

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
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for the year ended 31 May 2025

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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

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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.

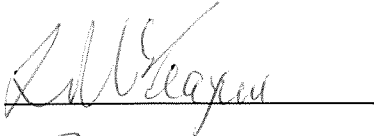
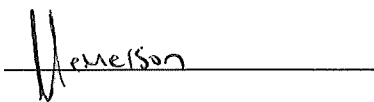
The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the group and enable them to ensure that the financial statements comply with applicable 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):	<u>ZARA MCTEAGUE</u>	<u>HANNAH EMERSON</u>
Position:	<u>Committee member</u>	<u>VICE CHAIR</u>

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 £
<u>Receipts</u>					
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
<u>Payments</u>					
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	
		£	£	£	£
<u>Current assets</u>					
Cash at bank & in hand		56,387		46,181	
		56,387		46,181	
<u>Current liabilities</u>					
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:

Zara McTeague

Hannah Emerson

Print name (block capitals):

ZARA McTEAGUE

HANNAH EMERSON

Position:

Committee Member

VICE CHAIR

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.