

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.

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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):

LYNDSEY GORMLEY

RYAN HAWKES

Position:

Secretary

Chairman