

S.T.E.P.S.

Northern Ireland · Charity number 102865

Details

Known as	Stress Time Education Progress Support
Status	Overdue
Registered	2015-12-01
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	4 Riversdale Road Prehen Park Londonderry Bt47 2pg BT47 2PG
Phone	07849760353
Email	queries.steps@hotmail.co.uk
Website	www.stepsselfhelptherapy.co.uk

Activities

Purposes: The Association is established to advance education, relieve sickness and promote the benefit of people who are experiencing, or have in the past experienced, mental illness or any type of mental health problem, including those relating to drug and/or alcohol abuse, bereavement or trauma/post-traumatic stress and their families and carers in County Londonderry and its environs of Northern Ireland and the Republic of Ireland.

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

How the charity works: Advice/advocacy/information, Community development, Counselling/support, Education/training, General charitable purposes, Grant making, Volunteer development, Welfare/benevolent

Who the charity helps: Addictions (drug/solvent/alcohol abuse), Carers, General public, Men, Mental health, Older people, Sexual orientation, Unemployed/low income, Victim support, Voluntary and community sector, Volunteers, Women

Finances

Period end	Income	Expenditure	Assets	Employees
2024-04-30	£7,914	£8,445	£0	0

Trustees

Name	Role	Appointed
Miss Pauline Hamilton		
Miss Simone Mccallion		
Mr Gerry Mckinney		
Mr Larry Ferguson		
Mrs Aine Quigley		
Mrs Briedge Patton		

S.T.E.P.S.

Northern Ireland - Charity number 102865

Accounts

INCOME & EXPENDITURE ACCOUNT

FOR

YEAR ENDED 31 MARCH 2024

S.T.E.P.S

Income

Refunds		194.95	
Grant		4320.00	
Funding		3400.00	
Bank Int			
		<hr/>	
			7914.95

Expenditure

Sundries	2670.00		
Stationery/Computer	.		
Rent	2640.00		
Miscellaneous/Postage	443.99		
Bank Fees	41.30		
Advertising/Website	355.20		
Telephones/Internet	1496.53		
Insurance	534.91		
Heat & Light	263.66		
	<hr/>		
Excess Expenditure over Income			8445.59
			<hr/>
			-530.64

Bank Reconciliation	
Opening Balance	11007.46
Deficit - Excess Expenditure over income	530.64
	<hr/>
Balance as per Dankse Bank	10476.82
	<hr/> <hr/>
Cash in hand 31/03/24	10476.82
	<hr/> <hr/>

Marie Magee

SIGNED

 Marie Magee
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S.T.E.P.S.

Northern Ireland - Charity number 102865

Accounts

INCOME & EXPENDITURE ACCOUNT

FOR

YEAR ENDED 31 MARCH 2023

S.T.E.P.S

Income

Refunds		
Donations		
Funding	11300.00	
Bank Int	<u> </u>	
		11300.00

Expenditure

Sundries	3121.05	
Stationery/Computer	66.45	
Rent	2640.00	
Miscellaneous/Postage	201.23	
Bank Fees	223.73	
Advertising/Website	355.20	
Telephones/Internet	1615.57	
Insurance	325.34	
Heat & Light	<u>1227.15</u>	<u>9775.72</u>
		1524.28

Surplus Income Over Expenditure 1524.28

Bank Reconciliation

Opening Balance 9483.18
Surplus income over expenditure 1524.28

Balance as per Northern Bank 11007.46

Cash in hand 31/03/23 11007.46



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S.T.E.P.S.

Northern Ireland - Charity number 102865

Annual report

Trustees Annual Report

For year Ended 31 March 2020

Charity Name: S.T.E.P.S.
Reg. Charity Number: XT 37196
Charity's Address: 31-33 Shipquay Street
Derry/Londonderry
BT48 6DL

Names of Charity Trustees who manage the charity:

Mr Gerry McKinney	Chairperson
Miss Pauline Hamilton	Secretary
Mrs Aine Quigley	Treasurer
Ms Simone McCallion	
Mr Larry Ferguson	
Mrs Briedge Patton	

Structure, Governance & Management:

Type of Governing Document:	Constitution
How the charity is constituted:	
Trustee selection methods:	Elected at annual general meeting

Additional Governance Issues:

The newly adopted Board of Trustees comprises of members who give their time voluntarily and are responsible for the governance, performance and strategic direction of the organisation. The Board meets 6 times per year to review and monitor the work and progress of S.T.E.P.S.

The daily running of the charity is overseen by the Chairperson, Mr Gerry McKinney. Mrs Aine Quigley, Treasurer is responsible for the management of accounts and preparation of financial statements.

Recruitment and Appointment of the Board of Trustees:

Trustees are voted and selected at the Annual General Meeting. Due to the nature of the work that S.T.E.P.S. is involved in and the community it serves, the Board seeks to ensure that the experiences and needs of its service users are appropriately reflected through the diversity, experience and skills of its board members.

Changes to the Board of Trustees:

A new Board of Trustees has been adopted and signed in since the previous AGM.

Objectives of the Charity

S.T.E.P.S. is established to provide education, relieve mental health sickness and promote mental health and emotional well being to those suffering with mental health issues, their families and carers in particular.

- To provide education, information, support and interventions to those in need of it through the provision of counselling sessions, listening ear, stress management, and personal development courses.
- To provide a forum for those with mental health issues to voice their experiences of their mental health issues and to further influence the planning and delivery of services.
- To foster support among people suffering mental health issues, their family/support network, and their carers: and to provide facilities which education those individuals with the objective of improving their mental health and living conditions.
- To promote mental health understanding amongst, not only those suffering it, but also the public and to discourage stigma surrounding mental health.
- To provide opportunities to those individuals affected by mental health issues, and with the help of other local agencies, to return to employment, education or work related training.
- To advance research into mental health and associated medical conditions, by providing support for this research.

Summary of the Main Activities undertaken by S.T.E.P.S.

S.T.E.P.S. is a user-led community based mental health organisation which provides a much needed self help programme for those suffering from mental health issues. The programme enables individuals access to emotional support services tailored to their specific needs.

The Main Activities are as follows:

- A) A holistic services promoting personal development, emotional support through provision of a range of supports and interventions enabling individuals to identify and make informed choices regarding their future.
- B) One-to-one counselling services, facilitated emotional support group therapy, structured sessions in relaxation, educational sessions using cds and tapes, access to published resources ensuring provision of accurate information, 24 hour out of hours telephone support service, signposting service for users to aid progression.

Volunteers:

In this period 6 service users gained the necessary qualifications in order to assist delivery of the various services within the programme. These volunteers contributed a total of between 2 and 5 hours per week supporting clients and members of the voluntary team.

Financial Review:

The year ending March 2023 shows the Income & Expenditure to be a positive outcome, but with room for further fundraising to enable to resource funds for future endeavours. S.T.E.P.S. maintained their financial targets for this period and expended resources effectively. The outlook for the future looked good with new funding bodies having been identified.

Plans for the future:

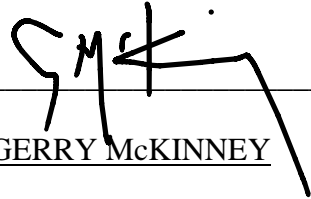
- New funding bodies have been identified and funding workshops have been planned for volunteers to attend to accrue strategies for completing funding applications.
- To research new arts & crafts interests and plans for this service within the programme to include men, as all women in attendance at present.
- Upgraded current website with Flagship Media which is monitored monthly and report filed
- Ongoing review of volunteer policies and training
- To research recruitment of trainee/student counsellors


DECLARATIONS

The Trustees declare that they have approved the trustee's report above.

Signed on behalf of the S.T.E.P.S. Trustees.

Signatures:





Full Names:

GERRY MCKINNEY

PAULINE HAMILTON

Position:

Chairperson

Secretary

Date:

18 March 2024

18 March 2024

S.T.E.P.S.

Northern Ireland - Charity number 102865

Annual return

INCOME & EXPENDITURE ACCOUNT

FOR

YEAR ENDED 31 MARCH 2023

S.T.E.P.S

Income

Refunds		
Donations		
Funding	11300.00	
Bank Int	<u> </u>	
		11300.00

Expenditure

Sundries	3121.05	
Stationery/Computer	66.45	
Rent	2640.00	
Miscellaneous/Postage	201.23	
Bank Fees	223.73	
Advertising/Website	355.20	
Telephones/Internet	1615.57	
Insurance	325.34	
Heat & Light	<u>1227.15</u>	<u>9775.72</u>
		1524.28

Surplus Income Over Expenditure 1524.28

Bank Reconciliation

Opening Balance 9483.18
Surplus income over expenditure 1524.28

Balance as per Northern Bank 11007.46

Cash in hand 31/03/23 11007.46



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Northern Ireland - Charity number 102865

Accounts

INCOME & EXPENDITURE ACCOUNT

FOR

YEAR ENDED 31 MARCH 2019

S.T.E.P.S

Income

Donations	1736.58	
Funding	6166.44	
Bank Int	14.83	<u> </u>
		7917.85

Expenditure

Sundries	2640.00	
Stationery	400.00	
Rent	2640.00	
Miscellaneous/Postage	90.24	
Bank Fees	24.83	
Advertising	288.00	
Telephone	1492.54	
Insurance	572.33	
Heat & Light	958.28	<u> </u>
		<u>9106.22</u>

Excess Expenditure over income -1188.37

Bank Reconciliation	
Opening Balance	15507.49
Excess Expenditure over Income	1188.37
	<hr/>
Balance as per Danske Bank	14319.12
	<hr/> <hr/>
Cash in hand 31/03/19	14319.12
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S.T.E.P.S.

Northern Ireland - Charity number 102865

Annual report

Trustees Annual Report

For year Ended 31 March 2019

Charity Name: S.T.E.P.S.
Reg. Charity Number: XT 37196
Charity's Address: The Annex
18-20 Magazine St
Derry/Londonderry
BT48 6HH

Names of Charity Trustees who manage the charity:

Mr Gerry McKinney	Chairperson
Miss Pauline Hamilton	Secretary
Ms Maureen McHugh	Treasurer
Ms Simone McCallion	
Mr Larry Ferguson	
Mr Stephen Ross	
Miss Tracey Barley	
Mr Mark Frazer	

Structure, Governance & Management:

Type of Governing Document:	Constitution
How the charity is constituted:	
Trustee selection methods:	Elected at annual general meeting

Additional Governance Issues:

The Board of Trustees comprises of 8 members who give their time voluntarily and are responsible for the governance, performance and strategic direction of the organisation. The Board meets 6 times per year to review and monitor the work and progress of S.T.E.P.S.

The daily running of the charity is overseen by the Chairperson, Mr Gerry McKinney. Ms. Maureen McHugh, Treasurer is responsible for the management of accounts and preparation of financial statements.

Recruitment and Appointment of the Board of Trustees:

Trustees are voted and selected at the Annual General Meeting. Due to the nature of the work that S.T.E.P.S. is involved in and the community it serves, the Board seeks to ensure that the experiences and needs of its service users are appropriately reflected through the diversity, experience and skills of its board members.

Changes to the Board of Trustees:

There have been no changes to the Board since the previous AGM.

Objectives of the Charity

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- To foster support among people suffering mental health issues, their family/support network, and their carers: and to provide facilities which education those individuals with the objective of improving their mental health and living conditions.
- To promote mental health understanding amongst, not only those suffering it, but also the public and to discourage stigma surrounding mental health.
- To provide opportunities to those individuals affected by mental health issues, and with the help of other local agencies, to return to employment, education or work related training.
- To advance research into mental health and associated medical conditions, by providing support for this research.

Summary of the Main Activities undertaken by S.T.E.P.S.

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The Main Activities are as follows:

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Volunteers:

In this period 9 service users gained the necessary qualifications in order to assist delivery of the various services within the programme. These volunteers contributed a total of between 2 and 5 hours per week supporting clients and members of the voluntary team.

Financial Review:

The year ending March 2019 shows the Income & Expenditure to be a positive outcome, but with room for further fundraising to enable to resource funds for future endeavours. S.T.E.P.S. maintained their financial targets for this period and expended resources effectively. The outlook for the future looked good with new funding bodies having been identified.

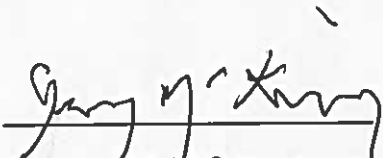
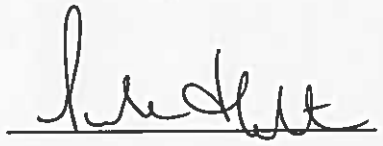
Plans for the future:

- New funding bodies have been identified and funding workshops have been planned for volunteers to attend to accrue strategies for completing funding applications.
- To research new arts & crafts interests and plans for this service within the programme to include men, as all women in attendance at present.
- Upgrade current website annually with Yell
- Ongoing review of volunteer policies and training
- To research recruitment of trainee/student counsellors

DECLARATIONS

The Trustees declare that they have approved the trustee's report above.

Signed on behalf of the S.T.E.P.S. Trustees.

Signatures:	<u></u>	<u></u>
Full Names:	<u>GARRY MCKINNEY</u>	<u>PAULINE HAMILTON</u>
Position:	<u>CHAIRPERSON</u>	<u>SECRETARY</u>
Date:	<u>20 April 2019</u>	<u>29 April 2019</u>

S.T.E.P.S.

Northern Ireland - Charity number 102865

Annual return

AUDITED ACCOUNTS
FOR
YEAR ENDED 31 MARCH 2019

S.T.E.P.S

Income

Donations	1736.58	
Funding	6166.44	
Bank Int	14.83	<u> </u>
		7917.85

Expenditure

Sundries	2640.00	
Stationery	400.00	
Rent	2640.00	
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Insurance	572.33	
Heat & Light	958.28	<u> </u>
		<u>9106.22</u>
Excess Expenditure over income		<u>-1188.37</u>

Bank Reconciliation	
Opening Balance	15507.49
Excess Expenditure over Income	1188.37
	<hr/>
Balance as per Danske Bank	14319.12
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Cash in hand 31/03/19	14319.12
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