

Suicide Down to Zero

Northern Ireland · Charity number 102155

Details

Known as SDZ0000

Status Received

Registered 2015-05-05

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

Contact

Address 4 Church Avenue
Downpatrick
BT30 6ag
BT30 6AG

Phone 07749729933

Email pat@sdz.org.uk

Website www.sdz.org.uk

Activities

Purposes: The Charity's objects ('the Objects') are to advance the saving of lives and the prevention or relief of human suffering by reducing the number of people who die by suicide across Northern Ireland in particular but not exclusively by: (a) providing information and training on suicide prevention to create greater awareness of the warning signs and causes of suicide; (b) influencing policy and delivery in the field of suicide prevention, particularly with regard to the provision of prevention, intervention and support services in the area of benefit; (c) engaging with, promoting co-operation among, and establishing strategic partnerships between groups, organisations and agencies in the voluntary, community and statutory sectors; (d) providing emotional and practical support to those affected by suicide attempts and deaths.

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

How the charity works: Advice/advocacy/information, Education/training, Research/evaluation

Who the charity helps: Children (5-13 year olds), Men, Mental health, Parents, Specific areas of deprivation, Voluntary and community sector, Volunteers, Women, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£71,296	£75,741	£0	0

Trustees

Name	Role	Appointed
Alison Carson		
Brendan Kearney		
Carol Savage		
Darran Mcquoid		
Joe Canavan		
Mr Brendan Duff		
Mrs Anne Gormley		
Ms Aishling Steen		

Suicide Down to Zero

Northern Ireland - Charity number 102155

Accounts

Charity Registration Number 102155

SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

FOR THE YEAR ENDED

31ST MARCH 2025

EAMONN P McGRADY & Co

Chartered Accountants &

Registered Auditors

4-6 Market Lane

DOWNPATRICK

Co Down

BT30 6TH

Tel: 028 4461 4340

Fax: 028 4461 4408

SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

FOR THE YEAR ENDED

31ST MARCH 2025

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SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

**FOR THE YEAR ENDED
31ST MARCH 2025**

COMPANY INFORMATION

CHARITY NAME: Suicide Down to Zero

CHARITY REG NO: NIC102155

REGISTERED OFFICE: Pepper Johns Memorial Community Centre
DOWNPATRICK
Co Down
BT30 8JL

TRUSTEES:

The following served as charity trustees during the year and up to the date of this report

Patrick McGreevy
Alison Carson
Kevin McGuinness

Following a change to the Governing Document the following served from February 19 2025 up to the date of this report

Joseph Canavan
William Fyffe
Martina Clendenning
Darran McQuoid
Ursula Tumelty

ACCOUNTANTS: Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
4-6 Market Lane
DOWNPATRICK
BT30 6TH

BANKERS: AIB Bank
44-46 Hill Street
NEWRY
Co Down
BT34 1AU

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2024 to 31 March 2025

Suicide Down to Zero - Charity Number 102155.

ACTIVITIES

SUMMARY OF MAIN ACTIVITIES

Suicide Down to Zero (SDZ) was set up in the Downpatrick in 2014 area by a group of people with an interest in tackling the issue of deaths by suicide. At that time the number of people dying by suicide had, for the first time, exceeded 300 and those who came together to form the group collectively felt that this was a totally unacceptable number of suicide deaths.

These founding members included those who had been bereaved by suicide as well as those who were involved in supporting those who have self-harmed, attempted suicide and those who had a personal or professional interest in preventing deaths by suicide. SDZ was recognised as charity by the Charity Commission in May 2015.

The charity campaigns for a zero target for suicide deaths; works to raise understanding of the preventability of suicide; provides specific suicide prevention skills training and helps people affected by suicide death or injury.

Over recent years the charity has developed a whole context, seven-element framework approach to suicide safety which can be applied to any context.

The elements are Leadership & Accountability; Mental Health & Wellbeing Promotion; Suicide awareness and prevention; Training; Suicide intervention & ongoing community support; Postvention and Evaluation.

Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2024 to 31 March 2025
Suicide Down to Zero - Charity Number 102155.

TRAINING

The commitment to training people from all backgrounds in specific suicide prevention skills continued at several levels.

Awareness of the 5 Ways to Wellbeing was delivered to 1500 people.

The 'We need to talk about ...suicide' facilitator familiarisation was delivered to 150 and this enabled them to deliver the 45 minute programme to 1000 participants.

A total 120 people participated in the 3&1/2 hour safeTALK programme.

One hundred and fifty one people were trained as suicide first aiders through their attendance at the 2 day ASIST workshops. The training enabled them to spot the signs of suicide distress and to provide a suicide intervention.

A further 10 people, four of whom will work directly for the charity, were trained to deliver the suicide alertness programme, safeTALK. They will go on to train others to be alert to the possibility of suicide and how to connect the distressed person to a keepsafe connection.

Three organisations—Down Business Connect, Leo Matheson and Company, and Lydian Care—sponsored three individuals to complete safeTALK Training for Trainers, and the charity is very grateful for their support.

The charity made a bid to Public Health Agency Making Life Better programme and received £5,000 which made a lot of the awareness raising and training outlined. The charity is also very grateful to have received such a significant grant.

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2024 to 31 March 2025

Suicide Down to Zero - Charity Number 102155.

IMPACT AND BENEFITS

SDZ activities during 2024-25 have contributed to fulfilling our public benefits as follows:

Enhanced awareness of the causes of suicide – achieved through enabling 151 people to receive specific suicide prevention skills training through attending the 2-day ASIST workshop

In November 2024 ten people were trained to deliver the safeTALK workshop and so enable many people to be alert to the possibility of suicide

Access to relevant and accurate information – achieved through continued distribution of suicide prevention information. At the core of these efforts is The `We need to talk about... suicide` booklet. One domiciliary care organisation was provided with 1500 of these for staff and clients and received 400 staff help cards along with 1500 Five Ways to Wellbeing leaflets for clients and staff.

A strong presence is maintained on social media to deliver accurate and relevant information and challenge some of myths that have grown up about suicide.

The importance of asking clearly and directly about suicide is a central message in all our material as demonstrated in the short film `You need to Ask` on the charity`s website

Access to holistic care; improved self-care strategies and self-help strategies; reduced levels of stress, anxiety, and suffering –The charity`s development work contractors introduced several schools and sports clubs to the Whole School and Whole Club Approaches and enabled them to begin working on making their environments suicide safer. In addition, a few new workplaces have signed up to Whole Company Approach. The charity entered a partnership with a counselling organisation to enable more counselling to be available for people in the Downpatrick area

The charity provides a monthly support group for people bereaved by suicide, and this enables attendees to give help and receive help from each other.

Every November the Hope & Healing service is provided to mark International Survivors of Suicide Loss Day for all who have lost a loved one to suicide at any time in the past.

Increased efficiency and effectiveness of community and voluntary organisations, resulting in enhanced outcomes and service delivery and consequently an improved quality of life for those who benefit from the work of these organisations - SDZ representatives continue to attend and collaborate with local suicide prevention task groups in Downpatrick and Ballynahinch and to assist them in their suicide prevention activities.

The charity takes a lead role in providing suicide prevention training for many of the organisations and agencies in their network.

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2024 to 31 March 2025

Suicide Down to Zero - Charity Number 102155.

FINANCIAL REVIEW

2025 Suicide Down to Zero - Charity Number 102155.

FINANCIAL REVIEW

The receipts and payments accounts are based on information from an Excel maintained cash book which matches the charity's bank statements. The year saw a income increase from £45,135 to £71,296. Expenditure for the year was £75,741. The year finished with a cash balance of £32,382. Net receipts for the year were a deficit of £4,445, compared with a surplus for 2023/24 of £14,366.

Receipts and Payments Accounts

Income

Funding came from both active and more passive efforts. Our charity often receives approaches from individuals and groups who want to fundraise on our behalf.

A sum of £550 was received from Belfast International Airport in a quarterly charity scheme that sees customers vote for which charity should receive funds.

A car & tractor run raised £1,580 (special thanks to Clendenning family & friends).

Proceeds from collections at football matches brought in £757. A group of lady golfers who played over the winter months collecting funds throughout presented the charity with £1,117.

Locally firefighters from Downpatrick NIFRS distributed monies from their annual charity collection which brought in £1,059.

A porch collection at Crossgar Supevalu realised £340.

Two families donated in different circumstances. A sum of £295 was received from the Nugent family who collectively decided to donate to charity in lieu of buying each other Christmas presents.

The McDonald family donated £60 in ongoing instalments in memory of their late husband /father/grandfather Noel.

The annual Out of Darkness walk held in May at raised £1,520 and again special thanks are due to the Clendenning family and friends.

Three organisations with very little encouragement agreed to donate £1,060 each to enable the Charity to send three people on the safeTALK training for trainers so that they could deliver this programme throughout area. The companies/organisations are: Down Business Connect, Leo Matheson Ltd & Lydian Care.

Mr Paul Smyth ran Belfast Marathon in memory of a friend lost to suicide and he donated the sponsorship monies of £2,050 received from family & friends.

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2024 to 31 March 2025

Suicide Down to Zero - Charity Number 102155.

Expenditure

The largest element of expenditure was to Livingworks Education for the provision of safeTALK Training for trainers which totalled £63,371. A further £3,864 was expended on providing the hospitality for these specific training events. Expenditure is offset by training fees received from candidates' organisations of £49,230. The shortfall of £14,141 is where the charity enabled candidates to undertake these trainings on behalf of the charity.

The other expenditure relates to Training & Event hospitality £1,308; Payments to subcontractors for Development work £3,600; Promotional materials £2,243; Insurance (Public liability & Event) £567; Payments to ASIST Trainers for workshop delivery £3,347; Web maintenance £300; Advertising £ 1,356.00; Music for Hope & Healing service £150.00; Memberships & Fundraising support £496.00; Ballynahinch Counselling (enabling more counselling to be provided in Downpatrick £1,266).

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2024 to 31 March 2025

Suicide Down to Zero - Charity Number 102155.

Statement of Assets and Liabilities

SDZ's only assets are cash funds held in the charity's AIB bank account. The cash assets at 31st March 2025 consisted of cash at bank of £36,382 a decrease of £36,826 on the balance at 31st March 2024.

Notes to Accounts

In assessing the finances and assets of SDZ it must be noted that no trustees or members claimed or received any payments from SDZ funds. Members also give generously of their time in meetings with external groups and individuals as well as research, advocacy and training. The Independent Examiner also did not charge for the examination of the accounts for the 2024/2025 year and trustees wish to place on record their acknowledgement of Eamonn P McGrady and Co for their work.

The trustees as always are grateful for all those who made a financial contribution to the work of the charity.

Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2024 to 31 March 2025
Suicide Down to Zero - Charity Number 102155.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name
Suicide Down To Zero

Charity Number

102155

Principal Address

Pepper Johns Memorial Community Centre, 4 Church Avenue, Downpatrick BT30 6AG
Email: pat@sdz.org.uk

Tel: 07809441950

Website: www.sdz.org.uk

Charity Trustees as at 31 March 2025 are, Chair Pat McGreevy, Alison Carson and Kevin McGuinness Joseph Canavan Martina Clendenning William Fyffe Ursula Tumelty

Structure and Governance


Constitution

SDZ has a written constitution which is typical of those of small voluntary organisations.

Meetings

There were 11 meetings of Suicide Down to Zero Board during the year 1 April 2024 to 31 March 2025. Minutes were kept of all meetings.


PATRICK/McGREEVY
CHAIR


DARRAN McQUOID
SECRETARY

SUICIDE DOWN TO ZERO (SDZ)

YEAR ENDED 31ST MARCH 2025

Independent Examiner's Report to the Trustees of Suicide Down to Zero

Eamonn P McGrady & Co report on the accounts of the Suicide Down to Zero for the year ended 31 March 2025, which are set out on pages 10 and 11.

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (NI) 2008.

It is the responsibility of Eamonn P McGrady & Co to:

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

Basis of independent examiner's statement

Eamonn P McGrady & Co have examined your charity accounts as required under section 65 of the Charities Act and an examination Commission NI under section 65(9) (b) of the Charities Act.

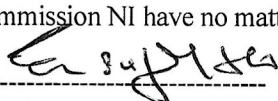
The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such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

The role of Eamonn P McGrady & Co is to state whether any material matters have come to our attention giving cause to believe:

- 1 that accounting records were not kept in accordance with section 62 of the Charities Act
- 2 that the accounts do not accord with those accounting records
- 3 that the accounts do not comply with the accounting requirements of the Charities Act
- 4 that there is further information needed for a proper understanding of the accounts to be reached

Independent examiners statement

Eamonn P McGrady & Co have completed the examination and have no concerns in respect of the matters 1 to 4 listed above and, in connection with following the Directions of the Charity Commission NI have no matters that require to be drawn to your attention.



Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
4-6 Market Lane
DOWNPATRICK
Co Down
BT30 6TH



Date

SUICIDE DOWN TO ZERO (SDZ)

STATEMENT OF RECEIPTS AND PAYMENTS FOR THE

YEAR ENDED 31ST MARCH 2025

			2025	2024
	Restricted Funds £	Unrestricted Funds £	Total Funds £	Total Funds £
RECEIPTS				
Donations and Legacies	-	16,836	16,836	19,463
Fundraising Activities	-	50,460	50,460	24,860
Grants	<u>4,000</u>	-	<u>4,000</u>	<u>812</u>
Total	<u>4,000</u>	<u>67,296</u>	<u>71,296</u>	<u>45,135</u>
 PAYMENTS				
Direct Charitable Activity	4,000	68,113	72,133	29,033
Website Costs	-	300	300	1,006
Promotion	-	1,356	1,356	-
Membership	-	420	420	285
Administrative Costs	-	850	856	313
Insurance	-	567	567	-
Bank Charges	-	129	129	132
Total	<u>4,000</u>	<u>71,741</u>	<u>75,741</u>	<u>30,769</u>
 Net Receipts/Payments	 -	 (4,445)	 (4,445)	 14,366
 Reconciliation at: 31 March 2025				
(Deficit)/Surplus for the year	-	(4,445)	(4,445)	14,366
Bank balance at 31 March 2024	<u>-</u>	<u>36,827</u>	<u>36,827</u>	<u>22,461</u>
 Bank balance at 31 March 2025	 <u>-</u>	 <u>32,382</u>	 <u>32,382</u>	 <u>36,827</u>

SUICIDE DOWN TO ZERO (SDZ)
STATEMENT OF ASSETS AND LIABILITIES
YEAR ENDED 31ST MARCH 2025

	2025 Unrestricted Funds £	2024 Unrestricted Funds £
Cash at bank 1/4/2024	36,827	22,461
(Deficit)/Surplus Year Ended 31/3/25	<u>(4,445)</u>	<u>14,366</u>
Total Cash Funds at	<u>32,382</u>	<u>36,827</u>
Liabilities at 31/03/2025	<u>-</u>	<u>-</u>

Suicide Down to Zero

Northern Ireland - Charity number 102155

Accounts

Charity Registration Number 102155

SUICIDE DOWN TO ZERO (SDZ)
TRUSTEES REPORT
FOR THE YEAR ENDED
31ST MARCH 2024

EAMONN P McGRADY & Co
Chartered Accountants &
Registered Auditors
4-6 Market Lane
DOWNPATRICK
Co Down
BT30 6TH

Tel: 028 4461 4340
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SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

FOR THE YEAR ENDED

31ST MARCH 2024

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SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

**FOR THE YEAR ENDED
31ST MARCH 2024**

COMPANY INFORMATION

CHARITY NAME: Suicide Down to Zero

CHARITY REG NO: NIC102155

REGISTERED OFFICE: Pepper Johns Memorial Community Centre
DOWNPATRICK
Co Down
BT30 8JL

TRUSTEES:

The following served as charity trustees during the year and up to the date of this report

Patrick McGreevy
Alison Carson
Kevin McGuinness

Following a change to the Governing Document the following served from February 19 2024 up to the date of this report

Joseph Canavan
William Fyffe
Martina Clendenning
Darran McQuoid
Ursula Tumelty

ACCOUNTANTS: Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
4-6 Market Lane
DOWNPATRICK
BT30 6TH

BANKERS: AIB Bank
44-46 Hill Street
NEWRY
Co Down
BT34 1AU

Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2023 to 31 March 2024
Suicide Down to Zero - Charity Number 102155.

ACTIVITIES

SUMMARY OF MAIN ACTIVITIES

Suicide Down to Zero (SDZ) was set up in the Downpatrick area by a group of people with an interest in tackling the issue of deaths by suicide. The members involved include those who have been bereaved by suicide as well as those involved in supporting those who have self-harmed, attempted suicide or have a personal or professional interest in preventing deaths by suicide. SDZ was recognised as charity by the Charity Commission in May 2015.

The charity Board now applies a seven-element framework to all its work whether it is in supporting schools, sports clubs, or workplaces. The elements are Leadership & Accountability; Mental Health & Wellbeing Promotion; Suicide awareness and prevention; Training ; Suicide intervention & ongoing community support; Postvention and Evaluation.

In July the Charity, with the help of a good friend of the Charity, drafted a new strategy and forwarded it to some 50 stakeholders for feedback. When the feedback was received the strategy was redrafted and agreed by the Charity Board. In February a new governing document was adopted by the Board. A copy has since been forwarded to Charity Commission Northern Ireland.

In the same month a new Board member joined and has made a significant contribution to the work of the Board since. One large post primary school with over 700 pupils agreed to pursue our seven-element Whole School Approach. To coincide with World Suicide Prevention Day, the charity relaunched a refreshed website. Through the website and social media the messaging about suicide prevention potential remained strong and constant.

The charity agreed a pilot project with a counselling organisation to make counselling provision more accessible for people in Downpatrick and provided a setting and funding to enable this.

Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2023 to 31 March 2024
Suicide Down to Zero - Charity Number 102155.

TRAINING

safeTALK 60 people attended the 3- & 1/2-hour workshop that enabled them to be suicide alert, to be able to spot the signs of suicide, ask clearly and directly and get the suicidal person to a keep safe connection.

ASIST 58 attended the two-day workshop people and were trained to be suicide first -aiders and enabled to intervene with people with thoughts of suicide.

SafeTALK Training for Trainers 20 people were trained to be able to deliver the safeTALK workshop.

ASIST Training for Trainers 24 people were trained to deliver the 2-day ASIST workshop. In September to coincide with World Suicide Prevention Day, the charity organised a series of events in the week leading to September 10th.

In October a support group for those who have lost a loved one or friend to suicide. The group now meets monthly for one and a half hour and is facilitated by Board members, one of whom is a suicide survivor. She lost a family member to suicide over 25 years ago.

An evaluation of the Board's work is expressed in the Impact and Benefits section below. The schools clubs and workplaces were provided from the stock of 5,000 'We need to talk about.....suicide' booklets.

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2023 to 31 March 2024

Suicide Down to Zero - Charity Number 102155.

IMPACT AND BENEFITS

SDZ activities during 2023-24 have contributed to fulfilling our public benefits as follows:

Enhanced awareness of the causes of suicide – achieved through enabling 60 people to be suicide alert through attending safeTALK training. 58 people were enabled to become suicide first aiders through attending the 2-day ASIST workshop. 20 people were trained to deliver the safeTALK workshop and 24 trained to deliver the ASIST workshop. In May 2023 the charity held an Out of Darkness dawn walk to symbolically encourage the topic of suicide to be brought out of the darkness and into the light where it can be talked about openly and clearly.

Access to relevant and accurate information – achieved through continued distribution of information in the `We need to talk about... suicide`. The interactive session that emerged from this resource was delivered in two settings and provided to a large school to enable them to deliver it independently. Some film clips were produced to assist the explanation and encourage adoption of our approach in the school, sports clubs and workplace settings

Access to holistic care; improved self-care strategies and self-help strategies; reduced levels of stress, anxiety, and suffering – As part of our seven element Whole School/Sports Club/Workplace we continued to promote the robustly evidence based 5 ways to Wellbeing. The charity's development work contractor introduced several schools and sports clubs to the Whole School and Whole Club Approaches and enabled them to begin working on making their environments suicide safer. A Keep well, Keep safe health fair was provided for the school undertaking Whole School Approach. The entire pupil population attended and gained information about the array of helping agencies.

Increased efficiency and effectiveness of community and voluntary organisations, resulting in enhanced outcomes and service delivery and consequently an improved quality of life for those who benefit from the work of these organisations - SDZ representatives continue to attend and collaborate with local suicide prevention task groups in Downpatrick and Ballynahinch and to assist them in their suicide prevention activities.

Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2023 to 31 March 2024
Suicide Down to Zero - Charity Number 102155.

FINANCIAL REVIEW

2024 Suicide Down to Zero - Charity Number 102155.

FINANCIAL REVIEW

The receipts and payments accounts are based on information from an Excel maintained cash book which matches the charity's bank statements. The year saw a income decrease from £59,599 to £45,135. Expenditure for the year was £30,769 The year finished with a cash balance of £36,827.

Accounts for the year ended 31 March 2024.

Receipts and Payments Accounts

Income

During the year £45,135 was raised through some of the following activities :-
Newry Mourne and Down Sports Awards collection £1,633.04; Belfast Marathon relay team sponsorship £1,632.04; Captains Charities, Ardglass Golf Club £1,600; Newcastle and District Amateur League charity collections £1,265.72; Vintage car rally & dance £820; ASDA Foundation £600; Out of Darkness Walk £1,070.58; Quiz Horatio Todds £384.00; Saul Parish Church £200.

A significant amount of funds came through online donations via Localgiving which totalled £3,430.79.

The then Chair of Newry Mourne and Down Council, Mr Michael Savage made Suicide Down to Zero one of his three Charities of the year and in addition to the Sports Awards collection £5,250 was received from the proceeds of the Charity Ball & raffle.

Expenditure

Expenditure related to bank charges of £131.85 and a payment of £1,006 for maintenance and hosting of the charity's webpage.

The largest element of expenditure was to Livingworks Education for the provision of safeTALK Training for trainers which totalled £13,259.23

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2023 to 31 March 2024

Suicide Down to Zero - Charity Number 102155.

Statement of Assets and Liabilities

SDZ's only assets are cash funds held in the charity's AIB bank account. The cash assets at 31st March 2024 consisted of cash at bank of £36,826.60 an increase of £14,365.26 on the balance at 31st March 2023.

Notes to Accounts

In assessing the finances and assets of SDZ it must be noted that no trustees or members claimed or received any payments from SDZ funds. Members also give generously of their time in meetings with external groups and individuals as well as research, advocacy and training. The Independent Examiner also did not charge for the examination of the accounts for the 2023/2024 year and trustees wish to place on record their acknowledgement of Eamonn McGrady and Co for their work.

The trustees as always are grateful for all those who made a financial contribution to the work of the charity.

Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2023 to 31 March 2024
Suicide Down to Zero - Charity Number 102155.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name
Suicide Down To Zero

Charity Number

102155

Principal Address

Pepper Johns Memorial Community Centre, 4 Church Avenue, Downpatrick BT30 6AG
Email: pat@sdz.org.uk

Tel: 07809441950

Website: www.sdz.org.uk

Charity Trustees as at 31 March 2024 are, Chair Pat McGreevy, Alison Carson and Kevin McGuinness Joseph Canavan Martina Clendenning William Fyffe Ursula Tumelty

Structure and Governance

Constitution

SDZ has a written constitution which is typical of those of small voluntary organisations. A copy of the new document approved by Trustees on February 19th 2024 was supplied to the Commission

Meetings

There were 2 Zoom board meetings and 8 face to face meetings of Suicide Down to Zero during the year 1 April 2023 to 31 March 2024. Minutes were kept of all meetings.

Approved by the Trustees on 27th September 2024.


P. McGreevy
PATRICK MCGREEVY
CHAIR

DARRAN McQUOID
SECRETARY

SUICIDE DOWN TO ZERO (SDZ)

YEAR ENDED 31ST MARCH 2024

Independent Examiner's Report to the Trustees of Suicide Down to Zero

Eamonn P McGrady & Co report on the accounts of the Suicide Down to Zero for the year ended 31 March 2024, which are set out on pages 9 and 10.

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (NI) 2008.

It is the responsibility of Eamonn P McGrady & Co to:

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

Basis of independent examiner's statement

Eamonn P McGrady & Co have examined your charity accounts as required under section 65 of the Charities Act and an examination Commission NI 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 consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

The role of Eamonn P McGrady & Co is to state whether any material matters have come to our attention giving cause to believe:

- 1 that accounting records were not kept in accordance with section 62 of the Charities Act
- 2 that the accounts do not accord with those accounting records
- 3 that the accounts do not comply with the accounting requirements of the Charities Act
- 4 that there is further information needed for a proper understanding of the accounts to be reached

Independent examiners statement

Eamonn P McGrady & Co have completed the examination and have no concerns in respect of the matters 1 to 4 listed above and, in connection with following the Directions of the Charity Commission NI have no matters that require to be drawn to your attention.

Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
4-6 Market Lane
DOWNPATRICK
Co Down
BT30 6TH

Date

SUICIDE DOWN TO ZERO (SDZ)

**STATEMENT OF RECEIPTS AND PAYMENTS FOR THE
YEAR ENDED 31ST MARCH 2024**

			2024	2023
	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	£	£	£	£
RECEIPTS				
Donations and Legacies	-	19,463	19,463	14,909
Fundraising Activities	-	24,860	24,860	200
Grants	<u>812</u>	-	<u>812</u>	<u>44,490</u>
Total	<u>812</u>	<u>44,323</u>	<u>45,135</u>	<u>59,599</u>
 PAYMENTS				
Direct Charitable Activity	812	28,221	29,033	50,744
Website Costs	-	1,006	1,006	-
Promotion	-	-	-	2,321
Membership	-	285	285	25
Administrative Costs	-	313	313	1,275
Bank Charges	-	<u>132</u>	<u>132</u>	<u>166</u>
Total	<u>812</u>	<u>29,957</u>	<u>30,769</u>	<u>54,531</u>
 Net Receipts/Payments	-	14,366	14,366	5,068
 Reconciliation at: 31 March 2024				
Surplus for the year	-	14,366	14,366	5,068
Bank balance at 31 March 2023	-	<u>22,461</u>	<u>22,461</u>	<u>17,393</u>
 Bank balance at 31 March 2024	-	<u>36,827</u>	<u>36,827</u>	<u>22,461</u>

SUICIDE DOWN TO ZERO (SDZ)
STATEMENT OF ASSETS AND LIABILITIES
YEAR ENDED 31ST MARCH 2023

	2024	2023
	Unrestricted	Unrestricted
	Funds	Funds
	£	£
Cash at bank 1/4/20223	22,461	17,393
Surplus Year Ended 31/3/24	<u>14,366</u>	<u>5,068</u>
Total Cash Funds at	<u>36,827</u>	<u>22,461</u>
Liabilities at 31/03/2024	<u>-</u>	<u>-</u>

Suicide Down to Zero

Northern Ireland - Charity number 102155

Annual report

SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

FOR THE YEAR ENDED

31ST MARCH 2024

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SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

**FOR THE YEAR ENDED
31ST MARCH 2024**

COMPANY INFORMATION

CHARITY NAME: Suicide Down to Zero

CHARITY REG NO: NIC102155

REGISTERED OFFICE: Pepper Johns Memorial Community Centre
DOWNPATRICK
Co Down
BT30 8JL

TRUSTEES:

The following served as charity trustees during the year and up to the date of this report

Patrick McGreevy
Alison Carson
Kevin McGuinness

Following a change to the Governing Document the following served from February 19 2024 up to the date of this report

Joseph Canavan
William Fyffe
Martina Clendenning
Darran McQuoid
Ursula Tumelty

ACCOUNTANTS: Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
4-6 Market Lane
DOWNPATRICK
BT30 6TH

BANKERS: AIB Bank
44-46 Hill Street
NEWRY
Co Down
BT34 1AU

Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2023 to 31 March 2024
Suicide Down to Zero - Charity Number 102155.

ACTIVITIES

SUMMARY OF MAIN ACTIVITIES

Suicide Down to Zero (SDZ) was set up in the Downpatrick area by a group of people with an interest in tackling the issue of deaths by suicide. The members involved include those who have been bereaved by suicide as well as those involved in supporting those who have self-harmed, attempted suicide or have a personal or professional interest in preventing deaths by suicide. SDZ was recognised as charity by the Charity Commission in May 2015.

The charity Board now applies a seven-element framework to all its work whether it is in supporting schools, sports clubs, or workplaces. The elements are Leadership & Accountability; Mental Health & Wellbeing Promotion; Suicide awareness and prevention; Training ; Suicide intervention & ongoing community support; Postvention and Evaluation.

In July the Charity, with the help of a good friend of the Charity, drafted a new strategy and forwarded it to some 50 stakeholders for feedback. When the feedback was received the strategy was redrafted and agreed by the Charity Board. In February a new governing document was adopted by the Board. A copy has since been forwarded to Charity Commission Northern Ireland.

In the same month a new Board member joined and has made a significant contribution to the work of the Board since. One large post primary school with over 700 pupils agreed to pursue our seven-element Whole School Approach. To coincide with World Suicide Prevention Day, the charity relaunched a refreshed website. Through the website and social media the messaging about suicide prevention potential remained strong and constant.

The charity agreed a pilot project with a counselling organisation to make counselling provision more accessible for people in Downpatrick and provided a setting and funding to enable this.

Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2023 to 31 March 2024
Suicide Down to Zero - Charity Number 102155.

TRAINING

safeTALK 60 people attended the 3- & 1/2-hour workshop that enabled them to be suicide alert, to be able to spot the signs of suicide, ask clearly and directly and get the suicidal person to a keep safe connection.

ASIST 58 attended the two-day workshop people and were trained to be suicide first -aiders and enabled to intervene with people with thoughts of suicide.

SafeTALK Training for Trainers 20 people were trained to be able to deliver the safeTALK workshop.

ASIST Training for Trainers 24 people were trained to deliver the 2-day ASIST workshop. In September to coincide with World Suicide Prevention Day, the charity organised a series of events in the week leading to September 10th.

In October a support group for those who have lost a loved one or friend to suicide. The group now meets monthly for one and a half hour and is facilitated by Board members, one of whom is a suicide survivor. She lost a family member to suicide over 25 years ago.

An evaluation of the Board's work is expressed in the Impact and Benefits section below. The schools clubs and workplaces were provided from the stock of 5,000 'We need to talk about.....suicide' booklets.

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2023 to 31 March 2024

Suicide Down to Zero - Charity Number 102155.

IMPACT AND BENEFITS

SDZ activities during 2023-24 have contributed to fulfilling our public benefits as follows:

Enhanced awareness of the causes of suicide – achieved through enabling 60 people to be suicide alert through attending safeTALK training. 58 people were enabled to become suicide first aiders through attending the 2-day ASIST workshop. 20 people were trained to deliver the safeTALK workshop and 24 trained to deliver the ASIST workshop. In May 2023 the charity held an Out of Darkness dawn walk to symbolically encourage the topic of suicide to be brought out of the darkness and into the light where it can be talked about openly and clearly.

Access to relevant and accurate information – achieved through continued distribution of information in the `We need to talk about... suicide`. The interactive session that emerged from this resource was delivered in two settings and provided to a large school to enable them to deliver it independently. Some film clips were produced to assist the explanation and encourage adoption of our approach in the school, sports clubs and workplace settings

Access to holistic care; improved self-care strategies and self-help strategies; reduced levels of stress, anxiety, and suffering – As part of our seven element Whole School/Sports Club/Workplace we continued to promote the robustly evidence based 5 ways to Wellbeing. The charity's development work contractor introduced several schools and sports clubs to the Whole School and Whole Club Approaches and enabled them to begin working on making their environments suicide safer. A Keep well, Keep safe health fair was provided for the school undertaking Whole School Approach. The entire pupil population attended and gained information about the array of helping agencies.

Increased efficiency and effectiveness of community and voluntary organisations, resulting in enhanced outcomes and service delivery and consequently an improved quality of life for those who benefit from the work of these organisations - SDZ representatives continue to attend and collaborate with local suicide prevention task groups in Downpatrick and Ballynahinch and to assist them in their suicide prevention activities.

Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2023 to 31 March 2024
Suicide Down to Zero - Charity Number 102155.

FINANCIAL REVIEW

2024 Suicide Down to Zero - Charity Number 102155.

FINANCIAL REVIEW

The receipts and payments accounts are based on information from an Excel maintained cash book which matches the charity's bank statements. The year saw a income decrease from £59,599 to £45,135. Expenditure for the year was £30,769 The year finished with a cash balance of £36,827.

Accounts for the year ended 31 March 2024.

Receipts and Payments Accounts

Income

During the year £45,135 was raised through some of the following activities :-
Newry Mourne and Down Sports Awards collection £1,633.04; Belfast Marathon relay team sponsorship £1,632.04; Captains Charities, Ardglass Golf Club £1,600; Newcastle and District Amateur League charity collections £1,265.72; Vintage car rally & dance £820; ASDA Foundation £600; Out of Darkness Walk £1,070.58; Quiz Horatio Todds £384.00; Saul Parish Church £200.

A significant amount of funds came through online donations via Localgiving which totalled £3,430.79.

The then Chair of Newry Mourne and Down Council, Mr Michael Savage made Suicide Down to Zero one of his three Charities of the year and in addition to the Sports Awards collection £5,250 was received from the proceeds of the Charity Ball & raffle.

Expenditure

Expenditure related to bank charges of £131.85 and a payment of £1,006 for maintenance and hosting of the charity's webpage.

The largest element of expenditure was to Livingworks Education for the provision of safeTALK Training for trainers which totalled £13,259.23

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2023 to 31 March 2024

Suicide Down to Zero - Charity Number 102155.

Statement of Assets and Liabilities

SDZ's only assets are cash funds held in the charity's AIB bank account. The cash assets at 31st March 2024 consisted of cash at bank of £36,826.60 an increase of £14,365.26 on the balance at 31st March 2023.

Notes to Accounts

In assessing the finances and assets of SDZ it must be noted that no trustees or members claimed or received any payments from SDZ funds. Members also give generously of their time in meetings with external groups and individuals as well as research, advocacy and training. The Independent Examiner also did not charge for the examination of the accounts for the 2023/2024 year and trustees wish to place on record their acknowledgement of Eamonn McGrady and Co for their work.

The trustees as always are grateful for all those who made a financial contribution to the work of the charity.

Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2023 to 31 March 2024
Suicide Down to Zero - Charity Number 102155.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name
Suicide Down To Zero

Charity Number

102155

Principal Address

Pepper Johns Memorial Community Centre, 4 Church Avenue, Downpatrick BT30 6AG
Email: pat@sdz.org.uk

Tel: 07809441950

Website: www.sdz.org.uk

Charity Trustees as at 31 March 2024 are, Chair Pat McGreevy, Alison Carson and Kevin McGuinness Joseph Canavan Martina Clendenning William Fyffe Ursula Tumelty

Structure and Governance

Constitution

SDZ has a written constitution which is typical of those of small voluntary organisations. A copy of the new document approved by Trustees on February 19th 2024 was supplied to the Commission

Meetings

There were 2 Zoom board meetings and 8 face to face meetings of Suicide Down to Zero during the year 1 April 2023 to 31 March 2024. Minutes were kept of all meetings.

Approved by the Trustees on 27th September 2024.


P. McGREEVY
PATRICK MCGREEVY
CHAIR

DARRAN McQUOID
SECRETARY

Suicide Down to Zero

Northern Ireland - Charity number 102155

Annual return

SUICIDE DOWN TO ZERO (SDZ)

YEAR ENDED 31ST MARCH 2024

Independent Examiner's Report to the Trustees of Suicide Down to Zero

Eamonn P McGrady & Co report on the accounts of the Suicide Down to Zero for the year ended 31 March 2024, which are set out on pages 9 and 10.

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (NI) 2008.

It is the responsibility of Eamonn P McGrady & Co to:

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

Basis of independent examiner's statement

Eamonn P McGrady & Co have examined your charity accounts as required under section 65 of the Charities Act and an examination Commission NI under section 65(9) (b) of the Charities Act.

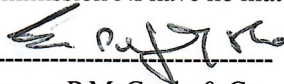
The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such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

The role of Eamonn P McGrady & Co is to state whether any material matters have come to our attention giving cause to believe:

- 1 that accounting records were not kept in accordance with section 62 of the Charities Act
- 2 that the accounts do not accord with those accounting records
- 3 that the accounts do not comply with the accounting requirements of the Charities Act
- 4 that there is further information needed for a proper understanding of the accounts to be reached

Independent examiners statement

Eamonn P McGrady & Co have completed the examination and have no concerns in respect of the matters 1 to 4 listed above and, in connection with following the Directions of the Charity Commission NI have no matters that require to be drawn to your attention.



Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
4-6 Market Lane
DOWNPATRICK
Co Down
BT30 6TH



Date

Suicide Down to Zero

Northern Ireland - Charity number 102155

Accounts

SUICIDE DOWN TO ZERO (SDZ)

STATEMENT OF RECEIPTS AND PAYMENTS FOR THE

YEAR ENDED 31ST MARCH 2023

			2023	2022
	Restricted Funds £	Unrestricted Funds £	Total Funds £	Total Funds £
RECEIPTS				
Donations and Legacies	-	14,909	14,909	13,590
Fundraising Activities	-	200	200	4,440
Grants	<u>44,490</u>	-	<u>44,490</u>	<u>5,150</u>
Total	<u>44,490</u>	<u>15,109</u>	<u>59,599</u>	<u>20,180</u>
PAYMENTS				
Direct Charitable Activity	44,490	6,254	50,744	14,746
Fundraising Costs	-	-	-	1,190
Promotion	-	2,321	2,321	233
Membership	-	25	25	192
Administrative Costs	-	1,275	1,275	686
Bank Charges	-	<u>166</u>	<u>166</u>	<u>115</u>
Total	<u>44,490</u>	<u>10,041</u>	<u>54,531</u>	<u>17,162</u>
Net Receipts/Payments	-	5,068	5,068	3,018
Reconciliation at: 31 March 2023				
Surplus for the year	-	5,068	5,068	3,018
Bank balance at 31 March 2022	<u>-</u>	<u>17,393</u>	<u>17,393</u>	<u>14,375</u>
Bank balance at 31 March 2023	<u>-</u>	<u>22,461</u>	<u>22,461</u>	<u>17,393</u>

SUICIDE DOWN TO ZERO (SDZ)
STATEMENT OF ASSETS AND LIABILITIES
YEAR ENDED 31ST MARCH 2023

	2023 Unrestricted Funds £	2022 Unrestricted Funds £
Cash at bank 1/4/2022	17,393	14,375
Surplus Year Ended 31/3/23	<u>5,068</u>	<u>3,018</u>
Total Cash Funds at	<u>22,461</u>	<u>17,393</u>
Liabilities at 31/03/2023	<u>-</u>	<u>-</u>

Suicide Down to Zero

Northern Ireland - Charity number 102155

Annual report

SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

FOR THE YEAR ENDED

31ST MARCH 2023

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SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

**FOR THE YEAR ENDED
31ST MARCH 2023**

COMPANY INFORMATION

CHARITY NAME: Suicide Down to Zero

CHARITY REG NO: NIC102155

**REGISTERED OFFICE: 95 Loughinisland Road
DOWNPATRICK
Co Down
BT30 8JL**

TRUSTEES:

The following served as charity trustees during the year and up to the date of this report

**Patrick McGreevy
Alison Carson
Kevin McGuinness**

**ACCOUNTANTS: Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
21a Market Street
DOWNPATRICK
BT30 6LP**

**BANKERS: AIB Bank
44-46 Hill Street
NEWRY
Co Down
BT34 1AU**

**Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2022 to 31 March
2023 Suicide Down to Zero - Charity Number 102155.**

ACTIVITIES

SUMMARY OF MAIN ACTIVITIES

Suicide Down to Zero (SDZ) was set up in the Downpatrick area by a group of people with an interest in tackling the issue of deaths by suicide. The members involved include those who have been bereaved by suicide as well as those involved in supporting those who have self-harmed, attempted suicide or have a personal or professional interest in preventing deaths by suicide. SDZ was recognised as charity by the Charity Commission in May 2015

Two local brothers Peter and Donnan Ritchie decided to do a fundraiser for the charity as they had lost a family member to suicide. Eight of their friends Eamon Dalton, Nicky Casement, Seamus Carville, Gerard Grant, Niall Montgomery, Marty McIlmail, Leonard Smyth, and Bernard Duffy agreed to join them. Over the Easter weekend the men took on the challenge of a sponsored cycle the from Mizen Head to Malin Head. They had set themselves the target of raising £10,000 but in fact raised £22,466.

This is the largest single donation the charity has ever received.

Later that month the charity trialled the interactive ‘We need to talk about.... suicide’ with year 11 pupils in one local post primary school. The 60-minute session aimed to raise awareness of the myths that surround suicide and replace them with facts along the strong message that suicide needs to be talked about openly and directly. Two of the presenter’s role – played how signs of suicide thoughts can be identified and how the suicide question can be asked.

The session received excellent feedback from pupils and staff.

In April the charity contracted with an independent contractor to carry development work on behalf of the charity. It was felt that a contractor would accelerate the work that was being attempted by since inception entirely by volunteers.

The contractor began spreading the Whole School/Sports Club/Workplace approach which is a seven-element prevention initiative adapted to the differing contexts.

The person contracted made a lot of progress in engaging schools and sports clubs. Gaelic Athletic Clubs who were pursuing Healthy Club recognition found resonance with the Whole Club approach.

The contractor was successful in getting the charity recognition across the area of benefit and beyond.

The schools clubs and workplaces were provided from the stock of 5,000 ‘We need to talk about.....suicide’ booklets.

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2022 to 31 March 2023 Suicide Down to Zero - Charity Number 102155.

TRAINING

safeTALK – 42 people attended the 3- & 1/2-hour workshop that enabled them to be suicide alert, to be able to spot the signs of suicide, ask clearly and directly and get the suicidal person to a keep safe connection.

ASIST – 46 attended the two-day workshop people were trained to be suicide first -aiders and enabled to intervene with people with thoughts of suicide.

SafeTALK Training for Trainers – 17 people were trained to be able to deliver the safeTALK workshop.

ASIST Training for Trainers – 10 people were trained to deliver the 2-day ASIST workshop. In September to coincide with World Suicide Prevention Day organise a series of events in the week leading to September 10th.

The events began with an Interdenominational Service of Hope in Newry for people who had lost loved ones to suicide.

The next day one of the world`s foremost experts in the care of people who have lost loved ones to suicide, Dr Frank Campbell provided a talk by Zoom from Texas, U.S.A on his Active Postvention Model and LOSSTeam.

Later in the week the `Quiet shuffling of feet` film was shown in Newcastle. The film centred on the work of Mr David Bolton who had was central to the post trauma response provided to survivors of the Enniskillen and Omagh bombings.

The week ended with a showcase event in Hilltown where the work of the charity in schools, sports clubs and workplaces was demonstrated.

This event was attended by the Chair of Newry Mourne and Down Council who indicated his intention to have Suicide Down to Zero as his charity of the year during his year as Chair.

In October the charity moved to a new website company to host and manage the website.

In November the Charity Board decided to become a member of NICVA.

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2022 to 31 March 2023 Suicide Down to Zero - Charity Number 102155.

IMPACT AND BENEFITS

SDZ activities during 2022-23 have contributed to fulfilling our public benefits as follows:

Enhanced awareness of the causes of suicide – achieved through enabling 42 to be suicide alert through attending safeTALK training. Forty-six people were enabled to become suicide first aiders through attending the 2-day ASIST workshop. Seven people were trained to deliver the safeTALK workshop and 10 were trained to deliver the ASIST WORKSHOP

Access to relevant and accurate information – achieved through publication and distribution of information in the redrafted and retitled `We need to talk about.... suicide`; It contains guidance on how to listen, talk and ask about suicide and how to get help for the suicidal person along with a list of back up helping resources.

Access to holistic care; improved self-care strategies and self-help strategies; reduced levels of stress, anxiety, and suffering – As part of our seven element Whole School/Sports Club/Workplace we continued to promote the robustly evidence based 5 ways to Wellbeing. The charity`s development work contractor introduced several schools and sports clubs to the Whole School and Whole Club Approaches and enabled them to begin working on making their environments suicide safer.

Increased efficiency and effectiveness of community and voluntary organisations, resulting in enhanced outcomes and service delivery and consequently an improved quality of life for those who benefit from the work of these organisations

– SDZ representatives continue to attend and collaborate with local suicide prevention task groups in Downpatrick and Ballynahinch and to assist them in their suicide prevention activities.

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2022 to 31 March 2023 Suicide Down to Zero - Charity Number 102155.

FINANCIAL REVIEW

The receipts and payments accounts are based on information from an Excel maintained cash book which matches the charity's bank statements. The year saw income increase from £20,180 to £59,599. Expenditure for the year was £54,531. The year finished with a cash balance of £22461.

Accounts for the year ended 31 March 2023.

Receipts and Payments Accounts

Income

During the year £59,599 was raised through some of the following activities.

Payments received against safeTALK & ASIST Training for Trainers training equated to £36,890.

Sponsorship of the cyclists who undertook the run from Mizen Head to Malin Head over Easter continued to come in. By the end of March 2023 £12,229.60 had been received via Localgiving with cash lodgements of £845 and £410 received by supporters of the event.

Charity collections at key football games saw sums of £210 & £118 being received. A donation of £200 was made by a large construction as gratitude for training provided to company employees.

A film showing in September minus venue hire realized the sum of £247.

Expenditure

Expenditure related to bank charges of £90.98 and monthly payments of £485.91 for maintenance and hosting of the charity's webpage. A decision was made to move to a new website host and management company and an initial payment of £600 was made for redesign of the website. The charity provided the 10 cyclists who undertook the cycle run with logo branded cycle clothing at a cost of £1190. A new print run of the `We need to talk aboutsuicide` along with pop up banners pin badges, pens & pencils came to £3184.80. The Development work contractor received payments totalling £6037.50

The largest element of expenditure was to Livingworks Education for the provision of safeTALK and ASIST Training for trainers which totalled £33,339.45.

Suicide Down to Zero (SDZ)

Annual Trustees Report for the Year 1 April 2022 to 31 March 2023 Suicide Down to Zero - Charity Number 102155.

Statement of Assets and Liabilities

SDZ's only assets are cash funds held in the charity's AIB bank account. The cash assets at 31st March 2023 consisted of cash at bank of £22461.34 an increase of £5,468 on the balance at 31st March 2022.

Notes to Accounts

In assessing the finances and assets of SDZ it must be noted that no trustees or members claimed or received any payments from SDZ funds. Members also give generously of their time in meetings with external groups and individuals as well as research, advocacy and training. The Independent Examiner also did not charge for the examination of the accounts for the 2022/2023 year and trustees wish to place on record their acknowledgement of Eamonn McGrady and Co for their work.

The trustees as always are grateful for all those who made a financial contribution to the work of the charity.

**Suicide Down to Zero (SDZ)
Annual Trustees Report for the Year 1 April 2022 to 31 March
2023 Suicide Down to Zero - Charity Number 102155.**

REFERENCE AND ADMINISTRATIVE DETAILS

**Charity Name
Suicide Down To Zero**

Charity Number

102155

Principal Address

**95 Loughinisland Road, Downpatrick, County Down, BT30 8JL.
Email: mcgreevy_pat@yahoo.co.uk**

Tel: 07809441950

Website: www.sdz.org.uk

Charity Trustees as at 31 March 2023 are, Chair Pat McGreevy, Alison Carson and Kevin McGuinness.

Structure and Governance

Constitution

SDZ has a written constitution which is typical of those of small voluntary organisations. A copy was submitted to the Charity Commission at the time of registration.

Meetings

There were 3 Zoom board meetings and 7 face to face meetings of Suicide Down to Zero during the year 1 April 2022 to 31 March 2023. Minutes were kept of all meetings .

Approved by the Trustees.

McGreevy
PATRICK MCGREEVY
CHAIR

Rose M. DiStasio
Secretary

Suicide Down to Zero

Northern Ireland - Charity number 102155

Annual return

SUICIDE DOWN TO ZERO (SDZ)

YEAR ENDED 31ST MARCH 2023

Independent Examiner's Report to the Trustees of Suicide Down to Zero

Eamonn P McGrady & Co report on the accounts of the Suicide Down to Zero for the year ended 31 March 2023, which are set out on pages 9 and 10.

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (NI) 2008.

It is the responsibility of Eamonn P McGrady & Co to:

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

Basis of independent examiner's statement

Eamonn P McGrady & Co have examined your charity accounts as required under section 65 of the Charities Act and an examination Commission NI 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 consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

The role of Eamonn P McGrady & Co is to state whether any material matters have come to our attention giving cause to believe:

- 1 that accounting records were not kept in accordance with section 62 of the Charities Act
- 2 that the accounts do not accord with those accounting records
- 3 that the accounts do not comply with the accounting requirements of the Charities Act
- 4 that there is further information needed for a proper understanding of the accounts to be reached

Independent examiners statement

Eamonn P McGrady & Co have completed the examination and have no concerns in respect of the matters 1 to 4 listed above and, in connection with following the Directions of the Charity Commission NI have no matters that require to be drawn to your attention.

Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
21a Market Street
DOWNPATRICK
Co Down
BT30 6LP

Date