

Cúnamh

Northern Ireland · Charity number 101682

Details

Status	Received
Registered	2015-05-19
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	171 Sunbeam Terrace Derry Bt48 6uj BT48 6UJ
Phone	028 7128 8868
Email	details@cunamh.org
Website	www.cunamh.org

Activities

Purposes: The objects of the company shall be: i) to undertake and develop research in past traumatic stress and provide information and training to local communities, families and individuals on the effects of such stress; ii) to provide individuals with space to explore and understand the feelings in relation to past traumatic experiences; iii) to provide individuals with a supportive and safe environment in which they can maximise and actively negotiate various routes for change in the development of their lives and community; iv) to provide a durable community-led support system.

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

How the charity works: Advice/advocacy/information, Counselling/support, Research/evaluation

Who the charity helps: Ex-offenders and prisoners, Mental health, Sensory disabilities, Victim support

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£362,123	£320,345	£-24,766	8

Trustees

Name	Role	Appointed
Anthony Brown		
Michael Doyle		
Mr Charles Mc Menamin		
Mr Michael Campbell		
Mr Seamus Soal		
Mrs Patricia Murphy		

Cúnamh

Northern Ireland - Charity number 101682

Accounts

Company Number:NI039355
Charity Number:NIC101682

Cunamh
(A company limited by guarantee)
Accounts
for the year ended 31 March 2025

Cunamh
(A company limited by guarantee)

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Cunamh
(A company limited by guarantee)

Information

Directors	Charles Colm McMEnamin Niall O Somachain Patricia Anne Murphy Harry Anthony Crossan Seamus Soal Anthony Brown Michael Dennis Doyle
Secretary	Charles Colm McMEnamin
Company Number:	NI039355
Charity Number:	NIC101682
Accountants	McGroarty McCafferty & Company Ltd Accountants & Tax Consultants 2 Carlisle Terrace Derry BT48 6JX
Registered office	171 Sunbeam Terrace Bishop Street Derry N Ireland BT48 6UJ
Bankers	Bank of Ireland 27 Culmore Road Derry BT48 8JB

Cunamh
(A company limited by guarantee)

Cunamh
Report of The Management Committee

The management Committee present their report and the financial statements for the year ended 31 March 2025.

Principal activity

Cunamh was established in 1997 as a community led mental health project. The organisation emerged from the opportunity created in 1994 as a result of the IRA ceasefire and subsequent political and social developments. This created a new environment and space in which for the first time individuals could commence a process of reflection, exploration and community growth.

The rationale underpinning the development of the project was that the peace building process needed to cater for the emotional and psychological impact, which the conflict had upon people's health and well being.

Cunamh provides a number of services and projects including: Supportive Listening, Counselling, Advocacy, Relaxation and Stress Elimination, Creative Remembering, Drama Therapy and Essential Living Skills Training.

Company Number NI039355

Charity Number XR25406
NIC101682

Objectives and activities

The charity aims to undertake and develop research in past traumatic stress and provide information and training to local communities, families and individuals on the effects of such stress.

The charity also provides individuals with space to explore and understand their feelings in relation to past traumatic experiences.

The charity also provides individuals with a supportive and safe environment in which they can maximise and actively negotiate various routes for change in the development of their lives and community.

Management Committee

The directors of the charity for the purposes of charity law 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:

Niall O'Somachain

Patricia Anne Murphy

Charles Colm Mc Menamin (Secretary)

Harry Anthony Crossan

Seamus Soal

Anthony Brown

Michael Dennis Doyle

Cunamh
(A company limited by guarantee)

Risk Management

The directors have assessed the major risks to which the company is exposed, in particular those related to the operations and finances of the company, and are satisfied that systems are in place to mitigate the exposure to the major risks.

Financial Review

The financial performance is summarised in the enclosed accounts.

Plans for Future Periods

The Company plans to continue the activities as outlined above in the forthcoming years subject to satisfactory funding arrangements.

Directors Responsibilities

The directors are required to prepare financial statements that give a true and fair view of the state of the affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP (FRS102)
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- 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 maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The directors 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.

This report is prepared in accordance with special provisions of part 15 of the Companies Act 2006 relating to small companies.

Accountants

A resolution proposing McGroarty McCafferty & Company Ltd be re-appointed as accountants of the company will be put to the annual general meeting.

The Financial Statements were approved and authorised for issue by the Board on 2 July 2025 and signed on its behalf by:

Director

Director

Cunamh
(A company limited by guarantee)

**Independent examiner's report on the unaudited financial statements to the directors of
Cunamh**

We report on the accounts of the company for the year ended 31 March 2025, which are set out on pages 5 to 12.

Respective responsibilities of charity directors and examiner;

As the charity directors you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied ourselves that the charity is not subject to audit under company law, and is eligible for independent examination, it is our responsibility to;

- examine the accounts under section 65 of the Charities Act 2008;
- follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act 2008.
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity accounts as required under section 65 of the Charities Act and our examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included a consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity directors concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

- that accounting records were not kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with those accounting records;
- that the accounts do not comply with the accounting requirements of the Section 396 of the Companies Act 2006 and the methods and principles of the 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;
- that there is further information needed for proper understanding.

Independent examiner's statement

We have completed our examination and have no concerns in respect of the matters listed above and, in connection with following the directions of the Charity Commission for Northern Ireland, we have found no matters that require drawing to your attention.

McGroarty McCafferty & Company Ltd
Accountants & Tax Consultants
2 Carlisle Terrace
Derry
BT48 6JX
Date: 2 July 2025

Cunamh
(A company limited by guarantee)

Statement of Financial Activities
for the year ended 31 March 2025

	Unrestricted Funds £	Restricted Funds £	Designated Funds £	2025 £	2024 £
Income and Expenditure					
Incoming Resources					
Grants Received	76,650	280,296	-	356,946	296,653
Sundry Income & Donations	5,177	-	-	5,177	2,965
Total Incoming Resources	4. <u>81,827</u>	<u>280,296</u>	<u>-</u>	<u>362,123</u>	<u>299,618</u>
Resources Expended					
Direct Charitable Expenditure	43,450	251,518	-	294,968	263,149
Management & Administration	610	24,767	-	25,377	25,560
Total Resources Expended	5. <u>44,060</u>	<u>276,285</u>	<u>-</u>	<u>320,345</u>	<u>288,709</u>
Net Incoming / (Outgoing) Resources	37,767	4,011	-	41,778	10,909
Transfer	(30,000)		30,000	-	-
Balances brought forward 1 April 2024	<u>33,350</u>	<u>4,599</u>	<u>-</u>	<u>37,949</u>	<u>27,040</u>
Balances carried forward 31 March 2025	12. <u>41,117</u>	<u>8,610</u>	<u>30,000</u>	<u>79,727</u>	<u>37,949</u>

The above amounts relate to continuing operations of the company.

The company has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented. There is no difference between the net incoming resources for the year stated above and their historical cost equivalents.

Cunamh
(A company limited by guarantee)

Balance sheet
as at 31 March 2025

		2025		2024	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	8.		8,669		8,158
Current assets					
Debtors	9.	14,779		15,256	
Cash at bank and in hand		81,045		31,053	
		95,824		46,309	
Current liabilities					
Creditors		3,850		881	
Other creditors		6,271		5,859	
Accruals and deferrals		14,645		9,778	
	10.	24,766		16,518	
Net current assets			71,058		29,791
Total assets less current liabilities			79,727		37,949
Income Funds					
Unrestricted			41,117		33,350
Restricted			8,610		4,599
Designated Funds	11.		30,000		-
	12.		79,727		37,949

In approving these financial statements as directors of the company we hereby confirm:

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 and the Charities SORP 2019 (FRS 102).

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and preparation of accounts.

The Financial Statements were approved and authorised for issue by the Board on 2 July 2025 and signed on its behalf by

Director _____

Director _____

Date: 2nd July 2025

Date: 2nd July 2025

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2025

4. Income

	2025	2024
	£	£
<u>Restricted Income</u>		
VSS Gap Funding	7,347	34,657
VSS Social Isolation	-	2,635
VSS -TPDPS	9,512	2,540
Peace Plus 2024	31,534	-
Victims & Survivors Service NI	229,274	195,344
Children In Need	2,629	9,678
	<u>280,296</u>	<u>244,854</u>
<u>Unrestricted Income</u>		
Donations	3,040	480
Other income	2,137	2,485
HSE	41,462	30,802
WHSCT	35,188	20,997
	<u>81,827</u>	<u>54,764</u>
Total Income	<u><u>362,123</u></u>	<u><u>299,618</u></u>

(i) Restricted Funds

Funds received which are earmarked by the Funder for specific purposes. Such purposes are within the overall aims of the organisation.

(ii) Unrestricted Funds

Funds which are expendable at the discretion of the company in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2025

5. Resources Expended

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Direct Charitable Expenditure				
Salaries & Pension Costs	30,116	232,249	262,365	232,510
Complementary Therapists	-	13,575	13,575	13,590
Counselling Fees	5,720	-	5,720	6,835
Clinical Supervisor	197	2,773	2,970	2,110
Travel & Subsistence	1,697	2,296	3,993	2,770
Programme Costs	-	625	625	5,334
	<u>37,730</u>	<u>251,518</u>	<u>289,248</u>	<u>263,149</u>
Management & Administration				
Rent & Service Charges	-	6,085	6,085	4,800
Post, Print & Stationery	474	1,615	2,089	2,770
Telephone & Internet	230	1,939	2,169	3,050
Heat & Light	-	1,629	1,629	1,656
Rates & Water	-	565	565	561
Accountancy Fees	-	1,642	1,642	1,645
Repairs, Maintenance & Cleaning	43	1,445	1,488	453
Insurance	-	1,202	1,202	1,710
Bank Fees & Interest	162	129	291	253
Subscriptions	55	1,101	1,156	1,964
Computer costs	118	4,648	4,766	3,491
Sundries	5,248	-	5,248	700
Depreciation	-	2,767	2,767	2,507
	<u>6,330</u>	<u>24,767</u>	<u>31,097</u>	<u>25,560</u>
Total Expenditure	<u>44,060</u>	<u>276,285</u>	<u>320,345</u>	<u>288,709</u>

Net Incoming Resources	2025	2024
	£	£

Net incoming resources has been arrived at after charging.

Depreciation	<u>2,767</u>	<u>2,507</u>
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Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2025

6. Employees

	2025	2024
	£	£
Salaries and pensions	<u>262,365</u>	<u>232,510</u>

The average monthly numbers of employees during the year, calculated on the basis of full time equivalents, was as follows:

	2025	2024
	Number	Number
	<u>9</u>	<u>10</u>

No employee received emoluments of more than £60,000 (2024:Nil)

7. Taxation

Cunamh is exempt from tax as it has charitable status.

8. Tangible assets

	Equipment	Total
	£	£
Cost		
At 1 April 2024	20,801	20,801
Additions	<u>3,277</u>	<u>3,277</u>
At 31 March 2025	<u>24,078</u>	<u>24,078</u>
Depreciation		
At 1 April 2024	12,642	12,642
Charge for the year	<u>2,767</u>	<u>2,767</u>
At 31 March 2025	<u>15,409</u>	<u>15,409</u>
Net book values		
At 31 March 2025	<u>8,669</u>	<u>8,669</u>
At 31 March 2024	<u>8,158</u>	<u>8,158</u>

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2025

9. Debtors	2025	2024
	£	£
Other debtors	14,779	15,256
10. Creditors: amounts falling due within one year	2025	2024
	£	£
Other creditors	3,850	881
Taxes and social security creditor	6,271	5,859
Accruals and deferred income	14,645	9,778
	24,766	16,518

11. Designated Funds

The designated fund of £30,000 has been agreed by the directors to ensure that there are adequate funds to cover operating costs.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2025

12. Movements in Funds

	At 1 April 2024 £	Incoming resources £	Outgoing resources £	Transfers £	At 31 March 2025 £
Restricted funds:					
Restricted funds	4,599	280,296	(276,285)		8,610
Total restricted funds	<u>4,599</u>	<u>280,296</u>	<u>(276,285)</u>	<u>-</u>	<u>8,610</u>
Unrestricted funds:					
General funds	33,350	81,827	(44,060)	(30,000)	41,117
Total unrestricted funds	<u>33,350</u>	<u>81,827</u>	<u>(44,060)</u>	<u>(30,000)</u>	<u>41,117</u>
Designated Funds					
				30,000	30,000
	<u>37,949</u>	<u>362,123</u>	<u>(320,345)</u>	<u>-</u>	<u>79,727</u>

13. Related Party Transactions

There are no material related party transactions in the year under review.

14. Limited by Guarantee

The company is limited by guarantee and does not have a share capital.

Cúnamh

Northern Ireland - Charity number 101682

Accounts

Company Registration No:NI039355

Cunamh
(A company limited by guarantee)

Accounts

for the year ended 31 March 2024

Cunamh
(A company limited by guarantee)

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Cunamh
(A company limited by guarantee)

Information

Directors	Charles Colm McMenamin Niall O Somachain Patricia Anne Murphy Harry Anthony Crossan Seamus Soal Anne Patricia McMonagle (Resigned 6th April 2023) Anthony Brown (Appointed 6th April 2023) Michael Dennis Doyle (Appointed 26th July 2023)
Secretary	Charles Colm McMenamin
Accountants	McGroarty McCafferty & Company Ltd Accountants & Tax Consultants 2 Carlisle Terrace Derry BT48 6JX
Registered office	171 Sunbeam Terrace Bishop Street Derry N Ireland BT48 6UJ
Bankers	Bank of Ireland 27 Culmore Road Derry BT48 8JB

Cunamh
(A company limited by guarantee)

Cunamh
Report of The Management Committee

The management Committee present their report and the financial statements for the year ended 31 March 2024.

Principal activity

Cunamh was established in 1997 as a community led mental health project. The organisation emerged from the opportunity created in 1994 as a result of the IRA ceasefire and subsequent political and social developments. This created a new environment and space in which for the first time individuals could commence a process of reflection, exploration and community growth.

The rationale underpinning the development of the project was that the peace building process needed to cater for the emotional and psychological impact, which the conflict had upon people's health and well being.

Cunamh provides a number of services and projects including: Supportive Listening, Counselling, Adcocacy, Relaxation and Stress Elimination, Creative Remembering, Drama Theraphy and Essential Living Skills Training.

Company Number NI039355

Charity Number XR25406
NIC101682

Objectives and activities

The charity aims to undertake and develop research in past traumatic stress and provide information and training to local communities, families and individuals on the effects of such stress.

The charity also provides individuals with space to explore and understand their feelings in relation to past traumatic experiences.

The charity also provides individuals with a supportive and safe environment in which they can maximise and actively negotiate various routes for change in the development of their lives and community.

Management Committee

The directors of the charity for the purposes of charity law 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:

Niall O'Somachain

Patricia Anne Murphy

Charles Colm Mc Menamin (Secretary)

Harry Anthony Crossan

Seamus Soal

Anne Patricia McMonagle (Resigned 6th April 2023)

Anthony Brown (Appointed 6th April 2023)

Michael Dennis Doyle (Appointed 26th July 2023)

Cunamb
(A company limited by guarantee)

Risk Management

The directors have assessed the major risks to which the company is exposed, in particular those related to the operations and finances of the company, and are satisfied that systems are in place to mitigate the exposure to the major risks.

Financial Review

The financial performance is summarised in the enclosed accounts.

Plans for Future Periods

The Company plans to continue the activities as outlined above in the forthcoming years subject to satisfactory funding arrangements.

Directors Responsibilities

The directors are required to prepare financial statements for that give a true and fair view of the state of the affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP (FRS102)
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

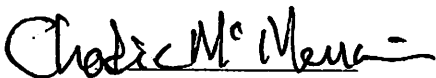
The directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The directors are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

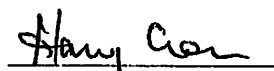
This report is prepared in accordance with special provisions of part 15 of the Companies Act 2006 relating to small companies.

Accountants

A resolution proposing McGroarty McCafferty & Company Ltd be re-appointed as accountants of the company will be put to the annual general meeting.

The Financial Statements were approved and authorised for issue by the Board on 14 May 2024 and signed on its behalf by:


Director


Director

Cunamh
(A company limited by guarantee)

**Independent examiner's report on the unaudited financial statements to the directors of
Cunamh**

We report on the accounts of the company for the year ended 31 March 2024, which are set out on pages 5 to 12.

Respective responsibilities of charity directors and examiner;

As the charity directors you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied ourselves that the charity is not subject to audit under company law, and is eligible for independent examination, it is our responsibility to;

- examine the accounts under section 65 of the Charities Act 2008;
- follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act 2008.
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity accounts as required under section 65 of the Charities Act and our examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included a consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity directors concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

- that accounting records were not kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with those accounting records;
- that the accounts do not comply with the accounting requirements of the Section 396 of the Companies Act 2006 and the methods and principles of the 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;
- that there is further information needed for proper understanding.

Independent examiner's statement

We have completed our examination and have no concerns in respect of the matters listed above and, in connection with following the directions of the Charity Commission for Northern Ireland, we have found no matters that require drawing to your attention.

McGroarty, McCafferty & Company Ltd

McGroarty McCafferty & Company Ltd

Accountants & Tax Consultants

2 Carlisle Terrace

Derry

BT48 6JX

Date: 14 May 2024

Cunamh
(A company limited by guarantee)

Statement of Financial Activities
for the year ended 31 March 2024

	Unrestricted	Restricted	2024	2023
Income and Expenditure	Funds	Funds	£	£
	£	£	£	£
Incoming Resources				
Grants Received	51,799	244,854	296,653	248,433
Sundry Income & Donations	2,965	-	2,965	775
Total Incoming Resources	4. <u>54,764</u>	<u>244,854</u>	<u>299,618</u>	<u>249,208</u>
Resources Expended				
Direct Charitable Expenditure	40,787	222,362	263,149	232,515
Management & Administration	700	24,860	25,560	20,527
Total Resources Expended	5. <u>41,487</u>	<u>247,222</u>	<u>288,709</u>	<u>253,042</u>
Net Incoming / (Outgoing) Resources	13,277	(2,368)	10,909	(3,834)
Balances brought forward 1 April 2023	<u>20,073</u>	<u>6,967</u>	<u>27,040</u>	<u>30,874</u>
Balances carried forward 31 March 2024	11. <u>33,350</u>	<u>4,599</u>	<u>37,949</u>	<u>27,040</u>

The above amounts relate to continuing operations of the company.

The company has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented. There is no difference between the net incoming resources for the year stated above and their historical cost equivalents.

Cunamh
(A company limited by guarantee)

Balance sheet
as at 31 March 2024

		2024		2023	
Notes	£	£	£	£	£
Fixed assets					
Tangible assets	8.		8,158		9,379
Current assets					
Debtors	9.	15,256		3,006	
Cash at bank and in hand		31,053		31,124	
		46,309		34,130	
Current liabilities					
Creditors		881		1,738	
Other creditors		5,859		4,816	
Accruals and deferrals		9,778		9,915	
	10.	16,518		16,469	
Net current assets			29,791		17,661
Total assets less current liabilities			37,949		27,040
Income Funds					
Unrestricted			33,350		20,073
Restricted			4,599		6,967
	11.		37,949		27,040

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The Financial Statements were approved and authorised for issue by the Board on 14 May 2024 and signed on its behalf by

Director Charlie McMeur

Director Harry Cron

Date: 14th May 2024

Date: 14th May 2024

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2024

4. Income

	2024	2023
	£	£
<u>Restricted Income</u>		
VSS Gap Funding	34,657	30,995
VSS Social Isolation	2,635	-
VSS -TPDPS	2,540	-
Victims & Survivors Service NI	195,344	184,715
Children In Need	9,678	10,722
HSE	-	19,031
WH SCT	-	2,970
	244,854	248,433
<u>Unrestricted Income</u>		
Donations	480	-
Other income	2,485	775
HSE	30,802	-
WH SCT	20,997	-
	54,764	775
Total Income	299,618	249,208

(i) Restricted Funds

Funds received which are earmarked by the Funder for specific purposes. Such purposes are within the overall aims of the organisation.

(ii) Unrestricted Funds

Funds which are expendable at the discretion of the company in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2024

5. Resources Expended

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Direct Charitable Expenditure				
Salaries & Pension Costs	31,798	200,712	232,510	182,388
Complementary Therapists	-	13,590	13,590	12,397
Counselling Fees	6,835	-	6,835	2,693
Clinical Supervisor	-	2,110	2,110	1,360
Travel & Subsistence	-	2,770	2,770	1,462
Programme Costs	2,154	3,180	5,334	32,215
	<u>40,787</u>	<u>222,362</u>	<u>263,149</u>	<u>232,515</u>
Management & Administration				
Rent & Service Charges	-	4,800	4,800	4,400
Post, Print & Stationery	-	2,770	2,770	997
Telephone & Internet	-	3,050	3,050	1,813
Heat & Light	-	1,656	1,656	2,563
Rates & Water	-	561	561	485
Accountancy Fees	-	1,645	1,645	1,584
Repairs, Maintenance & Cleaning	-	453	453	1,061
Insurance	-	1,710	1,710	1,263
Bank Fees & Interest	-	253	253	480
Subscriptions	-	1,964	1,964	-
Computer costs	-	3,491	3,491	3,154
Sundries	700	-	700	311
Depreciation	-	2,507	2,507	2,416
	<u>700</u>	<u>24,860</u>	<u>25,560</u>	<u>20,527</u>
Total Expenditure	<u>41,487</u>	<u>247,222</u>	<u>288,709</u>	<u>253,042</u>
Net Incoming Resources			2024	2023
			£	£
Net incoming resources has been arrived at after charging.				
Depreciation			<u>2,507</u>	<u>2,416</u>

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2024

6. Employees

	2024	2023
	£	£
Salaries and pensions	<u>232,510</u>	<u>182,388</u>

The average monthly numbers of employees during the year, calculated on the basis of full time equivalents, was as follows:

	2024	2023
	Number	Number
	<u>9</u>	<u>10</u>

7. Taxation

Cunamh is exempt from tax as it has charitable status.

8. Tangible assets

	Equipment	Total
	£	£
Cost		
At 1 April 2023	19,515	19,515
Additions	<u>1,286</u>	<u>1,286</u>
At 31 March 2024	<u>20,801</u>	<u>20,801</u>
Depreciation		
At 1 April 2023	10,136	10,136
Charge for the year	<u>2,507</u>	<u>2,507</u>
At 31 March 2024	<u>12,643</u>	<u>12,643</u>
Net book values		
At 31 March 2024	<u>8,158</u>	<u>8,158</u>
At 31 March 2023	<u>9,379</u>	<u>9,379</u>

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2024

9.	Debtors	2024	2023
		£	£
	Other debtors	15,256	3,006
10.	Creditors: amounts falling due within one year	2024	2023
		£	£
	Other creditors	881	1,738
	Taxes and social security creditor	5,859	4,816
	Accruals and deferred income	9,778	9,915
		16,518	16,469

11. Movements in Funds

	At 1 April 2023 £	Incoming resources £	Outgoing resources £	At 31 March 2024 £
Restricted funds:				
Restricted funds	6,967	244,854	(247,222)	4,599
Total restricted funds	6,967	244,854	(247,222)	4,599
Unrestricted funds:				
General funds	20,073	54,764	(41,487)	33,350
Total unrestricted funds	20,073	54,764	(41,487)	33,350
	27,040	299,618	(288,709)	37,949

12. Related Party Transactions

There are no material related party transactions in the year under review.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2024

13. Limited by Guarantee

The company is limited by guarantee and does not have a share capital.

Cúnamh

Northern Ireland - Charity number 101682

Annual report

Trustee's Annual Report and Financial Statements

For the Year Ended 30th March 2024



Cúnamh

(A Company limited by guarantee)

1st April 2023 – 30th March 2024

Registration number NI39355

Registered with the Charities Commission NI NIC101682

Legal and Administrative Information

Cúnamh is a charitable company limited by guarantee, incorporated on 4th December 1997 and is recognised as a charity by the Inland Revenue. The governing document is a Memorandum and Articles of Association.

Directors:	Harry Anthony Crossan (Chairperson) Seamus Soal Charles Colm McMenamin Patricia Anne Murphy Antoin DeBrun Michael Doyle
Secretary:	Niall O'Somachain
Accountants:	McGroarty, McCafferty & Company Ltd Accountants & Tax Consultants 2 Carlisle Terrace Derry BT48 6JX
Business address:	171 Sunbeam Terrace Bishop Street Derry BT48 6UJ
Bankers:	Bank of Ireland Strand Road Derry BT48 7BT
Inland Revenue Charity Reference Number:	XR 25406
Company Number:	NI39355
Charity Commission for Northern Ireland Number:	NIC101682

Introduction

The Directors submit their report and financial statements for the period ended 30th March 2024. The financial statements of the charity comply with the Companies Act 2006, the Memorandum and Articles of Association and the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their account in accordance with the Financial Reporting Standard.

Purposes and Aims

Our charity's purposes as set out in the objects contained in the Memorandum of Association are to:

- To undertake and develop research in past traumatic stress and provide information and training to local communities, families and individuals on the effects of stress.
- To provide individuals with space to explore and understand their feelings in relation to past traumatic experiences.
- To provide individuals with a supportive and safe environment in which they can maximise and actively negotiate various routes for change in the development of their lives and community.
- To provide a durable community-led support system.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the directors consider how planned activities will contribute to the aims and objectives they have set.

How our activities deliver public benefit

Our main activities and who we have supported are outlined below. All our charitable activities focus on providing a safe space in which individuals can commence a process of reflection, exploration and community growth all activities are undertaken to further our charitable purposes for the public benefit.

Director's Annual Report
For the Year Ended 31st March 2024

I would like to extend a very warm welcome to you all and especially to our recently appointed new staff members.

I'd like to commend Cathy and all the staff for the amazing work which they have managed to deliver this past year, despite the ongoing uncertainty regarding funding and increased demands within the sector. The staff worked as a team and successfully responded to all challenges. The work that they have been able to deliver during this period has been incredible.

This A.G.M. is to summarise the period from April 2023 to 31st March 2024.

As I did at last year's A.G.M. I wish, once again, to reflect some of the feedback from the clients who have benefited from the invaluable and diverse range of services which Cúnamh provide.

"Jim helped me with all my problems, all the staff are so kind. Thank you."

"I feel I have been understood and helped to cope with my personal problems. I am happy that I can contact Cúnamh at anytime, if I need to."

"It helped me with understanding myself and situations that I have been in. It has given me more confidence in my ability to cope. I really felt heard. Fantastic service, welcoming, warm and I felt truly listened to. Thank you very much for your support."

"Made me more aware of my feelings and helped me to take on healthy habits and how to manage problems."

"Ursula is an amazing therapist. I feel I have a better understanding of myself and I feel a lot happier."

"Made me feel very relaxed and helped me through a lot. Thank you very much".

"When I started, I didn't know what to expect, but I have really found the benefit in my day to day life, can't imagine a better service. I felt very comfortable from day one, the staff are amazing".

"Helped me move on from my problems, service was excellent".

"Having someone to talk to and explaining things differently and teaching me how to deal with problems".

"I found peace with a lot of my struggles, Jim was brilliant".

"Brenda your support and help were amazing."

I can apply the techniques I have learned into my life. I feel a big change, positively. I will always be very grateful. Thank you”.

“I felt very comfortable from the minute I walked into Cúnamh. The staff are amazing. I really found the benefit in my day to day life. Can’t imagine a better service.”

“When having a bad week, I always feel better after seeing Carole. I am sleeping better and haven’t had a drink in months. All the staff in Cúnamh are the nicest people and I always feel great leaving.”

“Understanding my issues out loud and making decisions on situations. Getting out my emotions has really helped me a lot. Thank you.”

“I have found the sessions extremely helpful and got particular benefit from having complementary therapy alongside. When I began I thought I needed tools to deal with anxiety but have instead begun to identify the trauma that is the root cause. This is an amazing service that has had an extremely positive impact on me.

“Thanks, Michael, for all the help, couldn’t have got this without your assistance. I can sleep peacefully at night now not having to worry about bills.”

“To all at Cúnamh, and especially Michael. I was so worried about the assessment and you and Brenda really helped me through it. I am shocked but delighted with the outcome and I am very grateful.”

“When I started CBT I was suicidal and felt unable to cope with my life, and was just so overwhelmed by grief and sadness. This experience has made me realise that life is worth living, despite my loss. Thank you.”

“It has helped me to control my thoughts rather than my thoughts controlling me. It a great service. Thank you.”

Amazing Service which made a massive difference to my condition. I now understand what trauma is and why I’ve been struggling so much. Thank you, you are a great group of people”.

“Fantastic service. It ha given me the tools that I need to cope with my emotions when they are high.”

“Brilliant service. To say things out loud and understand them. Someone else to speak to, not family or friends.”

“Thank you for all your help and understanding while I have been here. Now out to the big wide world and put it into practice.”

“Have received a lot of new skills. Will be put on list for service to chat to keep me on the right path. Thank you so much for my new tools to deal with everything.”

“Thank you so much for all your help. I have looked forward to the sessions and have found the work amazing. I have a different outlook and approach to life. Physically I cannot put it down on paper but I can work it out in my head. “

“I felt a got a fantastic service and connected with the staff, loved the complementary therapy. Very good services all round.”

“You’re all brilliant”.

“Therapy has a positive impact on me, with a very friendly and welcoming team”.

“It helped me to relax and give me aa more realistic and achievable goal”.

“I think what has been provide has been very beneficial, I have nothing but praise for the services provided, I appreciate all the help and care received”.

"The service has taught me to prioritize. I have received a lot of new skills, tools to deal with life stresses".

"Incredible team. Welcoming, understanding. Overall lift to my perspective and ability to view and manage my emotions. Availability of these services are life changing but are scarce and hard to access".

"I was in a bad depression and therapy got me back on track. It was brilliant, amazing. I felt heard and cared about".

"I learned to look at things in a different light. I am a good person, a good mum, my opinion does count and I will be strong".

"So happy with my therapy, it was so helpful, and I feel that I can do things I was avoiding. This is a brilliant service and I would highly recommend your organisation to anyone looking for help".

"The service has been life changing for me, a very different perspective and has taught me skills for life".

"The organisation has provided unwavering commitment to my journey with compassion when I felt like crumbling. Each member of the team created a therapeutic haven. It was not easy to say goodbye to what has become a source of strength. I will always cherish."

"There's a 100% improvement in how I felt when I arrived. This is the best help I've ever had".

"To someone who has suffered trauma, this is a vital service for me to use, where I could be listened to and understood. This service could be improved by having more access in regard to having more resources which would result in more access for people. A heartfelt thanks to Jim for his listening ear and understanding. He is the best therapist I've ever met. And also I would like to extend my appreciation to Cathy. I was treated with dignity and respect, thank you".

"To everyone, from the second I walked through those doors you all greeted me with warm smiles that made me feel welcomed. You all gave me something to shoot for, and a shoulder to cry on when needed. I am happy I got to meet you all and thank you for all your help. I am forever grateful."

"Thank you all for your help, support and guidance, I would have honestly been lost without you".

Public Benefit 1

To undertake and develop research in past traumatic stress and provide information and training to local communities, families and individuals on the effects of stress:

We attained our BACP organisational accreditation, were successful in our application for PEACE Plus 5 year funding and re-negotiated continued contractual agreements for service delivery with the Western Health & Social Care Trust & The Health Service Executive.

Staff convened several events, for clients and partner groups, including a presentation to the Victims Commissioner and his office staff; the organisation of CBT-E training; presentations at Regional Trauma Network events and consultation meetings with clients regarding the Victims Permanent Disablement Pension Scheme.

Michael Murphy from Dove House Advice Services provided a weekly Benefits and Welfare Advice clinic.

The organisation continued to actively participate in the Victims and Survivors Service (VSS) Practitioners and Caseworkers Forums. These enabled Caseworkers to share, engage and reflect the positive impact which the various Casework support frameworks have upon victims and survivors, as well exploring solutions to ongoing barriers.

We continued to work closely with the WHSCT Talking Therapy HUB to deliver psychological therapies to vulnerable members of our community and client feedback reflects the benefits of this service.

96 individuals were referred to Cúnamh from the HUB during this period.

We had the pleasure of hosting 1 student counselling placement and continued to liaise with the NWIFHE regarding expansion of placements.

As well as facilitating many interviews with researchers and students we were delighted to participate again in community-based initiatives, in partnership with Dove House as well as provision of advocacy services to CALMS and The Koram Centre. We worked in partnership with staff from Relatives For Justice and The Ashton Community Trust for assistance with

applications to the Troubles Permanent Disablement Payment Scheme, and The Pat Finucane Centre for advocacy support.

The Cúnamh Clinical Leads and Cathy actively contributed to the development of the new Regional Trauma Network and we were delighted to contribute to the formal launch of the RTN in February.

We have also actively contributed to the design of the new Victims/Survivors Strategy and the various RTN working groups.

Public Benefit 11

To provide individuals with space to explore and understand their feelings in relation to past traumatic experiences:

Talking Therapy Service.

221 Individuals accessed Talking Therapy (Trauma/Generic Counselling & Cognitive Behavioural Therapy)

1984 Talking Therapy sessions were delivered.

Complementary Therapy Service

89 Clients received a combined total of 453 complementary therapy sessions.

Health & Wellbeing Casework

157 Clients were supported with a range of services and small value items. These included:

Welfare & Benefits Advice

76 Clients were supported with welfare and benefits advice. 122 Sessions of advice were provided by the Dove House Advice Services.

Eating Disorder Project.

184 sessions of CBT-E were delivered to 26 young people.

HSE

42 clients were referred by the HSE, including provision of psychological support for parents.

Public Benefit 111

To provide individuals with a supportive and safe environment in which they can maximise and actively negotiate various routes for change in the development of their lives and community.

Feedback from clients who have received Counselling and Cognitive Behavioural Therapy throughout the past 12 months has included:

- Restored & improved family relationships
- Ability to make sensible decisions
- Maintenance of sobriety
- Alcohol & Drug reduction
- Increased confidence about future
- Reduced anxiety and stress
- Increased level of motivation
- Greater understanding of bereavement process
- Reduced risk of suicide ideation
- Increased awareness of the impact of trauma
- Increased social activity & engagement
- Greater ability to engage with people
- Reduced medication dependency
- Ability to make life & work adjustments

All talking therapies were measured using the CORE (Clinical Outcomes in Routine Evaluation) system. These indicated that Anxiety & Depression and Trauma were the most prevalent presentations. 63 % of those who completed therapy reported a significant improvement in their health & wellbeing.

Complementary Therapies were measured using the MYMOP (Measure Your Medical Outcome Profile) questionnaire. Anxiety, Stress, Mobility and Physical Pain were reported as the main symptoms. 81% of clients reported a significant improvement in their daily living activities. These included: socialising; walking, mobility, exercising and sleeping. Reported symptom reduction included Depression, Anxiety, Stress, Insomnia and Chronic Pain.

All clients who were supported through the VSS Individual Needs Programme received awards from the Financial Assistance; Support for the Bereaved and Injured schemes.

Gym memberships.

Acupuncture.

Education & Training Courses/

Student Support Costs

Additional Psychological Therapies

Fishing licenses

Heat lamps for arthritic pain.

Gardening equipment

The Health & Wellbeing Casework programme was measured using the WSAS (Work and Social Adjustment Scale).

71% of beneficiaries reported an improvement in their wellbeing.

Welfare & Benefits Advice

76 Clients were supported with welfare and benefits advice. 122 Sessions of advice were provided by the Dove House Advice Services.

Eating Disorder Project.

The young people who received support from the Eating Disorder project staff reported the following benefits:

- Increased levels of self-worth
- Less anxiety and obsessing about weight
- Improved relationships with peers and family
- Greater attendance at school
- Greater ability to cope with daily stressors

Public Benefit 1V

To provide a durable community-led support system.

The organisation continued to pro-actively network and engage with the VSS sector organisations to ensure that victims and survivors receive the most appropriate support to meet their individual needs. A new partnership comprising community-based organisations including PFC, RFJ, Ashton Community Trust, SEFF, WAVE, Ely, VSSNI, POBAL and Cúnamh was established to oversee the delivery of the PEACE Plus programme.

We continued to enjoy a positive, collaborative partnership with the Talking Therapy HUB staff, G.P. practises and Mental Health Practitioners.

Cúnamh staff, volunteers and directors participated in various strategic planning events. These included: VSSNI meetings; CVSNI Consultations; VSSNI Caseworker and Practitioner forums; Regional Trauma Network development meetings, as well as regular participation in community led strategic planning events with other sector providers.

We welcomed several new staff members to the team this year. Roisin Lyndsay was appointed as a CBT Therapist, Lily Quigley as a counsellor.

The launch of the Regional Trauma Network in February was a significant milestone event. A lot of dedicated work and time has been invested in this important and unique partnership between all 5 Health Trusts, CVSNI, VSSNI, TEO, Dept. of Health and the 6 community-based groups.

The RTN working groups comprising Learning & Growth, Research & Development, Children & Young People and Monitoring & Evaluation have very active and Cúnamh is represented on 3 of them.

The contractual service level agreement with the CAMHS Donegal was renewed in September and an extended service was agreed, which included the need for support to parents.

The appointment of a dedicated advocacy worker to assist with applications to the TPDPs was a welcome step and we will commence promotion of this service once the waiting list is reduced.

Each year it has been with immense pride to be able to acknowledge the continued growth in skills, professionalism and abilities within Cúnamh, and this year is no exception. As well as acquiring organisational accreditation with BACP staff completed the following professional courses:

Level 5 Diploma in CBT

Additional Suicide First Aid Training

Safeguarding Children and Adults at Risk

Trauma and addiction

CBT-E for Eating Disorders, Perfectionism in Young people with Eating Disorders

What is and why do young people self-harm

Depression and young people

Lunch & Learn online training sessions.

All organisational clinical and non-clinical governance, monitoring and evaluation obligations were professionally overseen by our Clinical Co-ordinator Caroline, and the organisation's financial and administrative requirements were professionally managed by Elaine.

Congratulations to Roisin and Lily for gaining their accreditation.

Of course, none of this work could have been delivered without the support of our Funders. Victims and Survivors Service Northern Ireland (VSSNI); BBC Children In Need; Western Health & Social Care Trust (WHST), Health & Safety Executive (HSE) and the private donations, which we received.

Finally, a word of gratitude to all the members of the Management Committee, who have worked so well together throughout this year.

Special thanks to our Staff Liaison Officer Harry for providing support, guidance and supervision to Cathy throughout the year.

Special thanks to Niall for his secretarial role and to all of you for your time and commitment.

Financial Review

At the year end March 2024, Cúnamh have been primarily funded by the Victims and Survivors Service NI, but have also secured various other contracts, which ensures that all organisational costs are covered. These included:

- **VSSNI (LoO 17/0074) valuing £196,561**
- **VSSNI (LoO 17/0074/GF) valuing £34,778**
- **SEUPB (Peace Plus) – New Year Budget = £33,011 (continuing on from VSS Gap to Year End Mar '25 and 4 subsequent years thereafter.**
- **HSE Donegal - £17,930. New Year Contract = £43,500 (February to December 2024)**
- **WHST - £20,998 for Year ending March 2024.**
- **Children In Need - £9,762 (plus additional £48.00 unspent Year end 2024)**

Overall funds as at 31st March 2024 stand at £30,622 with the Charity being solvent and, in a position, to meet all debtors.

During this financial year the charity continued to receive most of its funding by way of grant and contract income from Peace IV, Victims and Survivors Service NI, Western Trust & Social Care Trust, HSE and Children in Need.

Despite Cúnamh continuing to operate in one of the most economically disadvantaged and impoverished geographical areas, the charity continues to receive generous donations from across the community to help support its work and the directors would like to express their sincere gratitude for all donations received. And, as a result of continued stringent financial management Cúnamh's unrestricted funds have increased to £24,000 for Year end March 2024.

Reserves Policy

The Directors have reviewed the reserves of the charity and have established a policy whereby Cúnamh should maintain a goal to achieve an unrestricted fund balance of at least 3 months of the overall salary and essential costs. These reserves are required to allow the charity to continue to operate for a minimum of 3 months in the event of a significant drop in funding. This unrestricted target has been calculated to be £70,000. The current level of

unrestricted funds available to the charity stands at £24,000 and as such the directors have considered the extent to which current activities and expenditure could be reduced should additional funding not be secured.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 4th October 2000 and registered as a charity on 4th December 1997. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Cúnamh Board of Directors. All members of the Board gave their time voluntarily and received no benefits from the charity.

Trustee Induction and Training

All trustees are already familiar with the practical work of the charity.

Risk Management

The Directors have carried out a review of the major risks to which the charity is exposed. A risk register continues to be used, and this is updated as and when required or at least twice a year. Appropriate systems and procedures have been developed to mitigate the risks the charity faces. The on-going implementation of procedures for authorisation of all transactions and activities ensures that internal control risks are minimised. Currently the Cúnamh Board of Directors comprises 7 members from a variety of professional backgrounds, relevant to the work of the charity. Day to day responsibility for the provision of all the services, operational management and individual supervision of the staff resides with the Project Co-ordinator.

Harry Crossan

Chairperson Cúnamh Board of Directors

Cúnamh

Northern Ireland - Charity number 101682

Annual return

Company Registration No:NI039355

Cunamh
(A company limited by guarantee)

Accounts

for the year ended 31 March 2024

Cunamh
(A company limited by guarantee)

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Cunamh
(A company limited by guarantee)

Information

Directors	Charles Colm McMenamin Niall O Somachain Patricia Anne Murphy Harry Anthony Crossan Seamus Soal Anne Patricia McMonagle (Resigned 6th April 2023) Anthony Brown (Appointed 6th April 2023) Michael Dennis Doyle (Appointed 26th July 2023)
Secretary	Charles Colm McMenamin
Accountants	McGroarty McCafferty & Company Ltd Accountants & Tax Consultants 2 Carlisle Terrace Derry BT48 6JX
Registered office	171 Sunbeam Terrace Bishop Street Derry N Ireland BT48 6UJ
Bankers	Bank of Ireland 27 Culmore Road Derry BT48 8JB

Cunamh
(A company limited by guarantee)

Cunamh
Report of The Management Committee

The management Committee present their report and the financial statements for the year ended 31 March 2024.

Principal activity

Cunamh was established in 1997 as a community led mental health project. The organisation emerged from the opportunity created in 1994 as a result of the IRA ceasefire and subsequent political and social developments. This created a new environment and space in which for the first time individuals could commence a process of reflection, exploration and community growth.

The rationale underpinning the development of the project was that the peace building process needed to cater for the emotional and psychological impact, which the conflict had upon people's health and well being.

Cunamh provides a number of services and projects including: Supportive Listening, Counselling, Adcocacy, Relaxation and Stress Elimination, Creative Remembering, Drama Theraphy and Essential Living Skills Training.

Company Number NI039355

Charity Number XR25406
NIC101682

Objectives and activities

The charity aims to undertake and develop research in past traumatic stress and provide information and training to local communities, families and individuals on the effects of such stress.

The charity also provides individuals with space to explore and understand their feelings in relation to past traumatic experiences.

The charity also provides individuals with a supportive and safe environment in which they can maximise and actively negotiate various routes for change in the development of their lives and community.

Management Committee

The directors of the charity for the purposes of charity law 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:

Niall O'Somachain

Patricia Anne Murphy

Charles Colm Mc Menamin (Secretary)

Harry Anthony Crossan

Seamus Soal

Anne Patricia McMonagle (Resigned 6th April 2023)

Anthony Brown (Appointed 6th April 2023)

Michael Dennis Doyle (Appointed 26th July 2023)

Cunamb
(A company limited by guarantee)

Risk Management

The directors have assessed the major risks to which the company is exposed, in particular those related to the operations and finances of the company, and are satisfied that systems are in place to mitigate the exposure to the major risks.

Financial Review

The financial performance is summarised in the enclosed accounts.

Plans for Future Periods

The Company plans to continue the activities as outlined above in the forthcoming years subject to satisfactory funding arrangements.

Directors Responsibilities

The directors are required to prepare financial statements for that give a true and fair view of the state of the affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP (FRS102)
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

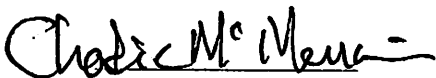
The directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The directors are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

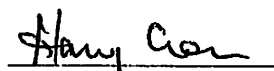
This report is prepared in accordance with special provisions of part 15 of the Companies Act 2006 relating to small companies.

Accountants

A resolution proposing McGroarty McCafferty & Company Ltd be re-appointed as accountants of the company will be put to the annual general meeting.

The Financial Statements were approved and authorised for issue by the Board on 14 May 2024 and signed on its behalf by:


Director


Director

Cunamh
(A company limited by guarantee)

**Independent examiner's report on the unaudited financial statements to the directors of
Cunamh**

We report on the accounts of the company for the year ended 31 March 2024, which are set out on pages 5 to 12.

Respective responsibilities of charity directors and examiner;

As the charity directors you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied ourselves that the charity is not subject to audit under company law, and is eligible for independent examination, it is our responsibility to;

- examine the accounts under section 65 of the Charities Act 2008;
- follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act 2008.
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity accounts as required under section 65 of the Charities Act and our examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included a consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity directors concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

- that accounting records were not kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with those accounting records;
- that the accounts do not comply with the accounting requirements of the Section 396 of the Companies Act 2006 and the methods and principles of the 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;
- that there is further information needed for proper understanding.

Independent examiner's statement

We have completed our examination and have no concerns in respect of the matters listed above and, in connection with following the directions of the Charity Commission for Northern Ireland, we have found no matters that require drawing to your attention.

McGroarty, McCafferty & Company Ltd

McGroarty McCafferty & Company Ltd

Accountants & Tax Consultants

2 Carlisle Terrace

Derry

BT48 6JX

Date: 14 May 2024

Cunamh
(A company limited by guarantee)

Statement of Financial Activities
for the year ended 31 March 2024

	Unrestricted	Restricted	2024	2023
Income and Expenditure	Funds	Funds	£	£
	£	£	£	£
Incoming Resources				
Grants Received	51,799	244,854	296,653	248,433
Sundry Income & Donations	2,965	-	2,965	775
Total Incoming Resources	4. <u>54,764</u>	<u>244,854</u>	<u>299,618</u>	<u>249,208</u>
Resources Expended				
Direct Charitable Expenditure	40,787	222,362	263,149	232,515
Management & Administration	700	24,860	25,560	20,527
Total Resources Expended	5. <u>41,487</u>	<u>247,222</u>	<u>288,709</u>	<u>253,042</u>
Net Incoming / (Outgoing) Resources	13,277	(2,368)	10,909	(3,834)
Balances brought forward 1 April 2023	<u>20,073</u>	<u>6,967</u>	<u>27,040</u>	<u>30,874</u>
Balances carried forward 31 March 2024	11. <u>33,350</u>	<u>4,599</u>	<u>37,949</u>	<u>27,040</u>

The above amounts relate to continuing operations of the company.

The company has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented. There is no difference between the net incoming resources for the year stated above and their historical cost equivalents.

Cunamh
(A company limited by guarantee)

Balance sheet
as at 31 March 2024

		2024		2023	
Notes	£	£	£	£	
Fixed assets					
Tangible assets	8.		8,158		9,379
Current assets					
Debtors	9.	15,256		3,006	
Cash at bank and in hand		31,053		31,124	
		46,309		34,130	
Current liabilities					
Creditors		881		1,738	
Other creditors		5,859		4,816	
Accruals and deferrals		9,778		9,915	
	10.	16,518		16,469	
Net current assets			29,791		17,661
Total assets less current liabilities			37,949		27,040
Income Funds					
Unrestricted			33,350		20,073
Restricted			4,599		6,967
	11.		37,949		27,040

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The Financial Statements were approved and authorised for issue by the Board on 14 May 2024 and signed on its behalf by

Director Charlie McMeur

Director Harry Cron

Date: 14th May 2024

Date: 14th May 2024

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2024

4. Income

	2024	2023
	£	£
<u>Restricted Income</u>		
VSS Gap Funding	34,657	30,995
VSS Social Isolation	2,635	-
VSS -TPDPS	2,540	-
Victims & Survivors Service NI	195,344	184,715
Children In Need	9,678	10,722
HSE	-	19,031
WH SCT	-	2,970
	244,854	248,433
<u>Unrestricted Income</u>		
Donations	480	-
Other income	2,485	775
HSE	30,802	-
WH SCT	20,997	-
	54,764	775
Total Income	299,618	249,208

(i) Restricted Funds

Funds received which are earmarked by the Funder for specific purposes. Such purposes are within the overall aims of the organisation.

(ii) Unrestricted Funds

Funds which are expendable at the discretion of the company in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2024

5. Resources Expended

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Direct Charitable Expenditure				
Salaries & Pension Costs	31,798	200,712	232,510	182,388
Complementary Therapists	-	13,590	13,590	12,397
Counselling Fees	6,835	-	6,835	2,693
Clinical Supervisor	-	2,110	2,110	1,360
Travel & Subsistence	-	2,770	2,770	1,462
Programme Costs	2,154	3,180	5,334	32,215
	<u>40,787</u>	<u>222,362</u>	<u>263,149</u>	<u>232,515</u>
Management & Administration				
Rent & Service Charges	-	4,800	4,800	4,400
Post, Print & Stationery	-	2,770	2,770	997
Telephone & Internet	-	3,050	3,050	1,813
Heat & Light	-	1,656	1,656	2,563
Rates & Water	-	561	561	485
Accountancy Fees	-	1,645	1,645	1,584
Repairs, Maintenance & Cleaning	-	453	453	1,061
Insurance	-	1,710	1,710	1,263
Bank Fees & Interest	-	253	253	480
Subscriptions	-	1,964	1,964	-
Computer costs	-	3,491	3,491	3,154
Sundries	700	-	700	311
Depreciation	-	2,507	2,507	2,416
	<u>700</u>	<u>24,860</u>	<u>25,560</u>	<u>20,527</u>
Total Expenditure	<u><u>41,487</u></u>	<u><u>247,222</u></u>	<u><u>288,709</u></u>	<u><u>253,042</u></u>

Net Incoming Resources

2024
£

2023
£

Net incoming resources has been arrived at after charging.

Depreciation

2,507

2,416

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2024

6. Employees

	2024	2023
	£	£
Salaries and pensions	<u>232,510</u>	<u>182,388</u>

The average monthly numbers of employees during the year, calculated on the basis of full time equivalents, was as follows:

	2024	2023
	Number	Number
	<u>9</u>	<u>10</u>

7. Taxation

Cunamh is exempt from tax as it has charitable status.

8. Tangible assets

	Equipment	Total
	£	£
Cost		
At 1 April 2023	19,515	19,515
Additions	<u>1,286</u>	<u>1,286</u>
At 31 March 2024	<u>20,801</u>	<u>20,801</u>
Depreciation		
At 1 April 2023	10,136	10,136
Charge for the year	<u>2,507</u>	<u>2,507</u>
At 31 March 2024	<u>12,643</u>	<u>12,643</u>
Net book values		
At 31 March 2024	<u>8,158</u>	<u>8,158</u>
At 31 March 2023	<u>9,379</u>	<u>9,379</u>

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2024

9.	Debtors	2024	2023
		£	£
	Other debtors	15,256	3,006
10.	Creditors: amounts falling due within one year	2024	2023
		£	£
	Other creditors	881	1,738
	Taxes and social security creditor	5,859	4,816
	Accruals and deferred income	9,778	9,915
		16,518	16,469

11. Movements in Funds

	At 1 April 2023 £	Incoming resources £	Outgoing resources £	At 31 March 2024 £
Restricted funds:				
Restricted funds	6,967	244,854	(247,222)	4,599
Total restricted funds	6,967	244,854	(247,222)	4,599
Unrestricted funds:				
General funds	20,073	54,764	(41,487)	33,350
Total unrestricted funds	20,073	54,764	(41,487)	33,350
	27,040	299,618	(288,709)	37,949

12. Related Party Transactions

There are no material related party transactions in the year under review.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2024

13. Limited by Guarantee

The company is limited by guarantee and does not have a share capital.

Cúnamh

Northern Ireland - Charity number 101682

Accounts

Company Registration No: NI039355

Cunamh
(A company limited by guarantee)
Accounts
for the year ended 31 March 2023

Cunamh
(A company limited by guarantee)

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1	Directors Report
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4	Statement of Financial Activities
5	Balance sheet
6	Notes to the accounts
7 - 12	

Information

Directors

Charles Colm McMenamin
Niall O Somachain
Patricia Anne Murphy
Harry Anthony Crossan
Seamus Soal

Anne Patricia McMonagle (Resigned 6th April 2023)
Anthony Brown (Appointed 6th April 2023)

Secretary

Charles Colm McMenamin

Accountants

McGrouarty McCafferty & Company Ltd
Accountants & Tax Consultants
2 Carlisle Terrace
Derry
BT48 6JX

Registered office

171 Sunbeam Terrace
Bishop Street
Derry
N Ireland
BT48 6UJ

Bankers

Bank of Ireland
27 Culmore Road
Derry
BT48 8JB

Report of The Management Committee

Cunamh

(A company limited by guarantee)

Cunamh

The management Committee present their report and the financial statements for the year ended 31 March 2023.

Principal activity

Cunamh was established in 1997 as a community led mental health project. The organisation emerged from the opportunity created in 1994 as a result of the IRA ceasefire and subsequent political and social developments. This created a new environment and space in which for the first time individuals could commence a process of reflection, exploration and community growth.

The rationale underpinning the development of the project was that the peace building process needed to cater for the emotional and psychological impact, which the conflict had upon people's health and well being.

Cunamh provides a number of services and projects including: Supportive Listening, Counselling, Advocacy, Relaxation and Stress Elimination, Creative Remembering, Drama Therapy and Essential Living Skills Training.

Company Number

NI039355

Charity Number

XR25406
NIC101682

Objectives and activities

The charity aims to undertake and develop research in past traumatic stress and provide information and training to local communities, families and individuals on the effects of such stress.

The charity also provides individuals with space to explore and understand their feelings in relation to past traumatic experiences.

The charity also provides individuals with a supportive and safe environment in which they can maximise and actively negotiate various routes for change in the development of their lives and community.

Management Committee

The directors of the charity for the purposes of charity law 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:

Niall O'Somachain

Patricia Anne Murphy

Charles Colm Mc Menamin (Secretary)

Harry Anthony Crossan

Seamus Soal

Anne Patricia McMonagle (Resigned 6th April 2023)

Anthony Brown (Appointed 6th April 2023)

Risk Management

Henry Conran
Director

Charlie McCleave
Director

The Financial Statements were approved and authorised for issue by the Board on and signed on its behalf by:

Accountants
A resolution proposing McGroarty McCafferty & Company Ltd be re-appointed as accountants of the company will be put to the annual general meeting.

This report is prepared in accordance with special provisions of part 15 of the Companies Act 2006 relating to small companies.

The directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The directors 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.

The directors will continue in business.

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- make judgements and estimates that are reasonable and prudent;
- observe the methods and principles in the Charities SORP (FRS102)
- select suitable accounting policies and apply them consistently;

so the directors are required to:
The directors are required to prepare financial statements for that give a true and fair view of the state of the affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing

Directors Responsibilities

The Company plans to continue the activities as outlined above in the forthcoming years subject to satisfactory funding arrangements.

Plans for Future Periods

The financial performance is summarised in the enclosed accounts.

Financial Review

The directors have assessed the major risks to which the company is exposed, in particular those related to the operations and finances of the company, and are satisfied that systems are in place to mitigate the exposure to the major risks.

Cunamh
(A company limited by guarantee)

Cunamh
(A company limited by guarantee)
Independent examiner's report on the unaudited financial statements to the directors of
Cunamh

We report on the accounts of the company for the year ended 31 March 2023, which are set out on pages 5 to 12.

Respective responsibilities of charity directors and examiner;

As the charity directors you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied ourselves that the charity is not subject to audit under company law, and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 65 of the Charities Act 2008;
- follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act 2008.
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity accounts as required under section 65 of the Charities Act and our examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included a consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity directors concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:
- that accounting records were not kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with those accounting records;

- that the accounts do not comply with the accounting requirements of the Section 396 of the Companies Act 2006 and the methods and principles of the 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;
- that there is further information needed for proper understanding.

Independent examiner's statement

We have completed our examination and have no concerns in respect of the matters listed above and, in connection with following the directions of the Charity Commission for Northern Ireland, we have found no matters that require drawing to your attention.

McGroarty McCafferty & Company Ltd
Accountants & Tax Consultants
2 Carlisle Terrace
Derry
BT48 6JX
Date:

Cunamh
(A company limited by guarantee)

Statement of Financial Activities
for the year ended 31 March 2023

	Unrestricted Funds	Restricted Funds	2023	2022
	£	£	£	£
Income and Expenditure				
Incoming Resources				
Grants Received	-	248,433	248,433	372,220
Sundry Income & Donations	775	-	775	1,610
Total Incoming Resources	<u>775</u>	<u>248,433</u>	<u>249,208</u>	<u>373,830</u>
Resources Expended				
Direct Charitable Expenditure	-	232,515	232,515	308,755
Management & Administration	311	20,216	20,527	54,985
Total Resources Expended	<u>311</u>	<u>252,731</u>	<u>253,042</u>	<u>363,740</u>
Net Incoming / (Outgoing) Resources	11.	464	(4,298)	10,090
Balances brought forward 1 April 2022		19,609	11,265	20,784
Balances carried forward 31 March 2023		<u>20,073</u>	<u>6,967</u>	<u>27,040</u>
			<u>27,040</u>	<u>30,874</u>

The above amounts relate to continuing operations of the company.

The company has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented. There is no difference between the net incoming resources for the year stated above and their historical cost equivalents.

Cunamh
(A company limited by guarantee)

Balance sheet
as at 31 March 2023

	31/03/23	31/03/22
	£	£
Fixed assets		
Tangible assets	9,379	10,352
Current assets		
Debtors	3,006	10,211
Cash at bank and in hand	31,124	22,272
	<u>34,130</u>	<u>32,483</u>
Current liabilities (note 10)		
Other creditors	1,738	1,872
Other creditors	4,816	-
Accruals and deferrals	9,915	10,089
	<u>16,469</u>	<u>11,961</u>
Net current assets	17,661	20,522
Total assets less current liabilities	27,040	30,874
Income Funds		
Brought forward at 1 April 2022	11	19,609
Unrestricted	11	20,073
Restricted	11	6,967
		<u>27,040</u>
		<u>30,874</u>

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The Financial Statements were approved and authorised for issue by the Board on and signed on its behalf by

Date: 26 July 2023
Director: Harry Cannon

Date: 26/07/2023
Director: Christie McManus

1. General information
The company is a private company limited by guarantee, registered in Northern Ireland. The address of the registered office is 171 Sunbeam Terrace, Bishop Street, Derry, BT48 6UJ.

1.1. Statement of compliance
The financial statements have been prepared in accordance with 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 Charities SORP 2019 (FRS 102), and the Companies Act 2006.

1.2. Tangible fixed assets and depreciation
Tangible fixed assets are stated at cost less depreciation.
Depreciation is provided at rates calculated to write off the cost or valuation less residual value of each asset over its expected useful life, as follows:

Equipment - 15% Straight Line

2. Income
(i) Grants
Grants represents all amounts received and receivable during the year.
Capital grants are released to the profit and loss account in the year in which they are received in line with the SORP 2019 (FRS 102).
Revenue grants are credited to the Statement of Financial Activities in the year they are received.
(ii) Donations & administration income.
This comprises amounts received during the year.

3. Expenditure
(i) Direct Charitable Expenditure
This represents all expenditure directly attributable to charitable causes.
(ii) Management & Administration
This includes all other expenditure not directly allocated above and a portion of the overhead costs attributable to management and administration.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2023

4. Income

2023	2022	
£	£	
		Restricted Income
		Peace IV
30,995	43,854	HSE
		Clear Small Grant
-	1,512	Victims & Survivors Service NI
184,715	269,176	Big Lottery Fund
-	9,960	WHSC - HUB
19,031	39,696	Children In Need
10,722	8,022	
<u>248,433</u>	<u>372,220</u>	Unrestricted Income
		Other income
775	1,610	
<u>775</u>	<u>1,610</u>	
<u>249,208</u>	<u>373,830</u>	Total Income

(i)

Restricted Funds

Funds received which are earmarked by the Funder for specific purposes. Such purposes are within the overall aims of the organisation.

(ii)

Unrestricted Funds

Funds which are expendable at the discretion of the company in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2023

5.

Resources Expended

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Direct Charitable Expenditure				
Salaries & Pension Costs	-	182,388	182,388	230,544
Complementary Therapists	-	12,397	12,397	13,540
Counselling Fees	-	2,693	2,693	13,139
Clinical Supervisor	-	1,360	1,360	2,250
Travel & Subsistence	-	1,462	1,462	2,421
Programme Costs	-	32,215	32,215	46,861
	-	232,515	232,515	308,755
Management & Administration				
Rent & Service Charges	-	4,400	4,400	7,200
Post, Print & Stationery	-	997	997	2,807
Telephone & Internet	-	1,813	1,813	3,390
Heat & Light	-	2,563	2,563	2,193
Rates & Water	-	485	485	2,512
Accountancy Fees	-	1,584	1,584	1,813
Repairs, Maintenance & Cleaning	-	1,061	1,061	11,837
Insurance	-	1,263	1,263	1,657
Bank Fees & Interest	-	480	480	266
COVID-19 Expenses	-	-	-	16,925
Computer costs	-	3,154	3,154	1,917
Sundries	311	-	311	243
Depreciation	-	2,416	2,416	2,225
	311	20,216	20,527	54,985
Total Expenditure	311	252,731	253,042	363,740
Net Incoming Resources				
			£	£
			2023	2022
Net incoming resources has been arrived at after charging:			2,416	2,225
Depreciation			2,416	2,225

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2023

6. Employees

Salaries and pensions

2023	2022
£ 182,388	£ 230,544
<u>182,388</u>	<u>230,544</u>

The average monthly numbers of employees during the year, calculated on the basis of full time equivalents, was as follows:

2023	2022
Number 10	Number 7
<u>10</u>	<u>7</u>

7. Taxation

Cunamh is exempt from tax as it has charitable status.

8. Tangible assets

Cost	£
At 1 April 2022	18,072
Additions	1,443
At 31 March 2023	<u>19,515</u>
Depreciation	£
At 1 April 2022	7,720
Charge for the year	2,416
At 31 March 2023	<u>10,136</u>
Net book values	£
At 31 March 2023	9,379
At 31 March 2022	<u>10,352</u>
Total	£
Equipment	£
Total	£
At 31 March 2023	<u>19,515</u>
At 1 April 2022	18,072
Additions	1,443
At 31 March 2023	<u>19,515</u>
Depreciation	£
At 1 April 2022	7,720
Charge for the year	2,416
At 31 March 2023	<u>10,136</u>
Net book values	£
At 31 March 2023	9,379
At 31 March 2022	<u>10,352</u>

There are no material related party transactions in the year under review.

Cunamh		(A company limited by guarantee)		Notes to the accounts		for the year ended 31 March 2023	
9.	Debtors	2023	2022	£	£		
	Other debtors	3,006	10,211				
10.	Creditors: amounts falling due within one year	2023	2022	£	£		
	Other creditors	1,738	1,872				
	Taxes and social security creditor	4,816	-				
	Accruals and deferred income	9,915	10,089				
11.	Movements in Funds	At 1 October 2022	At 31 March 2023	£	£		
	Restricted funds:						
	Restricted funds	11,265	6,967				
	Total restricted funds	11,265	6,967				
	Unrestricted funds:						
	General funds	19,609	20,073				
	Total unrestricted funds	19,609	20,073				
12.	Related Party Transactions	At 1 October 2022	At 31 March 2023	£	£		
	Restricted funds	11,265	6,967				
	Total restricted funds	11,265	6,967				
	Unrestricted funds:						
	General funds	19,609	20,073				
	Total unrestricted funds	19,609	20,073				

The company is limited by guarantee and does not have a share capital.

13. Limited by Guarantee

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2023

Cúnamh

Northern Ireland - Charity number 101682

Annual report

Cúnamh Annual General Meeting

26th July 2023

Staff Report

For Period 1st April 2022 – 31st March 2023



This report summarises the period from 1st April 2022 to 31st March 2023.

As I did at last year's A.G.M. I wish, once again, to reflect some of the feedback from the clients who have benefited from the services which Cúnamh offer, as it provides an insight to the diverse range of services and programmes delivered during this period.

Re: Wim Hoff Breathwork Weekend

"The weekend was life changing, I've started getting up in the mornings again and doing my walks and taking a cold shower every day. I feel amazing."

"An overall amazing experience which pushed me outside my comfort zone. A great way to connect to people, share stories and have a laugh. Felt completely vitalised afterwards."

"Cannot believe I stayed in an ice bath for 3 minutes, so excited to tell my family about this amazing experience".

"So blessed to be on this weekend with such amazing like-minded people."

"I have never done anything like this before, I never thought that breathing could take you to a place outside of yourself before".

"Absolutely amazing experience. Don't know where all the tears came from, but I couldn't stop them. Thank you all so much."

Re: Social Trip to Glenveagh Park

"It was so nice to get away for the day, we had great craic and really enjoyed getting to visit somewhere we never would have opportunity to visit because we don't drive".

"Thanks to Cúnamh for an amazing wee day out, we had a great time and loved exploring the grounds of this beautiful castle".

"Great day out and was so nice to go for dinner afterwards. I don't usually go out for dinner, and it was such a treat. It was so nice to get talking to so many different people and hear about their lives and have a laugh".

Dublin Trip

"Just a message to everyone at Cúnamh to say thank you for organising a great trip away to Dublin. We all had the best time. The tour of Kilmainham and Glasnevin Cemetery were hugely informative and enjoyable. We can't thank you all enough for this. Keep up the good work".

Peaceful Painting Programme

"I was very reluctant at the beginning to do this programme as I felt I would be useless at it. Brenda was so good and patient with all the group. I couldn't believe some of the work I was

creating over the weeks. I didn't want to miss any sessions as I enjoyed it so much. I really got lost in the work, it was so therapeutic".

"This was a great programme which I would recommend to anyone, I wish we could have went on longer".

"Loved every minute of this programme, I can't believe the work I produced with Brenda's guidance. I will certainly be keeping it up at home".

"I didn't think art could be so relaxing and I also didn't believe I could do as good as I did. I can't wait to continue doing this at home. Thanks to all for this experience".

'I attended a painting class in Cunamh for 6 weeks. I was amazed by what I discovered I could do. I hadn't painted since school. The tutor taught us basic techniques and gave us encouragement on a one to one basis, with ideas and suggestions. Cunamh then provided some members of the group with an art set. I still paint at home, it is pure bliss. Many, Many thanks!

"I was so touched by the incredible warmth of your reception and your kindness. Many thanks to you all, keep up the great work".

"Thank you for all for being welcoming to be from the first day I came in to Cúnamh. I am so grateful for all the help you have given me, and I feel in a much better place than when I first walked through the doors".

'Thank you Brenda and all at Cunamh. I was given the motivation to get out fishing again. Ive met up with old friends and enjoyed standing by the river. Getting the license has enabled me to go to new places and take it seriously. Being out in the fresh air again, in good company for 5 hours is hard to beat.'

'Actually getting a new outdoor coat and walking boots made me want to go out more. Just having them is a good enough reason to go. I love it If it's raining I can just put the hood up and walk for an hour. Just putting one foot in front of the other is very therapeutic and I'm always more relaxed when I come back in'

'I didn't think I would be interested in going to the gym but was encouraged by my therapist at Cunamh about the real benefits of physical exercise and decided to give it a go. At first, I just had a quick dip in the pool and used the steam room and was enjoying just getting into a routine doing this. Now I use the treadmill, the exercise bike and cross trainer. It's true!... exercise changes everything.'

"To all the amazing people at Cúnamh. This place has turned my life around; the warmth and friendliness has allowed me to be open and feel safe to do the work and benefit fully from the CBT and counselling. I enjoyed the complementary therapy also. The benefits cannot be underestimated."

Summary of Cúnamh Work

This year was very exciting, albeit not without its challenges. We launched our beautiful outdoor space, completed BACP organisational accreditation, successfully completed an application for PEACE Plus 5 year funding, and entered new contractual agreements for service delivery.

Staff convened several events, for clients and partner groups. These included: Mindfulness in Practise; Peaceful Painting classes; Book Clubs; Meal & Movie nights, Gardening programmes, as well as several social support trips and respite breaks.

Aaron Deane facilitated an amazing breathwork weekend, which has been hugely life changing.

Michael Murphy from Dove House Advice Services provided a weekly Benefits and Welfare Advice clinic.

The organisation continued to actively participate in the Victims and Survivors Service (VSS) Practitioners and Caseworkers Forums. These enable Caseworkers to share, engage and reflect the positive impact which the various Casework support frameworks have upon victims and survivors, as well exploring solutions to ongoing barriers.

We continued to work closely with the WHSCT Talking Therapy HUB to deliver psychological therapies to vulnerable members of our community and we know from feedback that this essential service is saving lives and helping to rebuild families and communities.

82 individuals were referred to Cúnamh from the HUB during this period.

We had the pleasure of hosting 4 volunteer placements and I'd like to thank Claire, Alisha, Veronica and Caroline for their contribution to Cúnamh during this time.

As well as facilitating many interviews with researchers and students we were delighted to participate again in community-based initiatives, in partnership with Triax, Dove House, & Tar Abhaile, as well as provision of advocacy services to CALMS and The Koram Centre. We were grateful for support from Relatives For Justice and The Ashton Community Trust for assistance

with applications to the Troubles Permanent Disablement Payment Scheme, and The Pat Finucane Centre for advocacy support.

The Cúnamh Clinical Leads and I actively contributed to the development of the new Regional Trauma Network. This is an exciting partnership comprising VSSNI funded organisations; all 5 Department of Health Trusts; The Executive Office; Dept of Health; CVSNI and VSSNI. The Partnership Board was formally ratified in November 2022.

We developed a new partnership with the HSE in Donegal for the delivery of CBT-E to young people referred by the CAMHS team.

Service & Programme Delivery

Talking Therapy Service.

208 Individuals accessed Talking Therapy (Trauma/Generic Counselling & Cognitive Behavioural Therapy)

1835 Talking Therapy sessions were delivered.

All talking therapies were measured using the CORE (Clinical Outcomes in Routine Evaluation) system. These indicated that Anxiety & Depression and Trauma were the most prevalent presentations. 67 % of those who completed therapy reported a significant improvement in their health & wellbeing. These included:

- Restored & improved family relationships
- Ability to make sensible decisions
- Maintenance of sobriety
- Alcohol & Drug reduction
- Increased confidence about future
- Reduced anxiety and stress
- Increased level of motivation
- Greater understanding of bereavement process
- Reduced risk of suicide ideation
- Increased awareness of the impact of trauma
- Increased social activity & engagement
- Greater ability to engage with people
- Reduced medication dependency
- Ability to make life & work adjustments

Complementary Therapy Service

81 Clients received a combined total of 405 complementary therapy sessions.

Complementary Therapies were measured using the MYMOP (Measure Your Medical Outcome Profile) questionnaire. Anxiety, Stress, Mobility and Physical Pain were reported as the main symptoms. 83% of clients reported a significant improvement in their daily living activities. These included: socialising; walking, mobility, exercising and sleeping. Reported symptom reduction included Depression, Anxiety, Stress, Insomnia and Chronic Pain.

Health & Wellbeing Casework

152 Clients were supported with a range of services and small value items. These included:

- Gym memberships.
- Acupuncture.
- Education & Training Courses/
Student Support Costs
- Additional Psychological Therapies
- Walking boots and raincoats
- Fishing licenses
- Art and craft sets
- Heat lamps for arthritic pain.
- Gardening equipment
- Self-help books

The Health & Wellbeing Casework programme was measured using the WSAS (Work And Social Adjustment Scale).

69% of beneficiaries reported an improvement in their wellbeing.

Welfare Advice

60 Clients were supported with welfare and benefits advice. 134 Sessions of advice were provided by the Dove House Advice Services.

Eating Disorder Project.

218 sessions of CBT-E were delivered to 30 young people.

The young people who received support from the Eating Disorder project staff reported the following benefits:

- Increased levels of self-worth
- Less anxiety and obsessing about weight
- Improved relationships with peers and family
- Greater attendance at school
- Greater ability to cope with daily stressors

Public Benefit 1V

To provide a durable community-led support system.

The organisation continued to pro-actively network and engage with the VSS sector organisations to ensure that victims and survivors receive the most appropriate support to meet their individual needs.

Garraí Cúnamh was officially opened in June 2022 by Mayor of Derry City & Strabane Council, Sandra Duffy. We had the pleasure of welcoming the new Victim's Commissioner Ian Jefferson to the launch, as well as CEO VSSNI Margaret Bateson and Andrew Walker VSSNI. The garden has provided the organisation with a much-needed extra therapeutic space and has been enjoyed by clients and volunteers since. I'd like to acknowledge the voluntary dedication of Ken and Frances for ensuring the garden thrives, as well as the many clients, who have contributed to its ongoing growth.

We continued to enjoy a positive, collaborative partnership with the Talking Therapy HUB staff, G.P. practises and Mental Health Practitioners.

Cúnamh staff, volunteers and directors participated in various strategic planning events. These included: VSSNI meetings; CVSNI Consultations; VSSNI Caseworker and Practitioner forums; Regional Trauma Network development meetings, as well as regular participation in community led strategic planning events with other sector providers.

We welcomed several new staff members to the team this year. Caroline Cooper was appointed as Clinical Co-ordinator in November and Brenda Graham was employed as the new Health & Well being Caseworker in March. We also welcomed back Elaine Morrison as the Finance Manager in April.

Each year it has been with immense pride to be able to acknowledge the continued growth in skills, professionalism and abilities within Cúnamh, and this year is no exception. We completed an application process to acquire organisational accreditation with BACP and staff completed the following professional courses:

PD Diploma in CBT; Level 5 Diploma in CBT; Certificate in Systemic Practice & Family Therapy; Children In Northern Ireland Good Practice in Recording and Responding; Additional Suicide First Aid Training; Virtual Trauma Summit; Think Family Model; Systemic Family Growth:

Safeguarding Children and Adults at Risk; Motivational Interviewing; Trauma and addiction; and Managing Violent and Dangerous Behaviour

Of course, none of this work could have been delivered without the support of our Funders. Victims and Survivors Service Northern Ireland (VSSNI); Children In Need; Western Health & Social Care Trust (WHST), Health & Safety Executive (HSE) and the private donations, which we received.

Finally, a word of gratitude to all the members of the Board of Directors, our team of Sessional Therapists, and the Cúnamh staff, past and present.

Financial Review

At the Y/E March 2023, Cúnamh once again, have primarily been funded through the Victims and Survivors Service, but have also secured various other funded contracts, with a view to ensuring that all organisational costs are covered. These included:

- **VSS (LoO 17/0074) valuing £146,252** - New year Budget = **£176,874** (Apr '23 to March '24)
- **VSS (LoO 17/0074/GF) valuing £22,075** - New year Budget = **£25,638** (Apr '23 – Mar '24)
- **HSE Donegal – £8,250 -** - New year contract = **£17,930** (Aug '23 to Jan '24)
- **WHSCT – £19,000**

A new contract is in operation with the WHSCT, providing us with an income of £38.04 per session, increased slightly from last year. As it currently stands, it is estimated that this contract will have value anything between £15,000 and £20,000 this year.

- **Children in Need – £10,262** (Includes an additional £500 in Yr. 2)

We are into our 3rd and final year under the CIN contract, which provides £9762 p/a. This helps contribute to the organisation salary costs, together with a small element of supervision and programme costs.

As a result of continued stringent financial management, fully supported by the volunteers, staff and directors over the past 12 months, Cúnamh's unrestricted funds have increased by £464 from £19,609 to £20,073, thanks to generous donations from a range of supporters.

Overall funds as at 31st March 2023 stand at £27,040 with the Charity being solvent and, in a position, to meet all debtors.

During this financial period the charity continued to receive most of its funding by way of grant and contract income from Peace IV, Victims and Survivors Service NI, Western Trust & Social Care Trust, Health Service Executive and Children in Need.

Reserves Policy

The Directors have reviewed the reserves of the charity and have established a policy whereby unrestricted funds amount to at least 3 months of the overall essential costs. These reserves are required to allow the charity to continue to operate for a minimum of 3 months

in the event of a significant drop in funding. This unrestricted target has been calculated to be £41,000. The current level of unrestricted funds available to the charity stands at £20,073 and as such the directors have considered the extent to which current activities and expenditure could be reduced should additional funding not be secured.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 4th October, 2000 and registered as a charity on 4th December, 1997. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Cúnamh Board of Directors. All members of the Board gave their time voluntarily and received no benefits from the charity.

Trustee Induction and Training

All trustees are already familiar with the practical work of the charity.

Risk Management

The directors have carried out a review of the major risks to which the charity is exposed. A risk register continues to be used and this is updated as and when required or at least twice a year. Appropriate systems and procedures have been developed to mitigate the risks the charity faces. The on-going implementation of procedures for authorisation of all transactions and activities ensures that internal control risks are minimised. The Cúnamh Board of Directors currently comprises 7 members from a variety of professional backgrounds, relevant to the work of the charity. Day to day responsibility for the provision of all the services, operational management and individual supervision of the staff resides with the Project Co-ordinator.

Cathy Nelis -Cúnamh Co-ordinator.

Cúnamh

Northern Ireland - Charity number 101682

Annual return

Company Registration No: NI039355

Cunamh
(A company limited by guarantee)
Accounts
for the year ended 31 March 2023

Cunamh
(A company limited by guarantee)

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Information

Directors

Charles Colm McMenamin
Niall O Somachain
Patricia Anne Murphy
Harry Anthony Crossan
Seamus Soal

Anne Patricia McMonagle (Resigned 6th April 2023)
Anthony Brown (Appointed 6th April 2023)

Secretary

Charles Colm McMenamin

Accountants

McGrouarty McCafferty & Company Ltd
Accountants & Tax Consultants
2 Carlisle Terrace
Derry
BT48 6JX

Registered office

171 Sunbeam Terrace
Bishop Street
Derry
N Ireland
BT48 6UJ

Bankers

Bank of Ireland
27 Culmore Road
Derry
BT48 8JB

Report of The Management Committee

Cunamh

(A company limited by guarantee)

Cunamh

The management Committee present their report and the financial statements for the year ended 31 March 2023.

Principal activity

Cunamh was established in 1997 as a community led mental health project. The organisation emerged from the opportunity created in 1994 as a result of the IRA ceasefire and subsequent political and social developments. This created a new environment and space in which for the first time individuals could commence a process of reflection, exploration and community growth.

The rationale underpinning the development of the project was that the peace building process needed to cater for the emotional and psychological impact, which the conflict had upon people's health and well being.

Cunamh provides a number of services and projects including: Supportive Listening, Counselling, Advocacy, Relaxation and Stress Elimination, Creative Remembering, Drama Therapy and Essential Living Skills Training.

Company Number

NI039355

Charity Number

XR25406
NIC101682

Objectives and activities

The charity aims to undertake and develop research in past traumatic stress and provide information and training to local communities, families and individuals on the effects of such stress.

The charity also provides individuals with space to explore and understand their feelings in relation to past traumatic experiences.

The charity also provides individuals with a supportive and safe environment in which they can maximise and actively negotiate various routes for change in the development of their lives and community.

Management Committee

The directors of the charity for the purposes of charity law 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:

Niall O'Somachain

Patricia Anne Murphy

Charles Colm Mc Menamin (Secretary)

Harry Anthony Crossan

Seamus Soal

Anne Patricia McMonagle (Resigned 6th April 2023)

Anthony Brown (Appointed 6th April 2023)

Risk Management

Henry Conran
Director

Charlie McCleave
Director

The Financial Statements were approved and authorised for issue by the Board on and signed on its behalf by:

Accountants
A resolution proposing McGroarty McCafferty & Company Ltd be re-appointed as accountants of the company will be put to the annual general meeting.

This report is prepared in accordance with special provisions of part 15 of the Companies Act 2006 relating to small companies.

The directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The directors 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.

The directors will continue in business.

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- make judgements and estimates that are reasonable and prudent;
- observe the methods and principles in the Charities SORP (FRS102)
- select suitable accounting policies and apply them consistently;

The directors are required to prepare financial statements for that give a true and fair view of the state of the affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the directors are required to:

Directors Responsibilities

The Company plans to continue the activities as outlined above in the forthcoming years subject to satisfactory funding arrangements.

Plans for Future Periods

The financial performance is summarised in the enclosed accounts.

Financial Review

The directors have assessed the major risks to which the company is exposed, in particular those related to the operations and finances of the company, and are satisfied that systems are in place to mitigate the exposure to the major risks.

Cunamh
(A company limited by guarantee)

Cunamh
(A company limited by guarantee)
Independent examiner's report on the unaudited financial statements to the directors of
Cunamh

We report on the accounts of the company for the year ended 31 March 2023, which are set out on pages 5 to 12.

Respective responsibilities of charity directors and examiner;

As the charity directors you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied ourselves that the charity is not subject to audit under company law, and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 65 of the Charities Act 2008;
- follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act 2008.
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity accounts as required under section 65 of the Charities Act and our examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included a consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity directors concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:
- that accounting records were not kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with those accounting records;

- that the accounts do not comply with the accounting requirements of the Section 396 of the Companies Act 2006 and the methods and principles of the 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;

- that there is further information needed for proper understanding.

Independent examiner's statement

We have completed our examination and have no concerns in respect of the matters listed above and, in connection with following the directions of the Charity Commission for Northern Ireland, we have found no matters that require drawing to your attention.

McGroarty McCafferty & Company Ltd
Accountants & Tax Consultants
2 Carlisle Terrace
Derry
BT48 6JX
Date:

Cunamh
(A company limited by guarantee)

Statement of Financial Activities
for the year ended 31 March 2023

	Unrestricted Funds	Restricted Funds	2023	2022
Income and Expenditure	£	£	£	£
Incoming Resources				
Grants Received	-	248,433	248,433	372,220
Sundry Income & Donations	775	-	775	1,610
Total Incoming Resources	<u>775</u>	<u>248,433</u>	<u>249,208</u>	<u>373,830</u>
Resources Expended				
Direct Charitable Expenditure	-	232,515	232,515	308,755
Management & Administration	311	20,216	20,527	54,985
Total Resources Expended	<u>311</u>	<u>252,731</u>	<u>253,042</u>	<u>363,740</u>
Net Incoming / (Outgoing) Resources	11.	(4,298)	(3,834)	10,090
Balances brought forward 1 April 2022	19,609	11,265	30,874	20,784
Balances carried forward 31 March 2023	<u>20,073</u>	<u>6,967</u>	<u>27,040</u>	<u>30,874</u>

The above amounts relate to continuing operations of the company.

The company has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented. There is no difference between the net incoming resources for the year stated above and their historical cost equivalents.

Cunamh
(A company limited by guarantee)

Balance sheet
as at 31 March 2023

	31/03/23	31/03/22
	£	£
Fixed assets		
Tangible assets	9,379	10,352
Current assets		
Debtors	3,006	10,211
Cash at bank and in hand	31,124	22,272
	<u>34,130</u>	<u>32,483</u>
Current liabilities (note 10)		
Other creditors	1,738	1,872
Other creditors	4,816	-
Accruals and deferrals	9,915	10,089
	<u>16,469</u>	<u>11,961</u>
Net current assets	17,661	20,522
Total assets less current liabilities	27,040	30,874
Income Funds		
Brought forward at 1 April 2022		
Unrestricted	11	19,609
Restricted	11	11,265
		<u>30,874</u>

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The Financial Statements were approved and authorised for issue by the Board on and signed on its behalf by

Date: 26 July 2023
Director: Harry Connor

Date: 26/07/2023
Director: Christie McManus

1. General information
The company is a private company limited by guarantee, registered in Northern Ireland. The address of the registered office is 171 Sunbeam Terrace, Bishop Street, Derry, BT48 6UJ.

1.1. Statement of compliance
The financial statements have been prepared in accordance with 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 Charities SORP 2019 (FRS 102), and the Companies Act 2006.

1.2. Tangible fixed assets and depreciation
Tangible fixed assets are stated at cost less depreciation.
Depreciation is provided at rates calculated to write off the cost or valuation less residual value of each asset over its expected useful life, as follows:

Equipment - 15% Straight Line

2. Income
(i) Grants
Grants represents all amounts received and receivable during the year.
Capital grants are released to the profit and loss account in the year in which they are received in line with the SORP 2019 (FRS 102).
Revenue grants are credited to the Statement of Financial Activities in the year they are received.
(ii) Donations & administration income.
This comprises amounts received during the year.

3. Expenditure
(i) Direct Charitable Expenditure
This represents all expenditure directly attributable to charitable causes.
(ii) Management & Administration
This includes all other expenditure not directly allocated above and a portion of the overhead costs attributable to management and administration.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2023

4. Income

2023	2022	
£	£	
		Restricted Income
		Peace IV
30,995	43,854	HSE
		Clear Small Grant
-	1,512	Victims & Survivors Service NI
184,715	269,176	Big Lottery Fund
-	9,960	WHSC - HUB
19,031	39,696	Children In Need
10,722	8,022	
<u>248,433</u>	<u>372,220</u>	Unrestricted Income
		Other income
775	1,610	
<u>775</u>	<u>1,610</u>	
<u>249,208</u>	<u>373,830</u>	Total Income

(i)

Restricted Funds

Funds received which are earmarked by the Funder for specific purposes. Such purposes are within the overall aims of the organisation.

(ii)

Unrestricted Funds

Funds which are expendable at the discretion of the company in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2023

5.

Resources Expended

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Direct Charitable Expenditure				
Salaries & Pension Costs	-	182,388	182,388	230,544
Complementary Therapists	-	12,397	12,397	13,540
Counselling Fees	-	2,693	2,693	13,139
Clinical Supervisor	-	1,360	1,360	2,250
Travel & Subsistence	-	1,462	1,462	2,421
Programme Costs	-	32,215	32,215	46,861
	-	232,515	232,515	308,755
Management & Administration				
Rent & Service Charges	-	4,400	4,400	7,200
Post, Print & Stationery	-	997	997	2,807
Telephone & Internet	-	1,813	1,813	3,390
Heat & Light	-	2,563	2,563	2,193
Rates & Water	-	485	485	2,512
Accountancy Fees	-	1,584	1,584	1,813
Repairs, Maintenance & Cleaning	-	1,061	1,061	11,837
Insurance	-	1,263	1,263	1,657
Bank Fees & Interest	-	480	480	266
COVID-19 Expenses	-	-	-	16,925
Computer costs	-	3,154	3,154	1,917
Sundries	311	-	311	243
Depreciation	-	2,416	2,416	2,225
	311	20,216	20,527	54,985
Total Expenditure	311	252,731	253,042	363,740
Net Incoming Resources				
			£	£
			2023	2022
Net incoming resources has been arrived at after charging:			2,416	2,225
Depreciation			2,416	2,225

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2023

6. Employees

Salaries and pensions

2023	2022
£ 182,388	£ 230,544
<u>182,388</u>	<u>230,544</u>

The average monthly numbers of employees during the year, calculated on the basis of full time equivalents, was as follows:

2023	2022
Number 10	Number 7
<u>10</u>	<u>7</u>

7. Taxation

Cunamh is exempt from tax as it has charitable status.

8. Tangible assets

Cost	£
At 1 April 2022	18,072
Additions	1,443
At 31 March 2023	<u>19,515</u>
Depreciation	£
At 1 April 2022	7,720
Charge for the year	2,416
At 31 March 2023	<u>10,136</u>
Net book values	£
At 31 March 2023	9,379
At 31 March 2022	<u>10,352</u>
At 31 March 2022	<u>10,352</u>
Total	£
Equipment	18,072
Total	19,515

There are no material related party transactions in the year under review.

Cunamh		(A company limited by guarantee)		Notes to the accounts		for the year ended 31 March 2023	
9.	Debtors	2023	2022	£	£		
	Other debtors	3,006	10,211				
10.	Creditors: amounts falling due within one year	2023	2022	£	£		
	Other creditors	1,738	1,872				
	Taxes and social security creditor	4,816	-				
	Accruals and deferred income	9,915	10,089				
11.	Movements in Funds	At 1 October 2022	At 31 March 2023	£	£		
	Restricted funds:						
	Restricted funds	11,265	6,967				
	Total restricted funds	11,265	6,967				
	Unrestricted funds:						
	General funds	19,609	20,073				
	Total unrestricted funds	19,609	20,073				
12.	Related Party Transactions	At 1 October 2022	At 31 March 2023	£	£		
	Restricted funds	248,433	6,967				
	Total restricted funds	248,433	6,967				
	Unrestricted funds:						
	General funds	19,609	20,073				
	Total unrestricted funds	19,609	20,073				
	Total unrestricted funds	30,874	27,040				
	Total unrestricted funds	249,208	27,040				
	Total unrestricted funds	(253,042)	27,040				

The company is limited by guarantee and does not have a share capital.

13. Limited by Guarantee

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2023