA, everyone is equal and it's anonymous, members are known by their first name only. There is a little slogan "Who you see here, what you hear here, let it stay here".

AA meets in the Aisling Centre three evenings per week; Monday, Tuesday and Thursday. Meetings are open to anyone struggling with addiction.

For information contact the Centre on 028 66 325811.

Westend
Coffee Shop

Café & Outside Catering
Monday - Saturday 8:00am - 3:00pm
For information contact Barry
028 6634 0475 / 079 79975000

SUPPORT GROUPS & NETWORKS

"From dreading each day I now look forward to the future"

Supporting positive mental health in the community

for over 30 years

100+ sessions of counselling every week

"This is an excellent service, I have availed of it a number of years ago, it was excellent then too"

£10
will provide art supplies for a child to use in play therapy

£30
will provide crisis support for a suicidal person

£100
will help one person receive counselling

"I have no doubt I'd be dead if I hadn't had this service"

Consider a regular gift

no matter how small

By choosing to give a regular donation to Aisling Centre, you can make a huge difference in the life of a person in distress or despair.

We will make your gift count

Help us Give Hope. Every penny you donate will be used to support service provision.
Over the year as little as £5 per month could provide counselling to help save a life.

Can't make a regular gift?

Other ways to help us offer this much needed local service

- a one off donation
- donate in celebration e.g. in lieu of birthday gifts, wedding favours etc...
- a bequest in your will
- nominate us as your work place charity
- undertake a personal challenge like a sponsored walk
- organise an event

giftaid it

Donating through Gift Aid means Aisling Centre can claim an extra 25p for every £1 you give. It will not cost you any extra.

INSTRUCTIONS TO YOUR BANK/BUILDING SOCIETY TO PAY BY STANDING ORDER

To the Manager: _____
Bank/Building Society
Address:

_____

_____

Post Code: _____

We/I hereby authorise and request you to DEBIT our/my account as follows:-

Account Name: _____
Account No: _____
Branch Sort Code: ____ ____ ____
Sender Reference (to show on sender statement)

_____

With the sum of £ per month commencing on

and every month thereafter until further notice from us/me in writing.

And CREDIT to
Aisling Centre Company Ltd No 4 Account – Account No 01043-538 - Sort Code: 93-80-76
AIB Bank Ltd, Enniskillen Branch

Authorised Signature/s _____

_____

Date: ……/……../……

NOTIFICATION TO AISLING CENTRE - PLEASE DETACH AND RETURN TO ADDRESS OVERLEAF

Name: _____
Address: _____
Post Code: _____
Email : _____

Gift Aid it ☐ Please tick
I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains tax than the amount of Gift Aid claimed on all of my donations annually, it is my responsibility to pay any difference.

"I would like to thank the Aisling Centre and in particular my counsellor for all the help and support shown to me. I feel it truly saved my life. Enniskillen people are so blessed to have this service."

Aisling
centre
Hope Healing Growth

Aisling Centre
37, Darling Street, Enniskillen
Co Fermanagh, BT74 7DP

Telephone: 028 66 325811
Email: info@theaislingcentre.com

www.theaislingcentre.com

Registered with the Charity Commission for NI - NIC101096
Registered Company No – NI 27011 BACP Registration No - 101666

Aisling Centre Company Limited

Northern Ireland - Charity number 101096

Annual return

Registration number NI027011

Charity Number: NIC101096

Aisling Centre Company Limited
Company limited by guarantee

Directors' report and financial statements

for the year ended 31 March 2023

Aisling Centre Company Limited
Company limited by guarantee

Contents

	Page
Directors' report	1-5
Auditors' report	6-8
Statement of Financial Activities	9
Statement of Financial Position	10
Notes to the financial statements	11-18

Aisling Centre Company Limited
Company limited by guarantee
Directors' report
for the year ended 31 March 2023

The Directors are pleased to present their annual report and the financial statements of the charity for the year ended 31st March 2023.

Reference and administrative details

Charity Number	NIC101096 The charity is constituted as a company limited by guarantee as per the Memorandum of Association
Registered Number	NI027011
Registered Office	37 Darling Street Enniskillen Co. Fermanagh BT74 7DP
Auditors	MacNeary, Rasdale & Co. Ltd Chartered Accountants Wellington House 30 Darling Street Enniskillen Co. Fermanagh
Bankers	A.I.B. Bank 2-4 East Bridge Street Enniskillen Co. Fermanagh

Directors & Senior Staff members

The directors of the charitable company (the charity) are its trustees for the purpose of charities and throughout this report are collectively referred to as the Directors.
The directors serving during the year and since the year end were as follows:

Directors	Ms Alison Annan (Chairperson) Ms Roberta Hamilton (Vice-Chairperson) Mr Marshall Coalter (Secretary) Mr Neville Armstrong (Treasurer) Ms Deirdre Kane Ms Grainne Scott Mr Richard Smith Mr Iain Kennedy Dr Aideen McGinley Dr Ann McDermot Ms Monica Corrigan (Appointed 31 May 2023) Ms Maeve Corrigan (Appointed 31 May 2023)
Company Secretary *Senior Staff Members*	Mr Marshall Coalter Ms Bridie Sweeney (Service Director) Mr John Bennett (Clinical Co-ordinator) Ms Patricia Kelly (Facilities / Admin Manager)

Aisling Centre Company Limited
Company limited by guarantee

Directors' report
for the year ended 31 March 2023

Structure, Governance and Management

Governing Document

Aisling Centre Co Ltd was incorporated as a Company Limited by Guarantee in 1992 with a registration number of NI 027011.

The Articles of Association (governing document of the Aisling Centre) were updated in May 2014. The revised document was sent to the Charities Commission for NI and consent to amend received on 10th July 2014. They were also sent to the Companies House for approval in September 2014.

The Aisling Centre was approved for registration as a charity with the Charity Commission for NI on 4th February 2015, with a registration number of NIC 101096.

The Aisling Centre objects are - to promote good mental health and emotional well-being in Northern Ireland, and in particular for the people of Co Fermanagh and the surrounding area, through the provision of a professional counselling and psychotherapy service, support groups/services, complimentary therapies, befriending, education and social programmes/groups/networks and advice and information.

Appointment of directors

The number of Directors shall be not less than five or more than twelve.

Quorum for meetings is one half of all members entitle to vote upon the business to be transacted

One third (or the number nearest one third) of the Directors must retire at each AGM, those longest in office retiring first. A retiring Director shall be eligible for re-election.

Membership is open to other persons (aged 18+) who are invited to become members of the Charity by the Directors and apply to the Charity in the form required by the Directors.

There is no minimum/maximum length of time for Directors to serve on the Board but there are limitations on post holders - Chairperson, Vice-chairperson and Secretary - who may serve no more than two consecutive three-year terms. The AGM will be held on 25th October 2023.

Directors' induction and training

New Board members receive induction training. A policy is in place covering training for Directors.

Organisation

The Board of Directors normally meets bi-monthly and holds a minimum of 6 meetings per year one of which is an AGM.

The key role of the Directors is to work collectively to set the strategic direction for the organisation and ensure there is proper oversight of the company in all its business and act as trustees of the charity. The Directors are responsible for ensuring that the company is legally and fiscally compliant.

However, it is important to note that the role of the Directors is to ensure that proper oversight is in place rather than to try to be active in these areas directly. The Board can and does delegate authority to sub-committees, working groups, and employees but it always retains overall responsibility. It may also engage external advisors such as the company auditors to ensure compliance.

Organisation (continued)

The duties of the company directors are to;

-Set and protect the values and principles by which the Aisling Centre operates;
-Set the Strategic direction for the work of the Aisling Centre;
-Ensure that the Aisling Centre has the resources in place to carry out its work according to set plans/programmes and that the company structures and systems also facilitate this;
-Ensure that all key stakeholders have input that is appropriate to their relationship with the Aisling Centre;
-Ensure that human resource issues are dealt in line with legal and contractual obligations and that staff are adequately supported to carry out their work;
-Ensure that the organisation complies with all legal and other requirements related to its status as a charity and a company (including AGM; Annual Accounts and Annual Report);
-Work collectively for the good of the Aisling Centre as a team that respects difference and strives to find consensus.

Related parties

Company Directors - A number of directors made regular donations to the charity during the year. Details of these transactions are outlined further at note 15. There were no other transactions during the year between the charity and the directors.

The Sisters of Mercy transferred ownership of the property at 37 Darling Street to the Aisling Centre in June 2022. They also formally withdrew from any roe in the Charity and the Articles of Association will be amended to reflect this change at the AGM in October 2023.

Risk Management

-Risks to Directors, staff, clients and members of the public are covered by robust directors, employers and public liability insurances.
-Risk to children or adults at risk of harm are mitigated by the carrying out of appropriate ACCESS NI checks for all staff and volunteers. This is supported by regular updates of safeguarding training.

As a not-for-profit organisation very dependent on external funding and community support, financial sustainability is an on-going challenge. Directors are ever aware of their governance responsibilities and a reserve fund is maintained so that in the unlikely event that the charity had to close the Directors would be in a position to honour redundancy payments and other legal and moral obligations.

Risks of misappropriation of funds are managed through financial policies and procedures including a fraud policy and the annual external audit of accounts.
Risk management policies and procedures are in place and are reviewed regularly.

Aisling Centre Company Limited
Company limited by guarantee

Directors' report
for the year ended 31 March 2023

Objectives and activities

Vision/Dream – Positive mental health and emotional well-being for all
Mission – To provide opportunities for hope, healing and growth in a welcoming and supportive environment.
Commitment – Striving to meet professional and ethical service standard and adopting an evidence-based approach within a robust outcome measurement framework.
Principles/ Values – Confidential, respectful, empathic, supportive, non-judgemental and inclusive of all working collaboratively with others to achieve shared objectives sensitivity to current and emerging needs.

Current Well-Being and Life Learning Programmes and Services
- Counselling, Psychotherapy & Play Therapy
- Complimentary Therapies
- Mindfulness Meditation
- Support Groups
- Stress Management
- Personal Development
- Confidence Building
- Critical Incident De-briefing
- Education, Awareness Raising & Community Support

The centre also acts as a hub from which a range of statutory and community/voluntary provides offer a range of services and supports aimed at promoting positive mental health.

Achievements and Performance

Despite the impact of an increasingly challenging funding environment, the charity has managed to maintain a high level of service provision. To meet the growing demand a 3 year lease has been secured on the adjoining building (Number 39 Darling Street) at a very competitive rent.

As always the fundraising sub-committee with the support of fellow Directors have delivered on a very successful fundraising strategy. Fundraising income this year is £55,328.

The financial statements show a net deficit in revenue funds of £11,502 for the year. This is due mainly to the costs associated with the refurbishment of the new premises.

Previous funders have been secured for another year, funding from VSS, Western Health and Social Care Trust and NRA has been secured until March 2024.

Financial Review

Overall the Directors feel that the Charity has performed adequately in the year. Despite the increasingly difficult funding climate and the impact of COVID - 19, the Board of Directors have managed to maintain a sound financial basis. This has been achieved through a very proactive and focused approach in the implementation of a successful fundraising strategy, continuous review of over-heads and the introduction of cost saving measures.
The Directors have also been able to ensure that core funding has been retained into the coming year.

Future objectives of the charity

The Aisling Centre is, and always has been, dedicated to the promotion of positive mental health and emotional well-being. The Directors strive to ensure that the Centre continues to be well placed to deliver a professional and accountable service in this very challenging time of austerity.

Strategic Aims

1. To promote positive mental health and emotional well-being for adults, young people and children in Co Fermanagh and the surrounding area through the provision of a professional counselling and psychotherapy and play therapy service.

2. To provide a range of additional activities that will enhance and complement the counselling and psychotherapy work of the Centre and give additional value to clients;

3. To ensure that the Aisling Centre is an effective, accountable, transparent and organisation that meets the requirements of all stakeholders.

Tax Status

The company is a charitable organisation, and as all surpluses are intended for charitable purposes, no Corporation Tax liability arises.

Auditors

The auditors, MacNeary, Rasdale & Co. Ltd, have indicated their willingness to continue in office, and a resolution concerning their reappointment will be proposed at the Annual General Meeting.

Statement of Relevant Audit Information

In the case of each of the persons who are directors of the company at the date when this report was approved:
(a) so far as each of the directors is aware, there is no relevant audit information (as defined in the Companies Act 2006) of which the company's auditors are unaware; and
(b) each of the directors has taken all the steps that he ought to have taken as a director to make himself aware of any relevant audit information (as defined) and to establish that the company's auditors are aware of that information.

Directors' Responsibilities Statement

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

In preparing these financial statements, the directors are required to: -

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP (FRS 102) ;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

By order of the board of directors

Marshall Coalter
Company Secretary 25th October 2023

Aisling Centre Company Limited
Company limited by guarantee

Independent Auditors' Report to the Members of Aisling Centre Company Limited for the year ended 31 March 2023

Opinion

We have audited the financial statements of Aisling Centre Company Limited for the year ended 31 March 2023 which comprise statement of financial activities (including income and expenditure account), statement of financial position and notes to the financial statements, including a summary of 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 company's affairs as at 31st March 2023;
- Have been properly prepared in accordance with the United Kingdom General Accepted Accounting Practice;
- Have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standard 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 in accordance with the ethical requirements that are relevant to our audit of the financial statement 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 director's 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 Company'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 directors 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 directors are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, 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 is 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- Adequate accounting records have not been kept by the company, or returns adequate for our audit have not been received by us; or
- The company financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of directors' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit.

Responsibilities of directors

As explained more fully in the directors' responsibilities statement, the directors 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 directors 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 directors are responsible for assessing the company'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 directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

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.

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 fraud is detailed below.
We obtained an understanding of the legal and regulatory framework applicable to the company through enquiry of management, sector research and the application of cumulative audit knowledge. We identified the following principal laws and regulations relevant to the company - Companies Act 2006, Charities Act (Northern Ireland) 2008 and the 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)
We developed an understanding of the key fraud risks to the entity (including how fraud might occur) the controls in place to help mitigate those risks, and the accounts balances and disclosures within the financial statements which may be susceptible to management bias. Our understanding was obtained through review of the financial statements for significant accounting estimates, analysis of journal entries, walkthrough of the key control cycles in place and enquiry of management.

Our procedures to respond to those risks identified included, but were not limited to:

Enquiry of management, and the entity's solicitors around actual and potential litigation and claims.

Enquiry of management to identify any instances of non compliance with laws and regulations.

Reviewing minutes of meetings of those charged with governance.

Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

Auditing the risk of management overrides of controls, including through testing journal entries and other adjustments for appropriateness and evaluating the business rationale of significant transactions outside the normal course of business.

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 available on the FRC's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditors report.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the company's members, as a body, in accordance with Chapter 3 of Part 16 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 auditors 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.

Anthony Rasdale (Senior Statutory Auditor)

For and on behalf of
MacNeary, Rasdale & Co. Limited
Chartered Accountants & Statutory Auditor
Wellington House
30 Darling Street
Enniskillen
Co. Fermanagh

25th October 2023

AISLING CENTRE COMPANY LIMITED
COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES (including Income & Expenditure account)
31 MARCH 2023

	Note	2023 Unrestricted Funds	2023 Restricted Funds	2023 Total Funds	2022 Total Funds
		£	£	£	£
Income					
Donations and gifts	4(a)	55,329	-	55,329	77,152
Charitable activities	4(a)	355,173	121,519	476,692	361,527
Investment income	4(a)	2,078	-	2,078	2,101
Total income		412,580	121,519	534,099	440,780
Expenditure					
Expenditure on raising funds:					
Costs of raising donations		-	-	-	-
Expenditure on charitable Activities	5	(413,600)	(132,001)	(545,601)	(439,100)
Total Expenditure		(413,600)	(132,001)	(439,100)	(439,100)
Net income/(deficit)		(1,020)	(10,482)	(11,502)	1,680
Restricted Capital Fund:					
Donated value of Property Transfer (Sisters of Mercy : Provincial)	15		1,681,875	1,681,875	-
Net movement in funds		(1,020)	1,671,394	1,670,374	1,680
Total funds brought forward		146,684	112,820	259,504	257,824
Total Carried Forward: Revenue		**145,664**	**102,338**	**248,002**	**259,504**
Total Carried Forward: Capital		**-**	**1,681,875**	**1,681,875**	**-**

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

The Aisling Centre Company Limited
Company Limited by Guarantee
Statement of Financial Position
As At 31 March 2023

	Notes	Unrestricted/ Total Funds 2023 £	Unrestricted/ Total Funds 2022 £
Fixed assets			
Tangible fixed assets	9	1,700,000	13,053
Current assets			
Debtors	10	14,503	20,092
Cash at bank and in hand		233,971	348,806
		1,948,474	368,897
Creditors: amounts falling due within one year	11	(18,597)	(15,665)
Net current assets		229,877	353,233
Total assets less current liabilities		1,929,877	366,286
Deferred income		-	(106,782)
Net assets		**1,929,877**	**259,504**
Funds of the charity			
Unrestricted Revenue Funds		145,664	146,684
Restricted Capital Funds		1,681,875	-
Restricted Revenue Funds		102,338	112,820
Total charity funds	13	**1,929,877**	**259,504**

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 and authorised for issue by the board 25th October 2023 and signed on its behalf by:

Alison Annan (Chairperson)

Marshall Coalter (Secretary)

1. General information

The charity is a private company limited by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, "The Financial Reporting Standard applicable in the UK and the Republic of Ireland", the 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) (Charities SORP) (FRS 102).

3. Accounting Policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity's ability to continue in operational existence for the foreseeable future and the Directors continue to adopt the going concern basis of accounting in preparing the financial statements.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the directors to further any of the charity's purposes.

Restricted funds are subject to restrictions on their expenditure declared by the donor.

Incoming Resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows: -

Property	-	2% straight line
Fixtures and Fittings	-	20% straight line
Plant and machinery	-	20% straight line

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2023

4(a). Analysis of income

	Unrestricted Funds	2023 Total	2022 Total
	£	£	£
Gifts, Donations and Fundraising	55,329	55,329	77,152
Bank & Building Society Deposit Interest	2,078	2,078	2,101
Charitable Activities : Unrestricted			
Room Hire	54,698	54,698	42,367
Counselling	150,577	150,577	149,661
St John of God	10,000	10,000	0
Fermanagh & Omagh District Council	2,500	2,500	0
Program Income	4097	4,097	3,412
Covid Support	0	0	9,712
Miscellaneous Small Grants	1,998	1,998	2,790
Furlough	0	0	1,074
Charities Aid Foundation	24521	24,521	41,782
Charities Aid Foundation (Release of Deferred Income)	41786	41,786	
Release of Deferred Income : Other	64,996	64,996	0
Total	**355,173**	**355,173**	**250,798**

4(b). Analysis of grant income received

	Restricted Fund Income	2023 Total	2022 Total
	£	£	£
Analysis of incoming resources from restricted funds			
Sisters of Mercy Grant	0	0	5,000
Forget me not Funding	2,200	2,200	2,200
NRA	4,000	4,000	4,000
BBC Children in Need Grant & Belfast Cathedral Sitout	12,318	12,318	25,115
Victims Survivor Service Fund Grant	103,001	103,001	74,414
	121,519	121,519	110,729

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2023

5(a). Analysis of resources expended

Analysis of resources expended for charitable activities all direct expenses	**Charitable Expenditure £**	**Governance £**	**2023 £**	**2022 Total £**
Staff Costs & Counselling Fees	293,654		293,654	236,201
Therapy and Program Costs	3,208		3,208	4,600
Postage, Stationery & Telephone	17,986		17,986	9,138
Equipment	11,389		11,389	21,566
Light, Heat & Water Rates	12,705		12,705	8,979
Repairs & Maintenance	44,882		44,882	20,271
Insurance	5,853		5,853	5,749
Motor & Travel	805		805	1,324
Staff Training & Professional Development	5,440		5,440	2,408
Strategic Plan & Policy Reviews	6,280		6,280	0
Depreciation / (Write Back of Depreciation)	(5,072)		(5,072)	362
Legal & Professional Fee	2,490		2,490	0
Recruitment Costs	3,310		3,310	0
Audit		2,150	2,150	2,000
Other Expenses	8,520		8,520	10,552
	411,450	2,150	413,600	323,150

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity, namely audit fees.

5(b). Analysis of resources expended for grant purposes

	Resources for grant expended	**2023 Total £**	**2022 Total £**
Analysis of restricted grant expenses			
Salary contribution - Sisters of Mercy	0	0	5,000
BBC Children in Need	17,342	17,342	25,785
Victims Survivor Service Fund	108,737	108,737	77,862
NRA Expenses	4,000	4,000	4,000
Forget me not Funding	1,922	1,922	3,303
	132,001	132,001	115,950

6. Net incoming resources for the year

	2023	2022
	£	£
This is stated after charging:		
Auditors Remuneration	2,150	2,000
Depreciation	(5,072)	362

7. Staff Costs

No employee received emoluments of more than £60,000.

The total staff costs of the company during the year are noted below. The staff costs disclosed in the account have been reduced as they have been partially funded by a number of grants.

	2023	2022
	£	£
Wages & Salaries	232,813	209,464
Employers Social Security Costs/ Pension	33,602	15,482
	266,415	224,946

The average number of employees during the year was 14 (2022, 11 employees)

Amounts of Staff Costs Funded by Grant Assistance

	2023	2022
	£	£
BBC Children In Need Grant	14,526	21,016
Victims Survivor Service Fund Grant	81,854	66,352
Sisters of Mercy Grant	0	5,000

8. Emoluments of Directors

No director or member received any remuneration from the company during the year (2022: £Nil).

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2023

9. Tangible Fixed Assets

Cost:	Building Darling St. £	Plant & Machinery £	Fixtures & Fittings £	Total £
At 31 March 2022	18,124	121,107	6,052	145,283
Transfer from Sisters of Mercy	1,681,876	-	-	1,681,876
Disposals	-	-	-	-
At 31 March 2023	1,700,000	121,107	6,052	1,827,159
Accumulated Depreciation:				
At 31 March 2022	5,071	121,107	6,052	132,230
Write Back on Tranfer of Building	(5,071)	-	-	(5,071)
At 31 March 2023	0	121,107	6,052	127,159
Net Book Value:				
At 31 March 2023	1,700,000	NIL	NIL	1,700,000
At 31 March 2022	13,053	NIL	NIL	13,053

10. Debtors and Prepayments

	2023 £	2022 £
Trade Debtors	9,114	16,047
Prepayments	5,389	4,045
	14,503	20,092

11. Creditors : Amounts falling due within one year

	2023 £	2022 £
VISA	610	298
Accruals	17,987	15,367
	18,597	15,665
Deferred Income	0	106,782

12. Provisions for liabilities and charges

There are no provisions for liabilities and charges in the current or previous year.

13. Total Funds of the Charity

There was no fund transfer between restricted and unrestricted funds within the year.

	2023 Total Fund £	2022 Total Fund £
Balance of Revenue unrestricted funds at 1 April 2022	146,684	144,886
Surplus (Deficit) allocated to unrestricted reserves	(1,020)	1,798
Balance of Revenue restricted funds at 31 March 2023	145,664	146,684
Balance of Revenue restricted funds at 1 April 2022	112,820	112,938
Deficit charged to restricted reserve	(10,482)	(118)
Balance of Revenue restricted funds at 31 March 2023	102,338	112,820
Balance of Capital Restricted Funds as at 01.04.2022	0	0
Surplus allocated to Capital Reserve	1,681,875	0
Balance of Restricted Capital Reserve as at 31.03.2023	1,681,875	0
Total funds both restricted and unrestricted at 31 March 2023	1,929,877	259,504

14. Cash Flow Statement

Under the provisions of Financial Reporting 102, the company is permitted to prepare annual accounts which exclude a Cash Flow Statement.

The Aisling Centre Company Limited
Notes to the Accounts
For the year ended 31st March 2023

15. Related Party Transactions

The directors are related parties. Each of the directors has listed their pecuniary interests
The only transactions between the charity and the directors during the period, were donations made by Ann McDermott, Aideen McGinley and Roberta Hamilton to the charity. These directors have set up a standing order to make a monthly donation to the charity. Additionally, Bridie Sweeney , the centre co-ordinator also makes regular donations to the charity.
The Sisters of Mercy are also a related party.
During the year this organisation gifted the premises at 37 Darling St. Enniskillen to the Aisling Centre Company Limited
There is a special condition whereby the Aisling Centre Company returns the building to The Sisters of Mercy for a nominal fee of £1, if the company was in contravention of it's duties as a charity or should the charity move or cease to trade.
A professional valuation of the premises by McGovern Estate Agents Ltd placed a value of £1,700,000 on the property.

16. Limited by guarantee

Aisling Centre Company Limited is a company limited by guarantee and accordingly, does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of it being would up while he or she is a member, or within one year after he of she ceases to be a member.