

Support 2gether

Northern Ireland · Charity number 103366

Details

Known as	S2
Status	Received
Registered	2016-09-06
Register	View on the Charity Commission for Northern Ireland register

Contact

Address C/O Omagh Community House
2 Drumragh Avenue
Omagh
Co Tyrone
BT78 1dp
BT78 1DP

Phone 07955 357 583

Email s2charity@outlook.com

Website www.support2gether.co.uk

Activities

Purposes: The object of Support 2gether is to provide support to mothers and families suffering with Ante Natal Depression and/or Post Natal Depression in Northern Ireland and Republic of Ireland, regardless of background. Support 2gether wants to give those families a voice and advocate for mental health and family support services on their behalf. Mothers and/or families will receive support through the group by way of one to one talking therapy sessions, private counselling, mindfulness, coaching and alternative therapies such as reflexology. It is hoped that the provision of these services will promote healing, rebuild confidence and ultimately provide sufferers and their families with the 'tool kit' they need to overcome the illness. The group further aims to benefit mothers and families experiencing the illness through the enhancement of education and knowledge of antenatal and postnatal depression by hosting awareness and information sessions, liaising with healthcare professionals and the provision of written literature such as leaflets in the Bounty packs. It is hoped that this will help sufferers, their families, health care professionals and other sectors to identify the sign and symptoms of the illness and obtain or signpost towards suitable support that is available. It is also the aim of Support 2gether to educate the public on the illness and reduce the stigma associated with Ante Natal and Post Natal Depression.

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, Education/training, Medical/health/sickness

Who the charity helps: General public, Men, Mental health, Parents, Preschool (0-5 year olds), Women

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£160,131	£149,925	£0	4

Trustees

Name	Role	Appointed
Mrs Amy Louise Drumm		
Mrs Lyndsey Gormley		
Ms Ciara Angeline Louise Lappin		
Ms Hannah Rose Emerson		
Ms Nadine Hyland		
Ms Rosie Weir		
Ms Zara Courtney Mcteaigue		

Support 2gether

Northern Ireland - Charity number 103366

Accounts

Support 2gether

Trustees' report and financial statements

for the year ended 31 May 2025

Charity Commission for Northern Ireland registration number: 103366

HM Revenue & Customs Charity registration number: XT32671

Support 2gether
Contents
for the year ended 31 May 2025

	Page
Legal and administrative information	1
Trustees' report	2 - 3
Independent examiners' report	4
Statement of financial activities	5
Balance sheet	6
Notes to the financial statements	7 - 8

Support 2gether

Legal and administrative information for the year ended 31 May 2025

Legal status

The group is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366. It is also recognised as a charity by HM Revenue & Customs under Reference Number XT32671.

Co-founders: Una Leonard (Mental Health Coach)
Brenda McCaskie (Mental Health Coach)

Trustees Amy Drumm
Hannah Emerson
Lyndsey Gormley
Ciara Lappin
Carley McMahon (resigned 3 February 2025)
Emily Sheridan (resigned 3 February 2025)
Rosie Weir

Address Omagh Community House
1st Floor
2 Drumragh Avenue
Omagh
Co Tyrone
BT78 1DP

Bankers Santander UK plc
Customer Service Centre
Bootle
Merseyside
L30 4GB

Support 2gether

Trustees' report for the year ended 31 May 2025

The trustees present their report and the financial statements for the year ended 31 May 2025.

Trustees

The committee of the group, known as trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

Charitable objects

The charity aims to provide support in Northern Ireland and Republic of Ireland to mothers and families suffering with antenatal depression and/or postnatal depression, regardless of their background. The charity aims to give those families a voice, advocate for mental health and family support services on their behalf. Mothers and/or families receive support through the charity by way of one to one talking therapy sessions, private counselling, mindfulness, coaching and alternative therapies such as reflexology. It is hoped that the provision of these services will promote healing, rebuild confidence and ultimately provide sufferers and their families with the 'tool kit' they need to overcome the illness. The charity further aims to benefit mothers and families experiencing the illness through the enhancement of education and knowledge of antenatal and postnatal depression by hosting awareness and information sessions, liaising with healthcare professionals and the provision of written literature such as leaflets in the Bounty packs. It is hoped that this will help sufferers, their families, health care professionals and other sectors to identify the signs and symptoms of the illness and obtain or signpost towards suitable support that is available. It is also the aim of the charity to educate the public on the illness and reduce the stigma associated with antenatal and postnatal depression.

The group is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366.

Organisational structure

The day to day management of the charity is carried out by the co-founders of the charity. The co-founders are supported by the three employees and the other trustees and are overseen by the Chairperson, Vice Chairperson, Secretary and Treasurer. The co-founders report to the trustees who meet on a regular basis and informs them of all matters concerning the charity to enable the trustees to make all the policy decisions.

Review of activities and achievements

The Statement of Receipts and Payments on page 5 sets out the results for the year. The purpose of the funds are outlined in the notes to the financial statements.

The Trustees are indebted to the funding bodies for their support and are pleased with the number of mothers and families availing of their services during the year. As at 31 May 2025 the charity is currently supporting approximately 45 families throughout Northern Ireland and the Republic of Ireland with direct 1:1 as well as numerous telephone support through the Good Morning Mama aspect of Support, Encourage, Bloom. The group will endeavour to continue to meet the aspirations of the families in Northern Ireland and the Republic of Ireland through continuing to provide support through the monthly gatherings, workshops and the various therapies offered.

The charity secured funding from The Big Lottery Fund of £499,994 for a four-year period from October 2024 to September 2028. This has allowed the charity to employ three staff to provide additional much needed workshops and programmes in relation to perinatal mental health. As at 31 May 2025, £94,484 of this grant has been received and £68,900 expended.

Throughout the financial year, the charity continued to facilitate workshops to educate and empower families on anxiety, antenatal depression and postnatal depression. These workshops included the Understand Its Normal programme, the Tale of PND programme and the antenatal Bumps 2gether programme. The charity also provided educational workshops to various Surestarts throughout Northern Ireland this year, as well as midwives and health visitors within the Western Health & Social Care Trust and to Social Work students in Queens University Belfast.

Support 2gether

Trustees' report for the year ended 31 May 2025

In view of the grants awarded and with volunteer support, the trustees are confident that the group can continue its activities and are therefore satisfied that it is appropriate for the financial statements to be prepared on the going concern basis.

Reserves

The Statement of Receipts and Payments on page 5 sets out the results for the year. The purpose of the funds are outlined in the notes to the financial statements.

Statement of trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and regulations.

Charity law requires the Trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

The Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing the financial statements, the trustees are required to:-

- > Select suitable accounting policies and then apply them consistently;
- > Make judgements and estimates that are reasonable and prudent;
- > State whether applicable accounting standards and statements of recommended practice have been followed subject to and departures disclosed and explained in the financial statements; and
- > Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

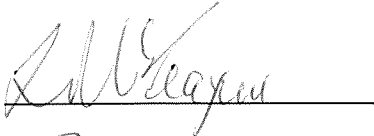
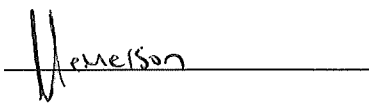
The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the group and enable them to ensure that the financial statements comply with applicable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

Statement of disclosure of information to independent examiner

So far as each of the trustees in office at the date of approval of these financial statements are aware:

- > There is no relevant audit information of which the group's independent examiner is unaware; and
- > The trustees have taken all the steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the group's independent examiner is aware of that information.

This report was approved by the trustees on 17 November 2025 and signed on its behalf by:

Signature:		
Print name (block capitals):	ZARA MCTEAGUE	HANNAH EMERSON
Position:	Committee member	VICE CHAIR

Support 2gether

Independent examiner's report to the charity trustees of Support 2gether for the year ended 31 May 2025

I report on the financial statements of Support 2gether for the year ended 31 May 2025, which comprise of the statement of financial activities, balance sheet and related notes.

Respective responsibilities of charity trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements in accordance with the Charities Act (NI) 2008. Having satisfied myself that the charity is eligible for independent examination, it is my responsibility to:-

- > examine the financial statements under section 65 of the Charities Act (NI) 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 (NI) 2008; and
- > state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined the charity financial statements as required under section 65 of the Charities Act (NI) 2008 and my examination was carried in accordance with the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act (NI) 2008. The examination included a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also included consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as charity trustees concerning any such matters.

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

1. That accounting records were not kept in accordance with section 65 of the Charities Act (NI) 2008;
2. That the financial statements do not accord with those accounting records;
3. That the financial statements do not comply with the accounting requirements of the Charities Act (NI) 2008 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland;
4. That there is further information needed for a proper understanding of the financial statements to be reached.

Independent examiners' statement

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

Signature:

_____

Name:

Mrs Amanda Laird FIATI FCA ATT(Fellow)

Address:

12 Meadow Hill
Drumlegagh
Newtownstewart
Co Tyrone
BT78 4NU

Professional qualification:

Fellow Chartered Accountant (Chartered Accountants Ireland)

Date:

17 November 2025

Support 2gether

Statement of Financial Activities for the year ended 31 May 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Receipts					
Donations		11,693	-	11,693	18,327
Fundraising events	2	15,672	-	15,672	1,815
Workshops/programmes		7,282	-	7,282	894
Grants	3	-	125,484	125,484	125,400
TOTAL RECEIPTS		34,647	125,484	160,131	146,436
Payments					
Wages	4	3,628	84,355	87,983	84,199
Rent		-	13,800	13,800	13,800
Fundraising costs	2	4,222	-	4,222	52
Workshops/programmes		1,174	10,894	12,068	10,803
Staff training fees		-	1,389	1,389	3282
Therapy sessions		3,302	-	3,302	5,000
Insurance		-	1,506	1,506	1,424
Advertising		1,302	3,467	4,769	2,960
Computer & website costs		116	2,792	2,908	5,031
Printing, postage & stationery		75	393	468	779
Professional fees		-	1,101	1,101	842
Consultancy fees		4,917	2,400	7,317	3,975
Travelling		-	3,098	3,098	3,080
Uniforms		278	1,080	1,358	3,195
Repairs		25	159	184	2,240
Cleaning		-	1,020	1,020	1,171
Telephone		-	651	651	793
Bank charges		1,111	19	1,130	325
Staff wellness		658	482	1,140	863
General expenses		395	116	511	635
TOTAL PAYMENTS		21,203	128,722	149,925	144,449
NET MOVEMENT IN FUNDS		13,444	(3,238)	10,206	1,987
Total funds brought forward		15,160	31,021	46,181	44,194
Total funds to carry forward		£28,604	£27,783	£56,387	£46,181

The notes on pages 7 to 8 form an integral part of these financial statements

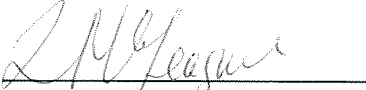
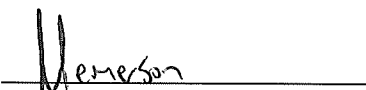
Support 2gether

Balance Sheet
at 31 May 2025

	Note	2024		2024	
		£	£	£	£
Current assets					
Cash at bank & in hand		56,387		46,181	
		<u>56,387</u>		<u>46,181</u>	
Current liabilities					
Creditors & accruals		-		-	
			56,387		46,181
Net Assets			<u>£56,387</u>		<u>£46,181</u>
Funds					
Unrestricted funds			28,604		15,160
Restricted funds	3		27,783		31,021
			<u>£56,387</u>		<u>£46,181</u>

These financial statements are prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities (FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland').

The financial statements have been approved by the committee on 17 November 2025 and signed on its behalf by:

Signature:		
Print name (block capitals):	<u>LARA MCTEAGUE</u>	<u>HANNAH EMERSON</u>
Position:	<u>Committee Member</u>	<u>VICE CHAIR</u>

The notes on pages 7 to 8 form an integral part of these financial statements

Support 2gether

Notes to the financial statements for the year ended 31 May 2025

1. Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and are prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015) and follow the recommendations in Accounting and Reporting by Charities: Statement of Recommended Practice (issued March 2005).

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity.

1.2 Incoming resources

Income from donations, fundraising and grants is included in incoming resources when these are received.

When donors specify that donations and grants are for a particular restricted purpose, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when received.

The value of services provided by volunteers has not been included.

1.3 Resources expended

Resources expended are included in the Statement of Financial Activities on a paid basis.

1.4 Fund accounting

Unrestricted funds relate to general funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by funders/donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charges against the specific fund.

1.5 Taxation

The group is registered as a charity for taxation purposes under reference XT32671.

As a charity, Support 2gether is exempt from tax on income and gains falling within Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have therefore arisen for the group for the year ended 31 May 2025.

2. Fundraising events

<u>Event</u>	<u>2025</u> <u>Net income</u>	<u>2024</u> <u>Net income</u>
Quiz night	-	767
Zipline challenge	(125)	996
Sunshine walk	780	-
Mammy Banter Live Podcast	10,795	-
	<u>£11,450</u>	<u>£1,763</u>

Support 2gether

Notes to the financial statements for the year ended 31 May 2025

3. Grant income and related expenses

Funding body	<u>Opening balance at 1 June 2024</u>	<u>Grant received</u>	<u>Grant expended</u>	<u>Closing balance at 31 May 2025</u>
Big Lottery fund [Stand Tall Shine Bright]	29,908	31,000	59,821	1,087
Big Lottery fund [Support, Encourage, Bloom]	-	94,484	68,900	25,584
Rural Community Network	113	-	-	113
ASDA Community Grant	1,000	-	-	1,000
	<u>£31,021</u>	<u>£125,484</u>	<u>£128,721</u>	<u>£27,784</u>

4. Employee

Number of employees

(Average number of employees (including trustees) were:

	<u>2025</u>	<u>2024</u>
Trustees	5	7
Employees	4	3
	<u>9</u>	<u>10</u>

Employment costs

	<u>2025</u>	<u>2024</u>
Wages and salaries	83,538	80,056
Employer national insurance contributions	2,614	2,299
Employer pension contributions	1,831	1,844
	<u>£87,983</u>	<u>£84,199</u>

The trustees neither received nor waived any emoluments during the year.

5. Financial Commitments

On 19 May 2017, the charity secured rented premises in Omagh Community House. These premises are rented at £1,150 per month. Three months' notice is required to be given should the charity wish to vacate these premises.

6. Transaction with trustees

The trustees attend meetings and carry out the business of the charity on a voluntary basis. Travel expenses are paid to Trustees who carry out the business of the charity, at the standard rate provided by HM Revenue & Customs, on receipt of a properly approved travel claim.

7. Charity Commission for Northern Ireland

Support 2gether is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366.

8. Going concern

The charity secured funding from The Big Lottery Fund of £499,994 for a four-year period from October 2024 to September 2028. In view of the grants awarded and with volunteer support, the trustees are confident that the group can continue its activities and are therefore satisfied that it is appropriate for the financial statements to be prepared on the going concern basis.

Support 2gether

Northern Ireland - Charity number 103366

Accounts

Support 2gether

Trustees' report and financial statements

for the year ended 31 May 2024

Charity Commission for Northern Ireland registration number: 103366

HM Revenue & Customs Charity registration number: XT32671

Support 2gether
Contents
for the year ended 31 May 2024

	Page
Legal and administrative information	1
Trustees' report	2 - 3
Independent examiners' report	4
Statement of financial activities	5
Balance sheet	6
Notes to the financial statements	7 - 8

Support 2gether

Legal and administrative information for the year ended 31 May 2024

Legal status

The group is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366. It is also recognised as a charity by HM Revenue & Customs under Reference Number XT32671.

Co-founders: Una Leonard (Mental Health Coach)
Brenda McCaskie (Mental Health Coach)

Trustees Alan Bryden (resigned 13 November 2023)
Francine Caldwell (resigned 13 November 2023)
Amy Drumm (appointed 13 November 2023)
Hannah Emerson (appointed 13 November 2023)
Lyndsey Gormley
Tess Hamilton-Curran (resigned 13 November 2023)
Ryan Hawkes (resigned 13 November 2023)
Margaret Kelly (resigned 13 November 2023)
Ciara Lappin (appointed 13 November 2023)
Fiona McFarland (resigned 13 November 2023)
Carley McMahon (appointed 13 November 2023)
Emily Sheridan (appointed 13 November 2023)
Rosie Weir (appointed 13 November 2023)

Address Omagh Community House
1st Floor
2 Drumragh Avenue
Omagh
Co Tyrone
BT78 1DP

Bankers Santander UK plc
Customer Service Centre
Bootle
Merseyside
L30 4GB

Support 2gether
Trustees' report
for the year ended 31 May 2024

The trustees present their report and the financial statements for the year ended 31 May 2024.

Trustees

The committee of the group, known as trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

Charitable objects

The charity aims to provide support in Northern Ireland and Republic of Ireland to mothers and families suffering with antenatal depression and/or postnatal depression, regardless of their background. The charity aims to give those families a voice, advocate for mental health and family support services on their behalf. Mothers and/or families receive support through the charity by way of one to one talking therapy sessions, private counselling, mindfulness, coaching and alternative therapies such as reflexology. It is hoped that the provision of these services will promote healing, rebuild confidence and ultimately provide sufferers and their families with the 'tool kit' they need to overcome the illness. The charity further aims to benefit mothers and families experiencing the illness through the enhancement of education and knowledge of antenatal and postnatal depression by hosting awareness and information sessions, liaising with healthcare professionals and the provision of written literature such as leaflets in the Bounty packs. It is hoped that this will help sufferers, their families, health care professionals and other sectors to identify the signs and symptoms of the illness and obtain or signpost towards suitable support that is available. It is also the aim of the charity to educate the public on the illness and reduce the stigma associated with antenatal and postnatal depression.

The group is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366.

Organisational structure

The day to day management of the charity is carried out by the co-founders of the charity. The co-founders are supported by the three employees and the other trustees and are overseen by the Chairperson, Vice Chairperson, Secretary and Treasurer. The co-founders report to the trustees who meet on a regular basis and informs them of all matters concerning the charity to enable the trustees to make all the policy decisions.

Review of activities and achievements

The Statement of Receipts and Payments on page 5 sets out the results for the year. The purpose of the funds are outlined in the notes to the financial statements.

The Trustees are indebted to the funding bodies for their support and are pleased with the number of mothers and families availing of their services during the year. As at 31 May 2024 the charity is currently supporting approximately 33 families throughout Northern Ireland and the Republic of Ireland. The group will endeavour to continue to meet the aspirations of the families in Northern Ireland and the Republic of Ireland through continuing to provide support through the monthly gatherings, workshops and the various therapies offered.

The charity secured funding from The Big Lottery Fund of £372,008 in June 2021 for a three-year period from October 2021 to September 2024. This has allowed the charity to employ three staff to provide additional much needed workshops and programmes in relation to perinatal mental health. As at 31 May 2024, £341,110 of this grant has been received and £311,202 expended.

The charity has now secured further funding from The Big Lottery of £499,994 for a four year period from October 2024 to September 2028.

Throughout the financial year, the charity continued to facilitate workshops to educate and empower families on anxiety, antenatal depression and postnatal depression. These workshops included the Understand Its Normal programme, the Tale of PND programme and the antenatal Bumps 2gether programme. The charity also provided educational workshops to various Surestarts throughout Northern Ireland this year, as well as midwives and health visitors within the Western Health & Social Care Trust and to Social Work students in Queens University Belfast.

Support 2gether

Trustees' report for the year ended 31 May 2024

In view of the grants awarded and with volunteer support, the trustees are confident that the group can continue its activities and are therefore satisfied that it is appropriate for the financial statements to be prepared on the going concern basis.

Reserves

The Statement of Receipts and Payments on page 5 sets out the results for the year. The purpose of the funds are outlined in the notes to the financial statements.

Statement of trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and regulations.

Charity law requires the Trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

The Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing the financial statements, the trustees are required to:-

- > Select suitable accounting policies and then apply them consistently;
- > Make judgements and estimates that are reasonable and prudent;
- > State whether applicable accounting standards and statements of recommended practice have been followed subject to and departures disclosed and explained in the financial statements; and
- > Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

Statement of disclosure of information to independent examiner

So far as each of the trustees in office at the date of approval of these financial statements are aware:

- > There is no relevant audit information of which the group's independent examiner is unaware; and
- > The trustees have taken all the steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the group's independent examiner is aware of that information.

This report was approved by the trustees on 18 NOVEMBER 2024 and signed on its behalf by:

Signature: Clappin Lacey

Print name (block capitals): CIARA LAPPIN LYNDSAY CORMLEY

Position: secretary chairperson

Support 2gether

**Independent examiner's report to the charity trustees of Support 2gether
for the year ended 31 May 2024**

I report on the financial statements of Support 2gether for the year ended 31 May 2024, which comprise of the statement of financial activities, balance sheet and related notes.

Respective responsibilities of charity trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements in accordance with the Charities Act (NI) 2008. Having satisfied myself that the charity is eligible for independent examination, it is my responsibility to:-

- > examine the financial statements under section 65 of the Charities Act (NI) 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 (NI) 2008; and
- > state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined the charity financial statements as required under section 65 of the Charities Act (NI) 2008 and my examination was carried in accordance with the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act (NI) 2008. The examination included a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also included consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as charity trustees concerning any such matters.

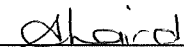
My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 65 of the Charities Act (NI) 2008;
2. That the financial statements do not accord with those accounting records;
3. That the financial statements do not comply with the accounting requirements of the Charities Act (NI) 2008 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland;
4. That there is further information needed for a proper understanding of the financial statements to be reached.

Independent examiners' statement

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

Signature:



Name:

Mrs Amanda Laird FIATI FCA ATT(Fellow)

Address:

**12 Meadow Hill
Drumlegagh
Newtownstewart
Co Tyrone
BT78 4NU**

Professional qualification:

Fellow Chartered Accountant (Chartered Accountants Ireland)

Date:

18 November 2024 .

Support 2gether

Statement of Financial Activities for the year ended 31 May 2024

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
<u>Receipts</u>					
Donations		18,327	-	18,327	9,573
Fundraising events	2	1,815	-	1,815	388
Workshops/programmes		894	-	894	1,864
Grants	3	-	125,400	125,400	121,502
TOTAL RECEIPTS		21,036	125,400	146,436	133,327
<u>Payments</u>					
Wages	4	-	84,199	84,199	74,025
Rent		-	13,800	13,800	13,475
Fundraising costs	2	52	-	52	237
Workshops/programmes		2,290	8,513	10,803	6,869
Staff training fees		-	3,282	3,282	2,127
Therapy sessions		5,000	-	5,000	1,659
Insurance		-	1,424	1,424	1,436
Advertising		185	2,775	2,960	2,042
Computer & website costs		832	4,199	5,031	2,700
Electricity		-	-	-	298
Printing, postage & stationery		133	646	779	700
Professional fees		-	842	842	776
Consultancy fees		-	3,975	3,975	4,850
Travelling		-	3,080	3,080	3,736
Uniforms		-	3,195	3,195	52
Repairs		2,001	239	2,240	5,160
Cleaning		12	1,159	1,171	746
Telephone		-	793	793	910
Bank charges		264	61	325	248
Equipment Hire		-	-	-	330
Staff wellness		295	568	863	1,803
General expenses		292	343	635	593
TOTAL PAYMENTS		11,356	133,093	144,449	124,772
NET MOVEMENT IN FUNDS		9,680	(7,693)	1,987	8,555
Total funds brought forward		5,480	38,714	44,194	35,639
Total funds to carry forward		£15,160	£31,021	£46,181	£44,194

The notes on pages 7 to 8 form an integral part of these financial statements

Support 2gether

Balance Sheet
at 31 May 2024

	Note	2024		2023	
		£	£	£	£
Current assets					
Cash at bank & in hand		46,181		44,194	
		<u>46,181</u>		<u>44,194</u>	
Current liabilities					
Creditors & accruals		-		-	
			46,181		44,194
Net Assets			<u>£46,181</u>		<u>£44,194</u>
Funds					
Unrestricted funds			15,160		5,480
Restricted funds	00		31,021		38,714
			<u>£46,181</u>		<u>£44,194</u>

These financial statements are prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities (FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland').

The financial statements have been approved by the committee on 18 NOVEMBER 2024 and signed on its behalf by:

Signature:	<u>Clappin</u>	<u>LCay</u>
Print name (block capitals):	<u>CIARA LAPPIN</u>	<u>LYNDSEY GORMLEY</u>
Position:	<u>secretary</u>	<u>Chair person</u>

The notes on pages 7 to 8 form an integral part of these financial statements

Support 2gether

Notes to the financial statements for the year ended 31 May 2024

1. Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and are prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015) and follow the recommendations in Accounting and Reporting by Charities: Statement of Recommended Practice (issued March 2005).

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity.

1.2 Incoming resources

Income from donations, fundraising and grants is included in incoming resources when these are received.

When donors specify that donations and grants are for a particular restricted purpose, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when received.

The value of services provided by volunteers has not been included.

1.3 Resources expended

Resources expended are included in the Statement of Financial Activities on a paid basis.

1.4 Fund accounting

Unrestricted funds relate to general funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by funders/donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charges against the specific fund.

1.5 Taxation

The group is registered as a charity for taxation purposes under reference XT32671.

As a charity, Support 2gether is exempt from tax on income and gains falling within Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have therefore arisen for the group for the year ended 31 May 2024.

2. Fundraising events

<u>Event</u>	<u>2024</u> <u>Net income</u>	<u>2023</u> <u>Net income</u>
Quiz night	767	-
Cash for Clobber	-	199
Zipline challenge	996	(152)
Sunflower field	-	104
	<u>£1,763</u>	<u>£996</u>

Support 2gether

**Notes to the financial statements
for the year ended 31 May 2024**

3. Grant income and related expenses

Funding body	<u>Opening balance at 1 June 2023</u>	<u>Grant received</u>	<u>Grant expended</u>	<u>Closing balance at 31 May 2024</u>
The Big Lottery fund	38,714	124,000	132,806	29,908
Rural Community Network	-	400	287	113
ASDA Community Grant	-	1,000	-	1,000
	<u>£38,714</u>	<u>£125,400</u>	<u>£133,093</u>	<u>£31,021</u>

4. Employee

Number of employees

(Average number of employees (including trustees) were:

	<u>2024</u>	<u>2023</u>
Trustees	7	7
Employees	3	3
	<u>10</u>	<u>10</u>

Employment costs

Wages and salaries

	<u>2024</u>	<u>2023</u>
	84,199	74,025
	<u>£84,199</u>	<u>£74,025</u>

The trustees neither received nor waived any emoluments during the year.

5. Financial Commitments

On 19 May 2017, the charity secured rented premises in Omagh Community House. These premises are rented at £1,150 per month. Three months' notice is required to be given should the charity wish to vacate these premises.

6. Transaction with trustees

The trustees attend meetings and carry out the business of the charity on a voluntary basis. Travel expenses are paid to Trustees who carry out the business of the charity, at the standard rate provided by HM Revenue & Customs, on receipt of a properly approved travel claim.

7. Charity Commission for Northern Ireland

Support 2gether is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366.

8. Going concern

In June 2021, the charity secured funding from The Big Lottery Fund of £372,008 over a three-year period from October 2021 to September 2024. This has allowed the charity to employ three staff to provide additional much needed workshops and programmes in relation to perinatal mental health. The charity has now secured further funding from The Big Lottery of £499,994 for a four year period from October 2024 to September 2028. In view of the grants awarded and with volunteer support, the trustees are confident that the group can continue its activities and are therefore satisfied that it is appropriate for the financial statements to be prepared on the going concern basis.

Support 2gether

Northern Ireland - Charity number 103366

Annual report

Support 2gether
Trustees' report
for the year ended 31 May 2024

The trustees present their report and the financial statements for the year ended 31 May 2024.

Trustees

The committee of the group, known as trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

Charitable objects

The charity aims to provide support in Northern Ireland and Republic of Ireland to mothers and families suffering with antenatal depression and/or postnatal depression, regardless of their background. The charity aims to give those families a voice, advocate for mental health and family support services on their behalf. Mothers and/or families receive support through the charity by way of one to one talking therapy sessions, private counselling, mindfulness, coaching and alternative therapies such as reflexology. It is hoped that the provision of these services will promote healing, rebuild confidence and ultimately provide sufferers and their families with the 'tool kit' they need to overcome the illness. The charity further aims to benefit mothers and families experiencing the illness through the enhancement of education and knowledge of antenatal and postnatal depression by hosting awareness and information sessions, liaising with healthcare professionals and the provision of written literature such as leaflets in the Bounty packs. It is hoped that this will help sufferers, their families, health care professionals and other sectors to identify the signs and symptoms of the illness and obtain or signpost towards suitable support that is available. It is also the aim of the charity to educate the public on the illness and reduce the stigma associated with antenatal and postnatal depression.

The group is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366.

Organisational structure

The day to day management of the charity is carried out by the co-founders of the charity. The co-founders are supported by the three employees and the other trustees and are overseen by the Chairperson, Vice Chairperson, Secretary and Treasurer. The co-founders report to the trustees who meet on a regular basis and informs them of all matters concerning the charity to enable the trustees to make all the policy decisions.

Review of activities and achievements

The Statement of Receipts and Payments on page 5 sets out the results for the year. The purpose of the funds are outlined in the notes to the financial statements.

The Trustees are indebted to the funding bodies for their support and are pleased with the number of mothers and families availing of their services during the year. As at 31 May 2024 the charity is currently supporting approximately 33 families throughout Northern Ireland and the Republic of Ireland. The group will endeavour to continue to meet the aspirations of the families in Northern Ireland and the Republic of Ireland through continuing to provide support through the monthly gatherings, workshops and the various therapies offered.

The charity secured funding from The Big Lottery Fund of £372,008 in June 2021 for a three-year period from October 2021 to September 2024. This has allowed the charity to employ three staff to provide additional much needed workshops and programmes in relation to perinatal mental health. As at 31 May 2024, £341,110 of this grant has been received and £311,202 expended.

The charity has now secured further funding from The Big Lottery of £499,994 for a four year period from October 2024 to September 2028.

Throughout the financial year, the charity continued to facilitate workshops to educate and empower families on anxiety, antenatal depression and postnatal depression. These workshops included the Understand Its Normal programme, the Tale of PND programme and the antenatal Bumps 2gether programme. The charity also provided educational workshops to various Surestarts throughout Northern Ireland this year, as well as midwives and health visitors within the Western Health & Social Care Trust and to Social Work students in Queens University Belfast.

Support 2gether

Trustees' report for the year ended 31 May 2024

In view of the grants awarded and with volunteer support, the trustees are confident that the group can continue its activities and are therefore satisfied that it is appropriate for the financial statements to be prepared on the going concern basis.

Reserves

The Statement of Receipts and Payments on page 5 sets out the results for the year. The purpose of the funds are outlined in the notes to the financial statements.

Statement of trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and regulations.

Charity law requires the Trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

The Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing the financial statements, the trustees are required to:-

- > Select suitable accounting policies and then apply them consistently;
- > Make judgements and estimates that are reasonable and prudent;
- > State whether applicable accounting standards and statements of recommended practice have been followed subject to and departures disclosed and explained in the financial statements; and
- > Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

Statement of disclosure of information to independent examiner

So far as each of the trustees in office at the date of approval of these financial statements are aware:

- > There is no relevant audit information of which the group's independent examiner is unaware; and
- > The trustees have taken all the steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the group's independent examiner is aware of that information.

This report was approved by the trustees on 18 NOVEMBER 2024 and signed on its behalf by:

Signature:

Clappin

Lacey

Print name (block capitals):

CIARA LAPPIN

LYNDSAY CORMLEY

Position:

secretary

chairperson

Support 2gether

Northern Ireland - Charity number 103366

Annual return

Support 2gether

Independent examiner's report to the charity trustees of Support 2gether for the year ended 31 May 2024

I report on the financial statements of Support 2gether for the year ended 31 May 2024, which comprise of the statement of financial activities, balance sheet and related notes.

Respective responsibilities of charity trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements in accordance with the Charities Act (NI) 2008. Having satisfied myself that the charity is eligible for independent examination, it is my responsibility to:-

- > examine the financial statements under section 65 of the Charities Act (NI) 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 (NI) 2008; and
- > state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined the charity financial statements as required under section 65 of the Charities Act (NI) 2008 and my examination was carried in accordance with the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act (NI) 2008. The examination included a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also included consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as charity trustees concerning any such matters.

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

1. That accounting records were not kept in accordance with section 65 of the Charities Act (NI) 2008;
2. That the financial statements do not accord with those accounting records;
3. That the financial statements do not comply with the accounting requirements of the Charities Act (NI) 2008 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland;
4. That there is further information needed for a proper understanding of the financial statements to be reached.

Independent examiners' statement

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

Signature:



Name:

Mrs Amanda Laird FIATI FCA ATT(Fellow)

Address:

12 Meadow Hill
Drumlegagh
Newtownstewart
Co Tyrone
BT78 4NU

Professional qualification:

Fellow Chartered Accountant (Chartered Accountants Ireland)

Date:

18 November 2024 .

Support 2gether

Northern Ireland - Charity number 103366

Accounts

Support 2gether

Trustees' report and financial statements

for the year ended 31 May 2023

Charity Commission for Northern Ireland registration number: 103366

HM Revenue & Customs Charity registration number: XT32671

Support 2gether
Contents
for the year ended 31 May 2023

	Page
Legal and administrative information	1
Trustees' report	2 - 3
Independent examiners' report	4
Statement of financial activities	5
Balance sheet	6
Notes to the financial statements	7 - 8

Support 2gether

Legal and administrative information for the year ended 31 May 2023

Legal status

The group is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366. It is also recognised as a charity by HM Revenue & Customs under Reference Number XT32671.

Co-founders: Una Leonard (Mental Health Coach)
Brenda McCaskie (Mental Health Coach)

Trustees Ryan Hawkes – Chairperson
Gemma Cassidy – Secretary (resigned 30 September 2022)
Fiona McFarland – Treasurer
Alan Bryden
Francine Caldwell (appointed 1 November 2022)
Lyndsey Gormley (appointed 1 November 2022)
Tess Hamilton-Curran (appointed 1 November 2022)
Margaret Kelly
Michelle McGlone (resigned 1 November 2022)
Ursula Meehan (resigned 13 September 2022)

Address Omagh Community House
1st Floor
2 Drumragh Avenue
Omagh
Co Tyrone
BT78 1DP

Bankers Santander UK plc
Customer Service Centre
Bootle
Merseyside
L30 4GB

Support 2gether
Trustees' report
for the year ended 31 May 2023

The trustees present their report and the financial statements for the year ended 31 May 2023.

Trustees

The committee of the group, known as trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

Charitable objects

The charity aims to provide support in Northern Ireland and Republic of Ireland to mothers and families suffering with antenatal depression and/or postnatal depression, regardless of their background. The charity aims to give those families a voice, advocate for mental health and family support services on their behalf. Mothers and/or families receive support through the charity by way of one to one talking therapy sessions, private counselling, mindfulness, coaching and alternative therapies such as reflexology. It is hoped that the provision of these services will promote healing, rebuild confidence and ultimately provide suffers and their families with the 'tool kit' they need to overcome the illness. The charity further aims to benefit mothers and families experiencing the illness through the enhancement of education and knowledge of antenatal and postnatal depression by hosting awareness and information sessions, liaising with healthcare professionals and the provision of written literature such as leaflets in the Bounty packs. It is hoped that this will help sufferers, their families, health care professionals and other sectors to identify the signs and symptoms of the illness and obtain or signpost towards suitable support that is available. It is also the aim of the charity to educate the public on the illness and reduce the stigma associated with antenatal and postnatal depression.

The group is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366.

Organisational structure

The day to day management of the charity is carried out by the co-founders of the charity. The co-founders are supported by the three employees and the other trustees and are overseen by the Chairperson, Vice Chairperson, Secretary and Treasurer. The co-founders report to the trustees who meet on a regular basis and informs them of all matters concerning the charity to enable the trustees to make all the policy decisions.

Review of activities and achievements

The Statement of Receipts and Payments on page 5 sets out the results for the year. The purpose of the funds are outlined in the notes to the financial statements.

The Trustees are indebted to the funding bodies for their support and are pleased with the number of mothers and families availing of their services during the year. As at 31 May 2023 the charity is currently supporting approximately 60 families throughout Northern Ireland and the Republic of Ireland. The group will endeavour to continue to meet the aspirations of the families in Northern Ireland and the Republic of Ireland through continuing to provide support through the monthly gatherings, workshops and the various therapies offered.

The charity secured funding from The Big Lottery Fund of £372,008 in June 2021 for a three-year period. This has allowed the charity to employ three staff to provide additional much needed workshops and programmes in relation to perinatal mental health. As at 31 May 2023, £217,008 of this grant has been received and £178,396 expended.

Throughout the financial year, the charity continued to facilitate workshops to educate and empower families on anxiety, antenatal depression and postnatal depression. These workshops included the Understand Its Normal programme, the Tale of PND programme and the antenatal Bumps 2gether programme. The charity also provided educational workshops to various Surestarts throughout Northern Ireland this year, as well as midwives and health visitors within the Western Health & Social Care Trust and to Social Work students in Queens University Belfast.

Support 2gether
Trustees' report
for the year ended 31 May 2023

In view of the grants awarded and with volunteer support, the trustees are confident that the group can continue its activities and are therefore satisfied that it is appropriate for the financial statements to be prepared on the going concern basis.

Reserves

The Statement of Receipts and Payments on page 5 sets out the results for the year. The purpose of the funds are outlined in the notes to the financial statements.

Statement of trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and regulations.

Charity law requires the Trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

The Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing the financial statements, the trustees are required to:-

- > Select suitable accounting policies and then apply them consistently;
- > Make judgements and estimates that are reasonable and prudent;
- > State whether applicable accounting standards and statements of recommended practice have been followed subject to and departures disclosed and explained in the financial statements; and
- > Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

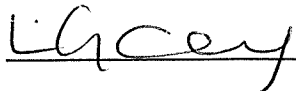
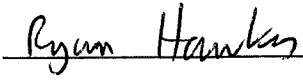
The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the group and enable them to ensure that the financial statements comply with applicable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

Statement of disclosure of information to independent examiner

So far as each of the trustees in office at the date of approval of these financial statements are aware:

- > There is no relevant audit information of which the group's independent examiner is unaware; and
- > The trustees have taken all the steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the group's independent examiner is aware of that information.

This report was approved by the trustees on 13 November 2023 and signed on its behalf by:

Signature:		
Print name (block capitals):	<u>LYNDSEY GORMLEY</u>	<u>RYAN HAWKES</u>
Position:	<u>Secretary</u>	<u>Chairman</u>

Support 2gether

Independent examiner's report to the charity trustees of Support 2gether for the year ended 31 May 2023

I report on the financial statements of Support 2gether for the year ended 31 May 2023, which comprise of the statement of financial activities, balance sheet and related notes.

Respective responsibilities of charity trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements in accordance with the Charities Act (NI) 2008. Having satisfied myself that the charity is eligible for independent examination, it is my responsibility to:-

- > examine the financial statements under section 65 of the Charities Act (NI) 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 (NI) 2008; and
- > state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined the charity financial statements as required under section 65 of the Charities Act (NI) 2008 and my examination was carried in accordance with the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act (NI) 2008. The examination included a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also included consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as charity trustees concerning any such matters.

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

1. That accounting records were not kept in accordance with section 65 of the Charities Act (NI) 2008;
2. That the financial statements do not accord with those accounting records;
3. That the financial statements do not comply with the accounting requirements of the Charities Act (NI) 2008 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland;
4. That there is further information needed for a proper understanding of the financial statements to be reached.

Independent examiners' statement

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

Signature:



Name:

Mrs Amanda Laird FIATI FCA ATT(Fellow)

Address:

12 Meadow Hill
Drumlegagh
Newtownstewart
Co Tyrone
BT78 4NU

Professional qualification:

Fellow Chartered Accountant (Chartered Accountants Ireland)

Date:

13 November 2023

Support 2gether

Statement of Financial Activities for the year ended 31 May 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Receipts					
Donations		9,573	-	9,573	9,663
Fundraising events	2	388	-	388	5,893
Workshops/programmes		1,864	-	1,864	3,540
Grants	3	-	121,502	121,502	97,506
TOTAL RECEIPTS		11,825	121,502	133,327	116,602
Payments					
Wages		-	74,025	74,025	43,298
Rent		-	13,475	13,475	10,000
Administration services		-	-	-	525
Fundraising costs	2	237	-	237	380
Workshops/programmes		2,116	4,753	6,869	4,652
Training fees		-	2,127	2,127	568
Therapy sessions		1,024	635	1,659	10,441
Insurance		-	1,436	1,436	2,000
Advertising		349	1,693	2,042	620
Computer & website costs		-	2,700	2,700	4,885
Electricity		-	298	298	370
Printing, postage & stationery		173	527	700	442
Professional fees		-	776	776	544
Consultancy fees		910	3,940	4,850	4,104
Travelling		-	3,736	3,736	1,303
Uniforms		-	52	52	834
Repairs		4,725	435	5,160	2,001
Cleaning		30	716	746	-
Telephone		-	910	910	716
Bank charges		248	-	248	216
Equipment Hire		-	330	330	-
Staff wellness		1,563	240	1,803	-
General expenses		489	104	593	519
TOTAL PAYMENTS		11,864	112,908	124,772	88,418
NET MOVEMENT IN FUNDS		(39)	8,594	8,555	28,184
Total funds brought forward		5,569	30,070	35,639	7,455
Total funds to carry forward		£5,530	£38,664	£44,194	£35,639

Support 2gether

**Balance Sheet
at 31 May 2023**

	Note	2023		2023	
		£	£	£	£
<u>Current assets</u>					
Cash at bank & in hand		44,194		35,639	
		<u>44,194</u>		<u>35,639</u>	
<u>Current liabilities</u>					
Creditors & accruals		-		-	
			44,194		35,639
Net Assets			<u>£44,194</u>		<u>£35,639</u>
Funds					
Unrestricted funds			5,480		5,569
Restricted funds			38,714		30,070
			<u>£44,194</u>		<u>£35,639</u>

These financial statements are prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities (FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland').

The financial statements have been approved by the committee on 13 November 2023 and signed on its behalf by:

Signature:	<u>L. G. Cooney</u>	<u>Ryan Hawkes</u>
Print name (block capitals):	<u>LYNDSKY GOULMAY</u>	<u>RYAN HAWKES</u>
Position:	<u>Secretary</u>	<u>Chairman</u>

Support 2gether

Notes to the financial statements for the year ended 31 May 2023

1. Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and are prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015) and follow the recommendations in Accounting and Reporting by Charities: Statement of Recommended Practice (issued March 2005).

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity.

1.2 Incoming resources

Income from donations, fundraising and grants is included in incoming resources when these are received.

When donors specify that donations and grants are for a particular restricted purpose, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when received.

The value of services provided by volunteers has not been included.

1.3 Resources expended

Resources expended are included in the Statement of Financial Activities on a paid basis.

1.4 Fund accounting

Unrestricted funds relate to general funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by funders/donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charges against the specific fund.

1.5 Taxation

The group is registered as a charity for taxation purposes under reference XT32671.

As a charity, Support 2gether is exempt from tax on income and gains falling within Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have therefore arisen for the group for the year ended 31 May 2023.

2. Fundraising events

<u>Event</u>	<u>2023</u> <u>Net income</u>	<u>2022</u> <u>Net income</u>
Bonus Ball/Christmas raffle	-	1,242
Cash for Clobber	199	-
Zipline challenge (event postponed until October 2023)	(152)	2,058
Sunflower field	104	1,603
Tyrone Jersey auction	-	610
	<u>£996</u>	<u>£5,513</u>

Support 2gether

Notes to the financial statements for the year ended 31 May 2023

3. Grant income and related expenses

Funding body	<u>Opening balance at 1 June 2022</u>	<u>Grant received</u>	<u>Grant expended</u>	<u>Closing balance at 31 May 2023</u>
The Big Lottery fund	30,070	121,502	112,908	38,664
	<u>£30,070</u>	<u>£121,502</u>	<u>£112,908</u>	<u>£38,664</u>

4. Trustees emoluments

The trustees neither received nor waived any emoluments during the year.

5. Financial Commitments

On 19 May 2017, the charity secured rented premises in Omagh Community House. These premises are rented at £1,150 per month. Three months' notice is required to be given should the charity wish to vacate these premises.

6. Transaction with trustees

The trustees attend meetings and carry out the business of the charity on a voluntary basis. Travel expenses are paid to Trustees who carry out the business of the charity, at the standard rate provided by HM Revenue & Customs, on receipt of a properly approved travel claim.

7. Charity Commission for Northern Ireland

Support 2gether is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366.

8. Going concern

In June 2021, the charity secured funding from The Big Lottery Fund of £372,008 over a three-year period. This has allowed the charity to employ three staff to provide additional much needed workshops and programmes in relation to perinatal mental health. In view of the grants awarded and with volunteer support, the trustees are confident that the group can continue its activities and are therefore satisfied that it is appropriate for the financial statements to be prepared on the going concern basis.

Support 2gether

Northern Ireland - Charity number 103366

Annual report

Support 2gether
Trustees' report
for the year ended 31 May 2023

The trustees present their report and the financial statements for the year ended 31 May 2023.

Trustees

The committee of the group, known as trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

Charitable objects

The charity aims to provide support in Northern Ireland and Republic of Ireland to mothers and families suffering with antenatal depression and/or postnatal depression, regardless of their background. The charity aims to give those families a voice, advocate for mental health and family support services on their behalf. Mothers and/or families receive support through the charity by way of one to one talking therapy sessions, private counselling, mindfulness, coaching and alternative therapies such as reflexology. It is hoped that the provision of these services will promote healing, rebuild confidence and ultimately provide sufferers and their families with the 'tool kit' they need to overcome the illness. The charity further aims to benefit mothers and families experiencing the illness through the enhancement of education and knowledge of antenatal and postnatal depression by hosting awareness and information sessions, liaising with healthcare professionals and the provision of written literature such as leaflets in the Bounty packs. It is hoped that this will help sufferers, their families, health care professionals and other sectors to identify the signs and symptoms of the illness and obtain or signpost towards suitable support that is available. It is also the aim of the charity to educate the public on the illness and reduce the stigma associated with antenatal and postnatal depression.

The group is a registered charity with the Charity Commission for Northern Ireland since 6 September 2016 under registration number 103366.

Organisational structure

The day to day management of the charity is carried out by the co-founders of the charity. The co-founders are supported by the three employees and the other trustees and are overseen by the Chairperson, Vice Chairperson, Secretary and Treasurer. The co-founders report to the trustees who meet on a regular basis and informs them of all matters concerning the charity to enable the trustees to make all the policy decisions.

Review of activities and achievements

The Statement of Receipts and Payments on page 5 sets out the results for the year. The purpose of the funds are outlined in the notes to the financial statements.

The Trustees are indebted to the funding bodies for their support and are pleased with the number of mothers and families availing of their services during the year. As at 31 May 2023 the charity is currently supporting approximately 60 families throughout Northern Ireland and the Republic of Ireland. The group will endeavour to continue to meet the aspirations of the families in Northern Ireland and the Republic of Ireland through continuing to provide support through the monthly gatherings, workshops and the various therapies offered.

The charity secured funding from The Big Lottery Fund of £372,008 in June 2021 for a three-year period. This has allowed the charity to employ three staff to provide additional much needed workshops and programmes in relation to perinatal mental health. As at 31 May 2023, £217,008 of this grant has been received and £178,396 expended.

Throughout the financial year, the charity continued to facilitate workshops to educate and empower families on anxiety, antenatal depression and postnatal depression. These workshops included the Understand Its Normal programme, the Tale of PND programme and the antenatal Bumps 2gether programme. The charity also provided educational workshops to various Surestarts throughout Northern Ireland this year, as well as midwives and health visitors within the Western Health & Social Care Trust and to Social Work students in Queens University Belfast.

Support 2gether
Trustees' report
for the year ended 31 May 2023

In view of the grants awarded and with volunteer support, the trustees are confident that the group can continue its activities and are therefore satisfied that it is appropriate for the financial statements to be prepared on the going concern basis.

Reserves

The Statement of Receipts and Payments on page 5 sets out the results for the year. The purpose of the funds are outlined in the notes to the financial statements.

Statement of trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and regulations.

Charity law requires the Trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

The Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing the financial statements, the trustees are required to:-

- > Select suitable accounting policies and then apply them consistently;
- > Make judgements and estimates that are reasonable and prudent;
- > State whether applicable accounting standards and statements of recommended practice have been followed subject to and departures disclosed and explained in the financial statements; and
- > Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

Statement of disclosure of information to independent examiner

So far as each of the trustees in office at the date of approval of these financial statements are aware:

- > There is no relevant audit information of which the group's independent examiner is unaware; and
- > The trustees have taken all the steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the group's independent examiner is aware of that information.

This report was approved by the trustees on 13 November 2023 and signed on its behalf by:

Signature:

Lacey

Ryan Hawkes

Print name (block capitals):

LYNDSAY GORMLY

RYAN HAWKES

Position:

Secretary

Chairman

Support 2gether

Northern Ireland - Charity number 103366

Annual return

Support 2gether

Independent examiner's report to the charity trustees of Support 2gether for the year ended 31 May 2023

I report on the financial statements of Support 2gether for the year ended 31 May 2023, which comprise of the statement of financial activities, balance sheet and related notes.

Respective responsibilities of charity trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements in accordance with the Charities Act (NI) 2008. Having satisfied myself that the charity is eligible for independent examination, it is my responsibility to:-

- > examine the financial statements under section 65 of the Charities Act (NI) 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 (NI) 2008; and
- > state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined the charity financial statements as required under section 65 of the Charities Act (NI) 2008 and my examination was carried in accordance with the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act (NI) 2008. The examination included a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also included consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as charity trustees concerning any such matters.

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

1. That accounting records were not kept in accordance with section 65 of the Charities Act (NI) 2008;
2. That the financial statements do not accord with those accounting records;
3. That the financial statements do not comply with the accounting requirements of the Charities Act (NI) 2008 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland;
4. That there is further information needed for a proper understanding of the financial statements to be reached.

Independent examiners' statement

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

Signature:



Name:

Mrs Amanda Laird FIATI FCA ATT(Fellow)

Address:

12 Meadow Hill
Drumlegagh
Newtownstewart
Co Tyrone
BT78 4NU

Professional qualification:

Fellow Chartered Accountant (Chartered Accountants Ireland)

Date:

13 November 2023