

Tara Centre

Northern Ireland · Charity number 103397

Details

Status	Received
Registered	2015-07-07
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	Tara Centre 10-11 Holmview Terrace Omagh County Tyrone BT79 0ah BT79 0AH
Phone	028 82250024
Email	catherine.friel@taraomagh.com
Website	www.taraomagh.com

Activities

Purposes: The Charity's objects ("Objects") are specifically restricted to the following: (1) The advancement of health and the saving of lives by bringing relief to those in distress or despair through healing and transcending pain and trauma. (2) The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage. (3) The promotion of conflict resolution and reconciliation, religious and racial harmony and equality and diversity. (4) The advancement of education by nurturing a deep, active and enlightened awareness of humanity and the wider universe. (5) The promotion of such other charitable purposes as may from time to time be determined.

What the charity does: The advancement of education, The advancement of health or the saving of lives, The advancement of citizenship or community development, The advancement of human rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality and diversity, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

How the charity works:

Counselling/support, Cross-border/cross-community, Education/training, Medical/health/sickness, Relief of poverty

Who the charity helps: General public, Mental health

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£472,856	£523,280	£-32,797	13

Trustees

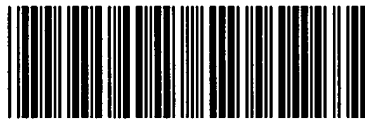
Name	Role	Appointed
Miss Tara Boyle		
Mr Godfrey Young		
Mr John Slane		
Mrs Catherine Friel		
Mrs Marian Harte		
Ms Mary O'reilly		
Ms Noreen McGirr		

Accounts

REGISTERED COMPANY NUMBER: NI037403 (Northern Ireland)
REGISTERED CHARITY NUMBER: 103397

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
TARA CENTRE

TUESDAY



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COMPANIES HOUSE

McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

TARA CENTRE

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FOR THE YEAR ENDED 31 MARCH 2025

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TARA CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2025

TRUSTEES	Hugo Sweeney Anna Harte Samuel Young Mary Friel Tara Boyle John Slane Noreen McGirr Mary O'Reilly
COMPANY SECRETARY	Mary Friel
REGISTERED OFFICE	11 Holmview Terrace Omagh Co. Tyrone BT79 0AH
REGISTERED COMPANY NUMBER	NI037403 (Northern Ireland)
REGISTERED CHARITY NUMBER	103397
AUDITORS	McAleer Jackson Ltd Chartered Accountants & Statutory Auditors Church House 24 Dublin Road OMAGH Co. Tyrone BT78 1HE
BANKERS	AIB 2-4 East Bridge Street Enniskillen Co. Fermanagh BT74 7BT

TARA CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2025

SOLICITORS

McConnell and Fyffe
The Old Rectory
21 Church Street
OMAGH
Co Tyrone BT78 1DG

Lewis Silkin (N.I.) LLP
32-38 Linenhall Street
BELFAST BT2 8BG
Edwards & Co. Solicitors
28 Hill Street
BELFAST BT1 2LA

TARA CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRATEGIC REPORT

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

EVENTS SINCE THE END OF THE YEAR

Information relating to events since the end of the year is given in the notes to the financial statements.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Tara Centre for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, McAleer Jackson Ltd, will be proposed for re-appointment at the forthcoming Annual General Meeting.

TARA CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 24 June 2025 and signed on the board's behalf by:

.....*M. Friel*.....

Mary Friel - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES AND MEMBERS OF TARA CENTRE

Opinion

We have audited the financial statements of Tara Centre (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

**REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES AND MEMBERS OF
TARA CENTRE**

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

**REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES AND MEMBERS OF
TARA CENTRE**

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We obtained an understanding of the legal and regulatory framework that the Charity operates in, focusing on provisions of those laws and regulations that had a direct effect on material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act, pensions and tax legislation, charity legislation together with provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the Charity's ability to operate or to avoid a material penalty. This included conditions of funding from various bodies.

We tailored our response to those identified risks to include enquiring of management concerning actual and potential litigation and claims, performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud, and reviewing correspondence with HMRC and other regulatory bodies.

In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; assessed whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluated the business rationale of any significant transactions that are unusual or outside the normal course of business, of which there were none.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

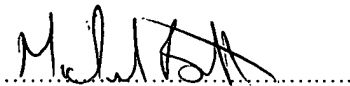
- the nature of the industry and sector, control environment and business performance including the remuneration policies, and its internal and external performance targets;
- results of our enquiries of management and other key persons about the charity's own identification and assessment of the risks of irregularities, including those that may occur either as a result of fraud or error, and matters we identified from our review of the policies, procedures and internal controls; and
- the matters discussed among the audit engagement team regarding potential indicators of fraud and where it might occur in the financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES AND MEMBERS OF
TARA CENTRE**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



MICHAEL BARNETT (Senior Statutory Auditor)
for and on behalf of McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

24 June 2025

TARA CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted fund £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	56,436	-	56,436	86,078
Charitable activities	4				
Bookshop		868	-	868	313
Room rent		3,855	-	3,855	400
Course subscriptions		19,255	-	19,255	11,962
Charitable projects		100,367	197,441	297,808	373,901
Service agreements		19,338	-	19,338	27,232
Other income		<u>68,258</u>	<u>7,038</u>	<u>75,296</u>	<u>34,176</u>
Total		<u>268,377</u>	<u>204,479</u>	<u>472,856</u>	<u>534,062</u>
EXPENDITURE ON					
Raising funds	5	90,900	-	90,900	117,519
Charitable activities	6				
Bookshop		3,090	-	3,090	175
Room rent		6,099	-	6,099	740
Course subscriptions		30,462	-	30,462	15,784
Charitable projects		166,208	197,133	363,341	384,023
Service agreements		<u>29,388</u>	<u>-</u>	<u>29,388</u>	<u>33,765</u>
Total		<u>326,147</u>	<u>197,133</u>	<u>523,280</u>	<u>552,006</u>
NET INCOME/(EXPENDITURE)		(57,770)	7,346	(50,424)	(17,944)
Transfers between funds	18	<u>7,346</u>	<u>(7,346)</u>	<u>-</u>	<u>-</u>
Net movement in funds		(50,424)	-	(50,424)	(17,944)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>837,501</u>	<u>-</u>	<u>837,501</u>	<u>855,445</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>787,077</u></u>	<u><u>-</u></u>	<u><u>787,077</u></u>	<u><u>837,501</u></u>

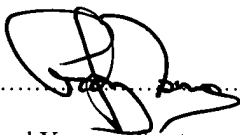
The notes form part of these financial statements

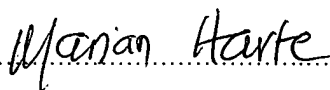
TARA CENTRE

BALANCE SHEET
31 MARCH 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible assets	11	689,173	740,851
CURRENT ASSETS			
Stocks	12	4,544	6,645
Debtors	13	20,998	41,902
Cash at bank and in hand		<u>105,159</u>	<u>142,896</u>
		130,701	191,443
CREDITORS			
Amounts falling due within one year	14	(32,797)	(19,497)
NET CURRENT ASSETS		<u>97,904</u>	<u>171,946</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		787,077	912,797
CREDITORS			
Amounts falling due after more than one year	15	-	(75,296)
NET ASSETS		<u>787,077</u>	<u>837,501</u>
FUNDS	18		
Unrestricted funds		<u>787,077</u>	<u>837,501</u>
TOTAL FUNDS		<u>787,077</u>	<u>837,501</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 24 June 2025 and were signed on its behalf by:


.....
Samuel Young - Trustee


.....
Anna Harte - Trustee

The notes form part of these financial statements

TARA CENTRE
CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	(35,810)	(56,901)
Interest paid		<u>(2,310)</u>	<u>(2,716)</u>
Net cash used in operating activities		<u>(38,120)</u>	<u>(59,617)</u>
 Cash flows from investing activities			
Purchase of tangible fixed assets		<u>-</u>	<u>(778)</u>
Net cash provided by/(used in) investing activities		<u>-</u>	<u>(778)</u>
		<u>-</u>	<u>-</u>
Change in cash and cash equivalents in the reporting period		(38,120)	(60,395)
Cash and cash equivalents at the beginning of the reporting period	2	<u>142,332</u>	<u>202,727</u>
Cash and cash equivalents at the end of the reporting period	2	<u>104,212</u>	<u>142,332</u>

The notes form part of these financial statements

TARA CENTRE

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 £	2024 £
Net expenditure for the reporting period (as per the Statement of Financial Activities)	(50,424)	(17,944)
Adjustments for:		
Depreciation charges	51,678	53,808
Interest paid	2,310	2,716
Grants released	(75,296)	(34,177)
Decrease in stocks	2,101	541
Decrease/(increase) in debtors	20,904	(13,968)
Increase/(decrease) in creditors	<u>12,917</u>	<u>(47,877)</u>
Net cash used in operations	<u>(35,810)</u>	<u>(56,901)</u>

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2025 £	2024 £
Cash in hand	625	191
Notice deposits (less than 3 months)	104,534	142,705
Overdrafts included in bank loans and overdrafts falling due within one year	<u>(947)</u>	<u>(564)</u>
Total cash and cash equivalents	<u>104,212</u>	<u>142,332</u>

3. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.24 £	Cash flow £	At 31.3.25 £
Net cash			
Cash at bank and in hand	142,896	(37,737)	105,159
Bank overdraft	<u>(564)</u>	<u>(383)</u>	<u>(947)</u>
	<u>142,332</u>	<u>(38,120)</u>	<u>104,212</u>
Total	<u>142,332</u>	<u>(38,120)</u>	<u>104,212</u>

The notes form part of these financial statements

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31 MARCH 2025**

1. GENERAL INFORMATION

Tara Centre is a company limited by guarantee incorporated in Northern Ireland. The registered office of the company is 11 Holmview Terrace, Omagh, Co. Tyrone, BT79 0AH which is also the principal place of business of the company. The financial statements have been presented in Pound Sterling (£) which is also the functional currency of the company.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared in pound sterling which is the functional currency of the company.

Company status

The company is a company limited by guarantee. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Support Costs Allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities, such as office costs, administrative payroll. They are incurred directly in support of expenditure on the objects of the charity. Where support costs incurred cannot be directly attributed to particular headings they have been allocated to all the activities on pro rata basis in relation to sources of income.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 2% straight line
Fixtures and fittings	- 10% straight line
Computer equipment	- 25% straight line

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

2. ACCOUNTING POLICIES - continued

Tangible fixed assets

Tangible fixed assets are stated at cost or valuation, net of depreciation and any provisions for impairment.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transactional price. Any losses arising from impairment are recognised in the Statement of Financial activities in other trading activities

Going concern

The financial statements have been prepared on the going concern basis, which assumes that the company will continue in operational existence for the foreseeable future. The validity of this assumption depends on future revenue funding meeting future revenue expenditure.

In response to the challenging funding environment that exists, the trustees have prepared financial projections of income and expenditure to assess the financial resources available to the charity for the next twelve months. On the basis of those projections the trustees are satisfied the assumption of going concern is appropriate.

In addition the charity has a number of pending funding applications that are not reflected in the financial projections and, whilst not certain, the trustees are confident that the charity will be successful in securing future revenue through a number of those applications.

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

2. ACCOUNTING POLICIES - continued

Grants receivable

Capital grants received and receivable are treated as deferred income and amortised to the Summary Income and Expenditure Account annually over the useful economic life of the asset to which it relates. When the possibility of clawback is remote and in the interests of accurately stating the company's liabilities, the directors may consider it appropriate to release all or part of the remaining grant to the income statement. Revenue grants are credited to the Summary Income and Expenditure Account when received.

3. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	<u>56,436</u>	<u>86,078</u>

4. INCOME FROM CHARITABLE ACTIVITIES

Grants received, included in the above are as follows:

	2025	2024
	£	£
Bookshop	868	313
Room rent	3,855	400
Course subscriptions	19,255	11,962
Charitable projects	297,808	373,901
Service agreements	<u>19,338</u>	<u>27,232</u>
	<u>341,124</u>	<u>413,808</u>

Grants received, included in the above are as follows:

	2025	2024
	£	£
VSS	135,972	126,282
MHSF	61,470	176,990
National Lottery Fund	-	10,000
Unrestricted grants	<u>100,367</u>	<u>60,629</u>
	<u>297,808</u>	<u>373,901</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

5. RAISING FUNDS

	2025	2024
	£	£
Wages	47,258	58,086
Insurance	1,226	703
Rates & water	-	362
Repairs & maintenance	3,925	6,242
Computer support	1,025	783
Light and heat	974	409
Telephone	652	70
Postage and stationery	2,340	3,080
General expenses	305	458
Depreciation	13,948	23,796
Catering	4,777	9,029
Professional & consultancy	8,979	5,425
Tutors	2,129	2,491
Auditors remuneration	2,132	3,321
Complementary therapy	264	309
Surplus / deficit on exchange	358	1,765
Interest payable and similar charges	608	1,190
	<u>90,900</u>	<u>117,519</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £
Bookshop	3,090
Room rent	6,099
Course subscriptions	30,462
Charitable projects	363,341
Service agreements	<u>29,388</u>
	<u>432,380</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):-

	2025 £	2024 £
Depreciation	51,678	53,808
Foreign exchange (surplus)/deficit	358	1,765
Auditor's remuneration	7,560	7,200
Amortisation of grants	<u>(75,296)</u>	<u>(34,176)</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

9. STAFF COSTS

	2025 £	2024 £
Wages & salaries	<u>296,246</u>	<u>328,368</u>
	<u><u>296,246</u></u>	<u><u>328,368</u></u>

The average monthly number of employees during the year was as follows:

	2025	2024
Support	<u>14</u>	<u>16</u>

No employees received emoluments in excess of £60,000.

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	86,078	-	86,078
Charitable activities			
Bookshop	313	-	313
Room rent	400	-	400
Course subscriptions	11,962	-	11,962
Charitable projects	60,628	313,273	373,901
Service agreements	27,232	-	27,232
Other income	<u>31,958</u>	<u>2,218</u>	<u>34,176</u>
Total	<u>218,571</u>	<u>315,491</u>	<u>534,062</u>
EXPENDITURE ON			
Raising funds	117,519	-	117,519
Charitable activities			
Bookshop	175	-	175
Room rent	740	-	740
Course subscriptions	15,784	-	15,784
Charitable projects	80,718	303,305	384,023
Service agreements	<u>33,765</u>	<u>-</u>	<u>33,765</u>
Total	<u>248,701</u>	<u>303,305</u>	<u>552,006</u>
NET INCOME/(EXPENDITURE)	(30,130)	12,186	(17,944)
Transfers between funds	<u>12,186</u>	<u>(12,186)</u>	<u>-</u>
Net movement in funds	(17,944)	-	(17,944)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>855,445</u>	<u>-</u>	<u>855,445</u>
TOTAL FUNDS CARRIED FORWARD	<u>837,501</u>	<u>-</u>	<u>837,501</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

11. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 April 2024 and 31 March 2025	<u>2,362,486</u>	<u>274,491</u>	<u>60,473</u>	<u>2,697,450</u>
DEPRECIATION				
At 1 April 2024	1,641,825	255,314	59,460	1,956,599
Charge for year	<u>47,250</u>	<u>4,019</u>	<u>409</u>	<u>51,678</u>
At 31 March 2025	<u>1,689,075</u>	<u>259,333</u>	<u>59,869</u>	<u>2,008,277</u>
NET BOOK VALUE				
At 31 March 2025	<u>673,411</u>	<u>15,158</u>	<u>604</u>	<u>689,173</u>
At 31 March 2024	<u>720,661</u>	<u>19,177</u>	<u>1,013</u>	<u>740,851</u>

Ownership of Building

The deeds of the property at Holmview Terrace, Omagh are registered in the names of The Union of Presentation Sisters (Northern Province) and The Congregation of Sisters of Mercy (Northern Province) jointly as tenants in common. Tara Centre has full use of the premises for a nominal rent of £1 per annum.

Tara Centre has been granted leases by the trustees of the Convents. The leases dated 17 April 2002 are for 20 years from 13 October 2000 in respect of Phases I and II. An extension to the leases for Phases I, II & III was executed on 27 July 2006 for a period of 20 years and expires on 12 October 2026. These replace all earlier leases.

12. STOCKS

	2025 £	2024 £
Stocks	<u>4,544</u>	<u>6,645</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade debtors	8,453	12,659
Other debtors	4,121	20,408
Prepayments	<u>8,424</u>	<u>8,835</u>
	<u><u>20,998</u></u>	<u><u>41,902</u></u>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Bank loans and overdrafts (see note 16)	947	564
Trade creditors	14,780	5,985
Social security and other taxes	4,195	4,841
Accrued expenses	<u>12,875</u>	<u>8,107</u>
	<u><u>32,797</u></u>	<u><u>19,497</u></u>

15. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2025	2024
	£	£
CAPITAL GRANTS RECEIVED		
At 1 April 2024	1,999,253	1,999,253
Released of obligations	<u>(1,999,253)</u>	<u>-</u>
At 31 March 2025	<u><u>-</u></u>	<u><u>1,999,253</u></u>
AMORTISATION		
At 1 April 2024	1,855,603	1,889,779
Amortised in financial year	(32,556)	(34,176)
Balance amortised	(42,739)	-
Released of obligations	<u>(1,780,308)</u>	<u>-</u>
At 31 March 2025	<u><u>-</u></u>	<u><u>1,855,603</u></u>
NET BOOK VALUE		
At 31 March 2025	<u><u>-</u></u>	<u><u>75,296</u></u>
At 1 April 2024	<u><u>75,296</u></u>	<u><u>109,474</u></u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

16. LOANS

An analysis of the maturity of loans is given below:

	2025 £	2024 £
Amounts falling due within one year on demand:		
Bank overdrafts	<u>947</u>	<u>564</u>

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted fund £	2025 Total funds £	2024 Total funds £
Fixed assets	689,173	-	689,173	740,851
Current assets	130,701	-	130,701	191,443
Current liabilities	(32,797)	-	(32,797)	(19,497)
Long term liabilities	<u>-</u>	<u>-</u>	<u>-</u>	<u>(75,296)</u>
	<u>787,077</u>	<u>-</u>	<u>787,077</u>	<u>837,501</u>

18. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
Unrestricted Funds	837,501	(57,770)	7,346	787,077
Restricted funds				
Restricted Funds	-	7,346	(7,346)	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>837,501</u>	<u>(50,424)</u>	<u>-</u>	<u>787,077</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted Funds	268,377	(326,147)	(57,770)
Restricted funds			
Restricted Funds	204,479	(197,133)	7,346
	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>472,856</u>	<u>(523,280)</u>	<u>(50,424)</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
Unrestricted Funds	855,445	(30,130)	12,186	837,501
Restricted funds				
Restricted Funds	-	12,186	(12,186)	-
TOTAL FUNDS	<u>855,445</u>	<u>(17,944)</u>	<u>-</u>	<u>837,501</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted Funds	218,571	(248,701)	(30,130)
Restricted funds			
Restricted Funds	315,491	(303,305)	12,186
TOTAL FUNDS	<u>534,062</u>	<u>(552,006)</u>	<u>(17,944)</u>

19. CONTINGENT LIABILITIES

There is a contingent liability to repay all grant monies should they not be distributed under the terms of the various initiatives.

The trustees do not anticipate any repayment falling due under the terms on which grants were received.

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

20. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

21. POST BALANCE SHEET EVENTS

Ownership of Building

During the year legal work commenced to transfer the freehold interest of the property at Holmview Terrace, Omagh from The Union of Presentation Sisters (Northern Province) and The Congregation of Sisters of Mercy (Northern Province) to Tara Centre. It is due to be completed shortly.

Accounts

REGISTERED COMPANY NUMBER: NI037403 (Northern Ireland)
REGISTERED CHARITY NUMBER: NIC103397

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
TARA CENTRE

McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

TARA CENTRE

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FOR THE YEAR ENDED 31 MARCH 2024

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Detailed Statement of Financial Activities	20 to 21

TARA CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2024

TRUSTEES	Hugo Sweeney Anna Harte Samuel Young Mary Friel Tara Boyle John Slane Noreen McGirr Margaret Moohan (resigned 29.4.23) Mary O'Reilly (appointed 25.10.23)
COMPANY SECRETARY	Mary Friel
REGISTERED OFFICE	11 Holmview Terrace Omagh Co. Tyrone BT79 0AH
REGISTERED COMPANY NUMBER	NI037403 (Northern Ireland)
REGISTERED CHARITY NUMBER	NIC103397
AUDITORS	McAleer Jackson Ltd Chartered Accountants & Statutory Auditors Church House 24 Dublin Road OMAGH Co. Tyrone BT78 1HE
BANKERS	AIB 2-4 East Bridge Street Enniskillen Co. Fermanagh BT74 7BT
SOLICITORS	McConnell and Fyffe The Old Rectory 21 Church Street OMAGH Co Tyrone BT78 1DG Lewis Silkin (N.I.) LLP 32-38 Linenhall Street BELFAST BT2 8BG Edwards & Co. Solicitors 28 Hill Street BELFAST BT1 2LA

TARA CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRATEGIC REPORT

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Tara Centre for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

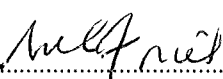
In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, McAleer Jackson Ltd, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 18 June 2024 and signed on the board's behalf by:


.....
Mary Friel - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Opinion

We have audited the financial statements of Tara Centre (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF TARA CENTRE

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry and sector, control environment and business performance including the remuneration policies, and its internal and external performance targets;
- results of our enquiries of management and other key persons about the charity's own identification and assessment of the risks of irregularities, including those that may occur either as a result of fraud or error, and matters we identified from our review of the policies, procedures and internal controls; and
- the matters discussed among the audit engagement team regarding potential indicators of fraud and where it might occur in the financial statements.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

We also obtained an understanding of the legal and regulatory framework that the Charity operates in, focusing on provisions of those laws and regulations that had a direct effect on material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act, pensions and tax legislation, charity legislation together with provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the Charity's ability to operate or to avoid a material penalty. This included conditions of funding from various bodies.

From the above procedures, and in common with all audits under ISAs (UK), we identified the disclosure of adjusting items as a key audit matter with respect to potential risk of fraud, particularly in areas where management is required to exercise significant judgement.

We tailored our response to those identified risks to include enquiring of management concerning actual and potential litigation and claims, performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud, and reviewing correspondence with HMRC and other regulatory bodies.

In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; assessed whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluated the business rationale of any significant transactions that are unusual or outside the normal course of business, of which there were none.

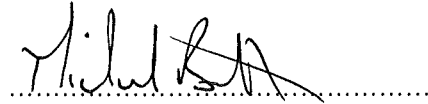
Whilst our engagement team were fully briefed on the fraud risks and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit, we draw attention to inherent limitations in the scope of audit procedures since fraud, by its nature, may involve deliberate concealment, misrepresentation or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



.....
MICHAEL BARNETT (Senior Statutory Auditor)
for and on behalf of McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

Date: 18 June 2024

TARA CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds £	Restricted fund £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	86,078	-	86,078	57,475
Charitable activities	4				
Bookshop		313	-	313	475
Room rent		400	-	400	320
Course subscriptions		11,962	-	11,962	12,311
Charitable projects		60,628	313,273	373,901	290,834
Service agreements		27,232	-	27,232	24,139
Other income		<u>31,958</u>	<u>2,218</u>	<u>34,176</u>	<u>34,176</u>
Total		<u>218,571</u>	<u>315,491</u>	<u>534,062</u>	<u>419,730</u>
 EXPENDITURE ON					
Raising funds	5	117,519	-	117,519	79,219
Charitable activities	6				
Bookshop		175	-	175	149
Room rent		740	-	740	429
Course subscriptions		15,784	-	15,784	16,754
Charitable projects		80,718	303,305	384,023	317,857
Service agreements		<u>33,765</u>	<u>-</u>	<u>33,765</u>	<u>31,653</u>
Total		<u>248,701</u>	<u>303,305</u>	<u>552,006</u>	<u>446,061</u>
 NET INCOME/(EXPENDITURE)					
Transfers between funds	18	(30,130) <u>12,186</u>	12,186 <u>(12,186)</u>	(17,944) <u>-</u>	(26,331) <u>-</u>
Net movement in funds		(17,944)	-	(17,944)	(26,331)
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>855,445</u>	<u>-</u>	<u>855,445</u>	<u>881,776</u>
 TOTAL FUNDS CARRIED FORWARD		<u><u>837,501</u></u>	<u><u>-</u></u>	<u><u>837,501</u></u>	<u><u>855,445</u></u>

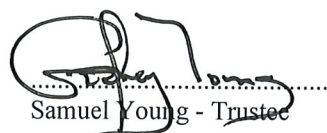
The notes form part of these financial statements

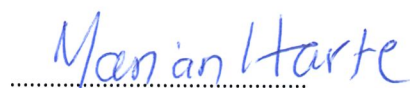
TARA CENTRE

BALANCE SHEET
31 MARCH 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible assets	11	740,851	793,881
CURRENT ASSETS			
Stocks	12	6,645	7,186
Debtors	13	41,902	27,934
Cash at bank and in hand		<u>142,896</u>	<u>202,727</u>
		191,443	237,847
CREDITORS			
Amounts falling due within one year	14	(19,497)	(66,809)
NET CURRENT ASSETS		<u>171,946</u>	<u>171,038</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		912,797	964,919
CREDITORS			
Amounts falling due after more than one year	15	(75,296)	(109,474)
NET ASSETS		<u>837,501</u>	<u>855,445</u>
FUNDS	18		
Unrestricted funds		<u>837,501</u>	<u>855,445</u>
TOTAL FUNDS		<u>837,501</u>	<u>855,445</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 18 June 2024 and were signed on its behalf by:


.....
Samuel Young - Trustee


.....
Anna Harte - Trustee

The notes form part of these financial statements

TARA CENTRE

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	(56,901)	(59,852)
Interest paid		<u>(2,716)</u>	<u>(2,367)</u>
Net cash used in operating activities		<u>(59,617)</u>	<u>(62,219)</u>
 Cash flows from investing activities			
Purchase of tangible fixed assets		<u>(778)</u>	<u>(858)</u>
Net cash used in investing activities		<u>(778)</u>	<u>(858)</u>
Change in cash and cash equivalents in the reporting period		(60,395)	(63,077)
Cash and cash equivalents at the beginning of the reporting period	2	<u>202,727</u>	<u>265,804</u>
 Cash and cash equivalents at the end of the reporting period	2	<u><u>142,332</u></u>	<u><u>202,727</u></u>

The notes form part of these financial statements

TARA CENTRE

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net expenditure for the reporting period (as per the Statement of Financial Activities)	(17,944)	(26,331)
Adjustments for:		
Depreciation charges	53,808	54,271
Interest paid	2,716	2,367
Grants released	(34,177)	(34,177)
Decrease/(increase) in stocks	541	(554)
Increase in debtors	(13,968)	(833)
Decrease in creditors	(47,877)	(54,595)
Net cash used in operations	<u>(56,901)</u>	<u>(59,852)</u>

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2024 £	2023 £
Cash in hand	191	97
Notice deposits (less than 3 months)	142,705	202,630
Overdrafts included in bank loans and overdrafts falling due within one year	<u>(564)</u>	<u>-</u>
Total cash and cash equivalents	<u>142,332</u>	<u>202,727</u>

3. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.23 £	Cash flow £	At 31.3.24 £
Net cash			
Cash at bank and in hand	202,727	(59,831)	142,896
Bank overdraft	<u>-</u>	<u>(564)</u>	<u>(564)</u>
	<u>202,727</u>	<u>(60,395)</u>	<u>142,332</u>
Total	<u>202,727</u>	<u>(60,395)</u>	<u>142,332</u>

The notes form part of these financial statements

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1. GENERAL INFORMATION

Tara Centre is a company limited by guarantee incorporated in Northern Ireland. The registered office of the company is 11 Holmview Terrace, Omagh, Co. Tyrone, BT79 0AH which is also the principal place of business of the company. The financial statements have been presented in Pound Sterling (£) which is also the functional currency of the company.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Company status

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Support Costs Allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities, such as office costs, administrative payroll. They are incurred directly in support of expenditure on the objects of the charity. Where support costs incurred cannot be directly attributed to particular headings they have been allocated to all the activities on pro rata basis in relation to sources of income.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 2% straight line
Fixtures and fittings	- 10% straight line
Computer equipment	- 25% straight line

Tangible assets are stated at cost or at valuation, less accumulated depreciation.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

2. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transactional price. Any losses arising from impairment are recognised in the Statement of Financial activities in other trading activities

Going concern

The financial statements have been prepared on the going concern basis, which assumes that the company will continue in operational existence for the foreseeable future. The validity of this assumption depends on future revenue funding meeting future revenue expenditure.

In response to the challenging funding environment that exists and the scheduled completion of a key funding contract during the year ending 31 March 2025, the trustees have prepared financial projections of income and expenditure to assess the financial resources available to the charity for the next twelve months. On the basis of those projections the trustees are satisfied the assumption of going concern is appropriate.

In addition the charity has a number of pending funding applications that are not reflected in the financial projections and, whilst not certain, the trustees are confident that the charity will be successful in securing future revenue through a number of those applications.

Grants receivable

Capital grants received and receivable are treated as deferred income and amortised to the Summary Income and Expenditure Account annually over the useful economic life of the asset to which it relates. When the possibility of clawback is remote and in the interests of accurately stating the company's liabilities, the directors may consider it appropriate to release all or part of the remaining grant to the income statement. Revenue grants are credited to the Summary Income and Expenditure Account when received.

3. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	<u>86,078</u>	<u>57,475</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

4. INCOME FROM CHARITABLE ACTIVITIES

	2024 £	2023 £
Bookshop	313	475
Room rent	400	320
Course subscriptions	11,962	12,311
Charitable projects	373,901	290,834
Service agreements	<u>27,232</u>	<u>24,139</u>
	<u>413,808</u>	<u>328,079</u>

Grants received, included in the above are as follows:

	2024 £	2023 £
VSS	126,282	118,935
MHSF	176,990	116,458
National Lottery Fund	10,000	-
Unrestricted grants	<u>60,629</u>	<u>55,441</u>
	<u>373,901</u>	<u>290,834</u>

5. RAISING FUNDS

	2024 £	2023 £
Wages	58,086	32,524
Insurance	703	-
Rates & water	362	-
Repairs & maintenance	6,242	3,054
Computer support	783	496
Light and heat	409	5,079
Telephone	70	2,086
Postage and stationery	3,080	1,908
General expenses	458	235
Depreciation	23,796	19,924
Catering	9,029	4,066
Professional & consultancy	5,425	5,149
Tutors	2,491	1,431
Auditors remuneration	3,321	2,641
Complementary therapy	309	119
Surplus / deficit on exchange	1,765	(331)
Interest payable and similar charges	<u>1,190</u>	<u>838</u>
	<u>117,519</u>	<u>79,219</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £
Bookshop	175
Room rent	740
Course subscriptions	15,784
Charitable projects	384,023
Service agreements	<u>33,765</u>
	<u><u>434,487</u></u>

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):-

	2024 £	2023 £
Depreciation	53,808	54,271
Foreign exchange (surplus)/deficit	1,765	(331)
Auditor's remuneration	7,200	5,100
Amortisation of grants	<u>(34,176)</u>	<u>(34,176)</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

9. STAFF COSTS

	2024 £	2023 £
Wages & salaries	<u>328,368</u>	<u>267,022</u>
	<u><u>328,368</u></u>	<u><u>267,022</u></u>

The average monthly number of employees during the year was as follows:

	2024	2023
Support	<u>16</u>	<u>14</u>

No employees received emoluments in excess of £60,000.

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	57,475	-	57,475
Charitable activities			
Bookshop	475	-	475
Room rent	320	-	320
Course subscriptions	12,311	-	12,311
Charitable projects	55,442	235,392	290,834
Service agreements	24,139	-	24,139
Other income	<u>31,958</u>	<u>2,218</u>	<u>34,176</u>
Total	<u>182,120</u>	<u>237,610</u>	<u>419,730</u>
EXPENDITURE ON			
Raising funds	79,219	-	79,219
Charitable activities			
Bookshop	149	-	149
Room rent	429	-	429
Course subscriptions	16,754	-	16,754
Charitable projects	76,929	240,928	317,857
Service agreements	<u>31,653</u>	<u>-</u>	<u>31,653</u>
Total	<u>205,133</u>	<u>240,928</u>	<u>446,061</u>
NET INCOME/(EXPENDITURE)	(23,013)	(3,318)	(26,331)
Transfers between funds	<u>(3,318)</u>	<u>3,318</u>	<u>-</u>
Net movement in funds	(26,331)	-	(26,331)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>881,776</u>	<u>-</u>	<u>881,776</u>
TOTAL FUNDS CARRIED FORWARD	<u>855,445</u>	<u>-</u>	<u>855,445</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

11. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 April 2023	2,362,486	274,491	59,695	2,696,672
Additions	-	-	778	778
At 31 March 2024	<u>2,362,486</u>	<u>274,491</u>	<u>60,473</u>	<u>2,697,450</u>
DEPRECIATION				
At 1 April 2023	1,594,575	250,795	57,421	1,902,791
Charge for year	<u>47,250</u>	<u>4,519</u>	<u>2,039</u>	<u>53,808</u>
At 31 March 2024	<u>1,641,825</u>	<u>255,314</u>	<u>59,460</u>	<u>1,956,599</u>
NET BOOK VALUE				
At 31 March 2024	<u>720,661</u>	<u>19,177</u>	<u>1,013</u>	<u>740,851</u>
At 31 March 2023	<u>767,911</u>	<u>23,696</u>	<u>2,274</u>	<u>793,881</u>

Ownership of Building

The deeds of the property at Holmview Terrace, Omagh are registered in the names of The Union of Presentation Sisters (Northern Province) and The Congregation of Sisters of Mercy (Northern Province) jointly as tenants in common. Tara Centre has full use of the premises for a nominal rent of £1 per annum.

Tara Centre has been granted leases by the trustees of the Convents. The leases dated 17 April 2002 are for 20 years from 13 October 2000 in respect of Phases I and II. An extension to the leases for Phases I, II & III was executed on 27 July 2006 for a period of 20 years and expires on 12 October 2026. These replace all earlier leases.

Mortgages/Charges

The National Lottery Charities Board holds a legal charge created on 4 April 2007 over 11 Holmview Terrace Omagh; The Office of the First Minister and Deputy First Minister holds an all monies debenture created on 27 July 2006 over lands at the rear of 9,10 and 11 Holmview Terrace Omagh and the National Lottery Charities Board holds a mortgage created on 1 May 2002 over property at Holmview Terrace Omagh.

12. STOCKS

	2024 £	2023 £
Stocks	<u>6,645</u>	<u>7,186</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	12,659	15,469
Other debtors	20,408	4,369
Prepayments	<u>8,835</u>	<u>8,096</u>
	<u><u>41,902</u></u>	<u><u>27,934</u></u>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Bank loans and overdrafts (see note 16)	564	-
Social security and other taxes	4,841	5,624
Accrued expenses	<u>14,092</u>	<u>61,185</u>
	<u><u>19,497</u></u>	<u><u>66,809</u></u>

15. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2024	2023
	£	£
CAPITAL GRANTS RECEIVED		
At 1 April 2023	1,999,253	1,999,253
Increase in financial year	<u>-</u>	<u>-</u>
At 31 March 2024	<u><u>1,999,253</u></u>	<u><u>1,999,253</u></u>
AMORTISATION		
At 1 April 2023	1,889,779	1,855,603
Amortised in financial year	<u>34,176</u>	<u>34,176</u>
At 31 March 2024	<u><u>1,855,603</u></u>	<u><u>1,889,779</u></u>
NET BOOK VALUE		
At 31 March 2024	<u><u>75,296</u></u>	<u><u>109,474</u></u>
At 1 April 2023	<u><u>109,474</u></u>	<u><u>143,650</u></u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

16. LOANS

An analysis of the maturity of loans is given below:

	2024	2023
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>564</u>	<u>-</u>

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted fund £	2024 Total funds £	2023 Total funds £
Fixed assets	733,815	7,036	740,851	793,881
Current assets	191,443	-	191,443	237,847
Current liabilities	(19,497)	-	(19,497)	(66,809)
Long term liabilities	<u>(68,260)</u>	<u>(7,036)</u>	<u>(75,296)</u>	<u>(109,474)</u>
	<u>837,501</u>	<u>-</u>	<u>837,501</u>	<u>855,445</u>

18. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
Unrestricted Funds	855,445	(30,130)	12,186	837,501
Restricted funds				
Restricted Funds	-	12,186	(12,186)	-
TOTAL FUNDS	<u>855,445</u>	<u>(17,944)</u>	<u>-</u>	<u>837,501</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted Funds	218,571	(248,701)	(30,130)
Restricted funds			
Restricted Funds	315,491	(303,305)	12,186
TOTAL FUNDS	<u>534,062</u>	<u>(552,006)</u>	<u>(17,944)</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
Unrestricted Funds	881,776	(23,013)	(3,318)	855,445
Restricted funds				
Restricted Funds	-	(3,318)	3,318	-
TOTAL FUNDS	<u>881,776</u>	<u>(26,331)</u>	<u>-</u>	<u>855,445</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted Funds	182,120	(205,133)	(23,013)
Restricted funds			
Restricted Funds	237,610	(240,928)	(3,318)
TOTAL FUNDS	<u>419,730</u>	<u>(446,061)</u>	<u>(26,331)</u>

19. CONTINGENT LIABILITIES

There is a contingent liability to repay all grant monies should they not be distributed under the terms of the various initiatives.

The trustees do not anticipate any repayment falling due under the terms on which grants were received.

20. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

TARA CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	86,078	57,475
Charitable activities		
Grants	373,901	290,834
Bookshop	313	475
Income from room rent	400	320
Courses subscriptions	11,962	12,311
Service agreements	<u>27,232</u>	<u>24,139</u>
	413,808	328,079
Other income		
Amortisation of grants	<u>34,176</u>	<u>34,176</u>
Total incoming resources	534,062	419,730
EXPENDITURE		
Raising donations and legacies		
Wages	58,086	32,524
Insurance	703	-
Rates and water	362	-
Repairs & maintenance	6,242	3,054
Computer support	783	496
Light and heat	409	5,079
Telephone	70	2,086
Postage and stationery	3,080	1,908
General expenses	458	235
Depreciation of tangible fixed assets	23,796	19,924
Catering	9,029	4,066
Professional & consultancy	5,425	5,149
Tutors	2,491	1,431
Auditors remuneration	3,321	2,641
Complementary therapy	309	119
Surplus/deficit on exchange	1,765	(331)
Bank interest	<u>1,190</u>	<u>838</u>
	117,519	79,219
Charitable activities		
Wages	270,283	234,498
Complementary therapy	26,641	7,620
Repairs & maintenance	18,081	5,790
Motor & travel expenses	20	178
General expenses	640	493
Carried forward	315,665	248,579

This page does not form part of the statutory financial statements

TARA CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	£	£
Charitable activities		
Brought forward	315,665	248,579
Rates and water	823	1,040
Insurance	8,446	7,874
Light and heat	16,400	19,786
Telephone	3,100	5,427
Postage and stationery	13,199	7,705
Computer support	1,560	1,180
Catering	13,323	7,032
Depreciation of tangible fixed assets	30,012	34,347
Professional & consultancy	16,617	11,904
Auditors' remuneration	3,879	4,259
Tutors	8,237	10,589
Bookshop	1,061	(456)
Bank & credit card charges	1,526	1,529
Project costs	<u>639</u>	<u>6,047</u>
	<u>434,487</u>	<u>366,842</u>
 Total resources expended	 <u>552,006</u>	 <u>446,061</u>
 Net expenditure	 <u><u>(17,944)</u></u>	 <u><u>(26,331)</u></u>

Tara Centre

Northern Ireland - Charity number 103397

Annual report



REPORT & FINANCIAL STATEMENTS

For the Year ended 31st March 2024



*“...in the service
of healing, peace and
holistic well-being.”*

A Warm Welcome to the Tara Centre



“There is no better way of explaining the importance of Tara than by viewing it as a timeless, sacred place, a sanctuary for all”.

Michael Slevin

Report of the Board of Trustees/Directors

The Board of Trustees/Directors presents the Report together with the Financial Statements of the Tara Centre for the Year ended 31st March 2024.

PROFESSIONAL ADVISORS

Auditors: McAleer Jackson Ltd
Chartered Accountants
and Statutory Auditors
24 Dublin Road
Omagh BT78 1HE

Solicitors: Lewis Silkin (N.I.) LLP
32-38 Linenhall St.
Belfast, BT2 8BG

McConnell & Fyffe
21 Church Street,
Omagh, BT78 1DG

Bankers: Allied Irish Bank
2-6 East Bridge Street
Enniskillen BT74 7BT

Allied Irish Bank,
Diamond, Monaghan, Eire

COMPANY STATUS

The Tara Centre is a Company Limited by Guarantee and a registered Charity. The governing document is the Articles of Association (30th September 2021).

Charity Name: Tara Centre
Charity Registration Number: NIC103397
Company Registration Number: NI037403

Registered Office & Operational Address: 11 Holmview Terrace,
Omagh,
BT79 0AH

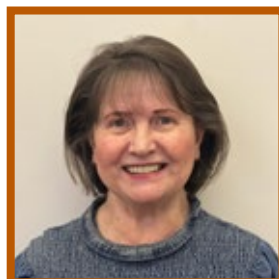
TRUSTEES/DIRECTORS



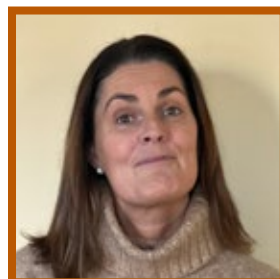
Godfrey Young
Company Chairperson



Catherine Friel
Company Secretary



Marian Harte
Company Treasurer



Tara Boyle
Deputy Chairperson



Noreen McGirr



Hugo Sweeney



Margaret Moohan
(Resigned April 2023)



John Slane



Mary O'Reilly

A Message from the Chairperson

A very warm welcome to everyone. It is with great pleasure that I present this our Annual Report for 2023-2024.

This year was a very special year for the Tara Centre and all associated with it when in November 2023 we were able to celebrate its 27-year contribution to our community

“...in the service of healing, peace and holistic well-being.”

As you may recall from previous reports we had hoped to celebrate our 25th anniversary over 2 years ago. This was not however to be as Covid restrictions prevented us from doing so.

The November 2023 celebratory event was a fitting tribute to the enormous contribution made by Maura Twohig and Mary Daly in founding the Tara Centre and the contribution they and so many others have made since its inception to ensure that the message contained in its Vision Statement remains as relevant and real as ever. Later in this report you will find some of the very memorable and meaningful testimonies presented on the day illustrating the important contribution made by the Tara Centre to healing, peace and holistic well-being. I would like to sincerely thank all who contributed to the planning and delivery of this event.

The Tara Centre continues to provide a multi-disciplinary range of services to those most in need of our help. Unfortunately, we are unable to meet all of the demands upon our services as reflected in the growing waiting list for our counselling/psychotherapy and art therapy services. There is an increasing level of need within our community and regrettably this comes at a time when we face the prospect of one of our major funders, the N.I. Mental Health Support Fund (MHSF), ceasing to provide funding at the end of September 2024. This may further diminish our capacity to meet the need which exists. Steps need to be taken at government level to ensure that vital funding for essential mental health and well-being services is maintained.

The Funding Committee established by the Board will however continue to explore other funding opportunities in the event of the probable withdrawal of MHSF funding.

During 2023-2024 there were once again changes within our management team and amongst Trustees/Directors. Victoria McCloughan joined the Tara Centre in April 2023 as our Co-ordinator of Operational Services following the departure of Diane Coyle. Kathleen McGread also finally retired at Easter 2023



and I wish to extend a special word of thanks for her dedication and commitment to Tara over so many years and especially during the challenging Covid period. I wish also to pay tribute to Katrina our General Manager, John our Co-ordinator of Therapeutic Services and Victoria our Co-ordinator of Operational Services, for their dedication and commitment throughout the year. They collectively ensured the on-going provision of services and programmes whilst at all times adhering to the Tara Centre vision and ethos.

In terms of changes to Board membership April 2023 saw the retirement of Margaret Moohan and in October 2023 we welcomed our newest Director Mary O'Reilly. In March 2024 the position of Deputy Chairperson was created and one of the existing Directors, Tara Boyle, was appointed to the role. There were 8 Directors at the beginning of the year and 8 Directors at the year-end. I wish to thank my fellow Directors for their on-going commitment and support.

Turning to the important issue of governance and the responsibilities of the Board of Directors/Trustees there were 9 Board meetings during the year with the required quorum met on all occasions in accordance with our Articles of Association. In addition to attendance at Board meetings nominated Directors attended meetings of Committees including the Finance Committee, Funding Committee and Salary Sub-Committee plus the Anniversary Planning group and Strategic Review and Business Plan Planning group. The Committees referred to are fundamental to our succession and sustainability strategies. They also enabled all statutory requirements to be met in terms of submissions to both the Charity Commission for Northern Ireland and Companies House.

This year's final accounts are included for your information. Suffice to say that there are on-going challenges related to underfunding of staff costs and overheads related to such matters as the maintenance of our beautiful Tara Centre building. These are challenges faced by all organisations working in the

charitable sector. Given this difficult financial climate we remain eternally grateful for the contribution made by our funders both large and small and of course those who so generously make contributions by monthly standing order and by donations.

Another important aspect of the Board's governance role is of course that of strategic management and development and once again these were very much the focus of its attention and indeed that of Company Members. During the year a strategic review was undertaken and in March 2024 a one year Strategic Review Action Plan was approved by the Board.

Included amongst the priorities for action were:

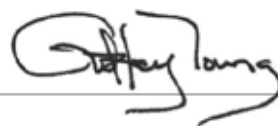
- A review of the Managements Structure and Administrative Support;
- Archiving the development and history of the Tara Centre;
- Improving induction and appraisal systems;
- Developing a Funding and Sustainability Strategy;
- Developing a Communication Strategy;
- Maintaining and developing Tara Centre services.

The following policies were also updated and approved by the Board in 2023-2024:

- Data Protection Policy
- Children and Adults Safeguarding policies
- Health & Safety Policy

Work was also on-going in relation to a number of policies including our Complaints, Protecting Life, Social Media and Records and Document Management policies.

Finally, on a very positive note, work is on-going in relation to the transfer of the Tara Centre property from the Mercy and Presentation Orders to the Tara company. When completed this will represent a further important milestone in the progress and development of the Tara Centre company and its commitment to deliver a range of healing, peace and holistic well-being services for the benefit of the people of Omagh.



Godfrey Young MBE
Company Chairperson



Aims and Objectives of the Company

The Tara Centre was founded in June 1996

“...in the service of healing, peace and holistic well-being”.

The Company's purposes, as set out in the Articles of Association, are:

- (i) “the advancement of health and the saving of lives by bringing relief to those in distress or despair through healing and transcending pain and trauma;
- (ii) The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage;
- (iii) The promotion of conflict resolution and reconciliation, religious and racial harmony, and equality and diversity;
- (iv) The advancement of education by nurturing a deep, active and enlightened awareness of humanity and the wider universe;
- (v) The promotion of such other charitable purpose as may from time to time be determined.”

Ethical Principles

Core Values and Ethical Principles, inspired by the Tara Centre's founding vision, inform every aspect of life throughout the Company.

The ethos of the Centre emanates from these values and principles.

Together they underpin and inform the entire living culture of the organisation.

- **Integrity**
- **Respect for all**
- **Compassion**
- **Confidentiality**
- **Transparency**
- **Accountability**

“Generosity is the most natural outward expression of an inner attitude of compassion and loving kindness”

Dalai Lama

Vision Statement

We believe that, in essence, there is
a quintessential unity to the
whole of life.

Our Mission at Tara is
to develop an awareness of this truth
and support the practice of living life,
in all its aspects,
from this perspective.

*Coming from this perspective,
the multi-disciplinary range of services
offered at Tara
focusses principally on:*

- * healing and transcending pain and trauma;
- * bringing hope to those in despair;
- * building an inclusive community of peace
and reconciliation;
- * supporting those who seek to free themselves
from the poverty trap and its negative consequences;
- * educating beyond narrow, divisive, tribal loyalties;
- * encouraging a deepening awareness
of this amazing universe
-manifest and unmanifest-
which sustains and embraces the whole community of life
and within which, we, humans,
discover and cherish our true identity
and our life's purpose.

Profile of Tara's Governance Structures

MEMBERS

The Members are the custodians of the vision, ethos and values of the Company; they appoint the Board of Directors and the Auditors, make decisions regarding any alteration of the Articles of Association of the Company and other matters so required by statute. The Members are responsible for ensuring fidelity to the founding vision of the Company.

BOARD OF DIRECTORS

The Board of Directors runs the Centre on behalf of the Members and takes full responsibility for developing an appropriate strategy to this end, implementing the strategy, assessing risk, making commercial decisions and ensuring good governance. The Board of Directors is accountable to the Members.

MANAGEMENT TEAM

The Management Team holds delegated authority from the Board of Directors to implement the strategy on behalf of the Board and takes responsibility for managing the organisation within the legislation as set out in the Companies Act 2006. Management is accountable to the Board of Directors in line with agreed reporting protocols.

Governance in Practice at Tara

Good Governance at the Tara Centre is ensured by relying not only on its own Core Values and Ethical Principles, but also by operating in accordance with the Code of Good Governance Principles approved by the Charity Commission NI and articulated succinctly by NICVA, as stated below.

An effective Board will provide Good Governance and leadership by:

- (i) understanding its role and responsibilities;
- (ii) working well as individuals and as a team;
- (iii) ensuring delivery of organisational purpose;
- (iv) exercising appropriate control;
- (v) behaving with integrity and being open and accountable.

Principle 1

The Board of Trustees/Directors safeguards the ethos, values, vision and reputation of the Tara Centre, ensures that the Company acts in compliance with the Articles of Association, which were revised in September 2021, takes responsibility for the stewardship of the Centre's assets, for the Centre's operating environment and for its structure, oversees the work of the Centre, and fulfils its obligations in terms of its legal duties.

Principle 2

The Trustees/Directors of the Company meet approximately once per month. They are adequately trained in the exercise of this role and provide sound governance and authentic leadership by working well both as individuals and as a team under the steady guidance of an experienced and competent Chairperson.

Principle 3

The Board ensures that the Tara Centre's purpose remains relevant and valid by regular evaluations of the services, and assessing the outcomes and impact. The Annual Budget is monitored by the Board on a quarterly basis and proposed spending is presented against agreed plans and budgets at the regular meetings of the Board. Amendments are made to plans and budgets as appropriate. In its governance and leadership role, the Board of Trustees/Directors maintains a positive relationship with the General Manager who presents a detailed Report on all operational matters at meetings of the Board.

Principle 4

The Board of Trustees/Directors, as an accountable body, exercises appropriate control by:

- (i) Ensuring there is a comprehensive understanding of and compliance with all legal and regulatory

requirements that apply to them according to their level of responsibility within the organisation.

- (ii) Ensuring proper accounting records are maintained which accurately disclose, at any time, the financial position of the Company thus ensuring that the financial statements comply with the Companies Act 2006, the Charities Act 2006 and the Companies Act (NI) 2008, the Charities (accounts and Reports) Regulations (NI) 2015, and the Charities Act 2008 (Substitution of Sums) Order (Northern Ireland) 2015 and with the Statement of Recommended Practice for Accounting and Reporting by Charities. This includes outsourcing particular areas of financial management to an Accountancy Agency to ensure maximum regulatory compliance.

i. Financial Management

At Tara the critical aspect of good governance, the management of the finances, is delegated to a Finance Committee (FC) of the Board.

The members of the FC are the Chairperson of the Company, the Company Secretary and the Company Treasurer. The FC meets on a quarterly basis and also in attendance at its meetings are the General Manager, the Coordinator of Operational Services who has responsibility for management accounting and the Company Accountant.

The FC reviews and previews all aspects of the finances of the Company. In this context a detailed Quarterly Financial Report is presented with observations and/or recommendations from the Company's Accountant. This Report is submitted by the Company Treasurer at the next meeting of the Board as a basis for decision making by the Board.

In compliance with Company Law, the Board of Trustees/Directors acting on behalf of the Company approves and submits the financial statements for each financial year. The FC reviews the final accounts prior to their submission to the Board of Trustees/Directors for approval. The protocol/procedure followed to this end is as follows:

- * suitable accounting policies are set and applied consistently;
- * the methods and principles in the Charities SORP are observed;
- * judgements and estimates are made which are reasonable and prudent;
- * applicable accounting standards and statements of recommended practices are followed without any material departures;

- * financial statements are prepared on the 'going concern basis', unless it is inappropriate to presume that the Company will continue in business

The total income and all assets of the Company have been and will continue to be applied solely towards the promotion of the Tara Centre's charitable purpose.

ii. Statement as to Disclosure of Information to Auditors

As far as the Board of Trustees/Directors is aware, there is no relevant auditing information pertaining to the Tara Centre, (as defined by the Companies Act 2006), of which the Company's Auditor is unaware. To this end, each Trustee/Director, has taken all the steps that he/she ought to have taken as a Trustee/Director in order to make himself/herself aware of relevant audit information and to establish that the group's auditors are aware of that information.

iii. Management and Staffing

The leader of the Management Team, the General Manager, holds delegated authority from the Board of Trustees/Directors and is directly accountable to them. The General Manager exercises responsibility for planning, developing and managing the services and the strategies of the Tara Centre, within clear policies and procedures set by the Board of Directors. This includes exercising responsibility for finance, human resources, service delivery, customer relations, marketing, stakeholder communication, public relations, media strategy, policy and professional practice, and IT systems.

The General Manager ensures that a staff team is recruited and supported to provide the skills and expertise needed to run a successful organisation and to deliver its services in a manner that upholds the ethos and values of the Tara Centre Company.

Given the exceptional level of confidentiality and safeguarding considerations enshrined in the professional Code of Ethics which pertains to the services of counselling/psychotherapy and art therapy offered at Tara, the General Manager works in particularly close co-operation with the Co-ordinator of Therapeutic Services (COTS). The Tara Centre is a member of the British Association of Counselling and Psychotherapy and adheres to its Code of Ethics.

The General Manager also works closely with the Coordinator of Operational Services (COOS) who has line management responsibility for Tara support staff as well as a range of duties which include managing the day to day finances of the company.

iv. Risk Management

The Board of Trustees/Directors has ensured the implementation of all aspects of its Risk Management Strategy which comprises;

- * the creation and propagation of policies, systems and procedures to mitigate potential risks;
- * the implementation of procedures designed to minimise or manage any potential impact on the Charity should these risks materialise.

Principle 5

The Trustees/Directors of the Board are appointed by Company Members at its Annual General Meeting or at a General Meeting of Members convened for this purpose. In appointing Trustees/Directors, careful consideration is given to ensuring that prospective appointees:

- Embrace the core values which emanate from the founding vision of the Centre as articulated in the Vision Statement;
- Act with integrity at all times;
- Act according to high moral standards;
- Identify and understand conflicts of interest, which are declared prior to appointment and checked at the beginning of each Board meeting;
- Commit to being a Trustee/Director of the Tara Centre Company which values and adheres to being open and accountable;
- Possess the relevant skillsets and the expertise considered necessary to achieve the strategic aims and direction of the Tara Centre Company;
- Are capable of maintaining independence of decision making;
- Understand and embrace the Tara Centre's responsibilities to the wider community, to society, and to the environment;
- Know and honour the Tara Centre's responsibility in promoting equality and good relations;
- Respect the Tara Centre's commitment to listen and respond to the views of beneficiaries, service users, funders and supporters.

“Tara... a place from which there is a broad perspective”.

Michael Slevin

Report from the Desk of the General Manager

The past year at the Tara Centre has been one of profound reflection and renewal. Guided by our vision of fostering healing, peace, and holistic well-being, we have navigated a period of strategic realignment, operational optimisations, and continued with our impactful service delivery. Despite challenges rooted in the disruptions of recent years, including the aftermath of the COVID-19 pandemic, we are proud that our work remains a beacon of hope for the community we serve.

The year was marked by a renewed focus on reviewing and refining processes and procedures that had suffered from disruption. This critical work went hand in hand with the Strategic Steering Group and the practical, day-to-day dedication of our staff. With a spirit of collaboration, we undertook a thorough examination of roles, consolidated our recruitment procedures and operational practices, ensuring they reflected the highest standards and aligned with our values of integrity, respect, compassion, transparency, accountability, and confidentiality.

Among the year's highlights was our celebratory event, an exceptional occasion that brought together our supporters, staff, and service users to honour the essence of Tara Centre's mission. It symbolised not only our gratitude but also our commitment to connecting with the community and fostering resilience.

Our operational capacity has seen significant improvements. The full implementation of the SAGE electronic accounting system streamlined financial management, enhancing both efficiency and transparency. Cost-saving measures further strengthened our financial sustainability without impacting on the quality of our service delivery. While the bookshop remains inactive, this too is under review as part of our ongoing strategic planning.

The Centre's service delivery continued to be wide-ranging and impactful. Our counselling/psychotherapy and art therapy services provided vital support to clients navigating complex challenges such as anxiety, trauma, bereavement, and personal relationships. This year, there was an increase in delivering counselling/psychotherapy and art therapy and complementary therapy sessions. Please refer to John Friel's (Co-ordinator of Therapeutic Services) article on the next page for more details in respect.

Education and personal development continues to be at the heart of our activities. The Centre hosted an array of workshops and seminars, including sessions on positive mindsets, energy healing, and dream work. Weekly meditation groups and yoga classes continued to provide spaces for reflection and growth, while our annual Christmas Meditation remained a cherished tradition. While we are eager to explore new territory in this realm, the year 23/24 was still marked by engaging past presenters that guaranteed the delivery of high quality

content our audiences so much rely on. As always, we have placed a strong emphasis on evaluation and feedback. Participant evaluations from workshops offered valuable insights into their experiences. These measures are essential for continuous improvement and for tailoring our services to meet the evolving needs of our clients.



Support groups such as PATHS and the Omagh Men's Support Group continued to offer a nurturing environment for individuals to share their experiences and find solace, hope, and strength. The feedback from participants affirms the transformative impact of these important gatherings on their lives.

Throughout the year, we completed repairs to our dining room, continued to follow rigorous fire safety protocols, and regular servicing of equipment reflect our commitment to providing a safe and welcoming environment for all who enter our doors. Safeguarding training and the development of a risk register ensure we remain vigilant and proactive in managing risks.

Financially, we owe deep gratitude to our funders, including the Western Health & Social Care Trust, VSS, the Mental Health Support Fund, the Mercy Project Fund, Awards for All from The Lottery Foundation, and our generous donors. Their support has been instrumental in enabling us to run the Centre and deliver our wide range of services. Regular monitoring of grants and service-level agreements ensured that we maintained transparency and accountability in all our financial undertakings.

In conclusion, the 2023/24 period has been a year of reflection, growth, and achievement. As we look ahead, we carry with us the lessons of this transformative year and deep gratitude for the enduring support of our funders, staff, and community members. Together, we reaffirm our commitment to bring healing, peace and holistic well-being to the community.

My deep thanks go to Maura and Mary and their unwavering support and infinite wisdom in practical and spiritual realms; to Godfrey who is inspiring through his exemplary leadership and who is a joy to work with; to the Tara Centre Board and Company Members with their extraordinary dedication volunteering infinite working hours; to my dear colleagues, past and present, who deliver an exceptional service to the Community; and all our friends who fill this building with their unique light and energy.

Katrina Deas

Counselling/Psychotherapy

Ethos

The ethos of the Tara Centre is one of reverence and respect for life, compassion for pain and suffering, and a conviction that what hurts can heal. A holistic perspective is adopted whereby, the physical, emotional, intellectual, volitional and spiritual dimensions of the person are honoured.

Professional Standards

The Tara Centre is a registered member of the British Association of Counselling/Psychotherapy and is committed to the Ethical Framework for the Counselling Professions published by BACP in 2018.

Tara Centre counsellors/psychotherapists are professionally trained to at least Practitioner Diploma Level. They are accredited by a recognized professional body, e.g., BACP, IACP, BABCP, IAHIP or are actively engaged in the accreditation process. They are committed to personal supervision, on a monthly basis which is provided by a qualified and accredited external supervisor. All counsellors/psychotherapists also have monthly clinical supervision provided by the Co-ordinator of Therapeutic Services.

Counselling/Psychotherapy Provision 2023/24

In 2023/24, we provided 4,111 counselling/psychotherapy sessions for 301 clients. This was an increase from 2022/23, when we provided 3,539 counselling/psychotherapy sessions for 292 clients. **Figure 1** on the following page shows the overall increase in numbers of counselling/psychotherapy and art therapy clients and sessions.

Counselling/psychotherapy is available at the Centre for individuals of all ages over eighteen years who seek healing, hope, inner peace and a renewed sense of purpose in life. Clients who attended for counselling/psychotherapy during 2023/24 presented with a range of issues that included, anxiety, depression, low mood, stress, bereavement, trauma, abuse, domestic violence, suicide ideation, self-esteem, personal relationships, gender and/or sexual identity, NI Troubles related trauma, isolation and anger management.



Counsellors/Psychotherapists Training

Tara Centre Counsellors/Psychotherapists completed a range of Continuous Professional Development training workshops both individually and collectively as a team. The following are some examples of the training completed:

- Attachment, Trauma and Psychotherapy: Neural Integration for Resilience and Well-being - Dan Siegel - Online
- Genspect Conference, Killarney – “The Bigger Picture” - Online
- Effect of Trauma on the Individual and Relationships
- Trauma Informed Care
- Neuroscience – the body and trauma
- Working therapeutically with dissociation
- Suicidal thoughts and ideation – BACP
- Internal Family Systems
- Shame and the Person Centred Approach
- Neuroplasticity: The learning Model of Addiction
- Resolving trauma – A Somatic Approach
- Grief Trauma
- Supervision Training

John Friel

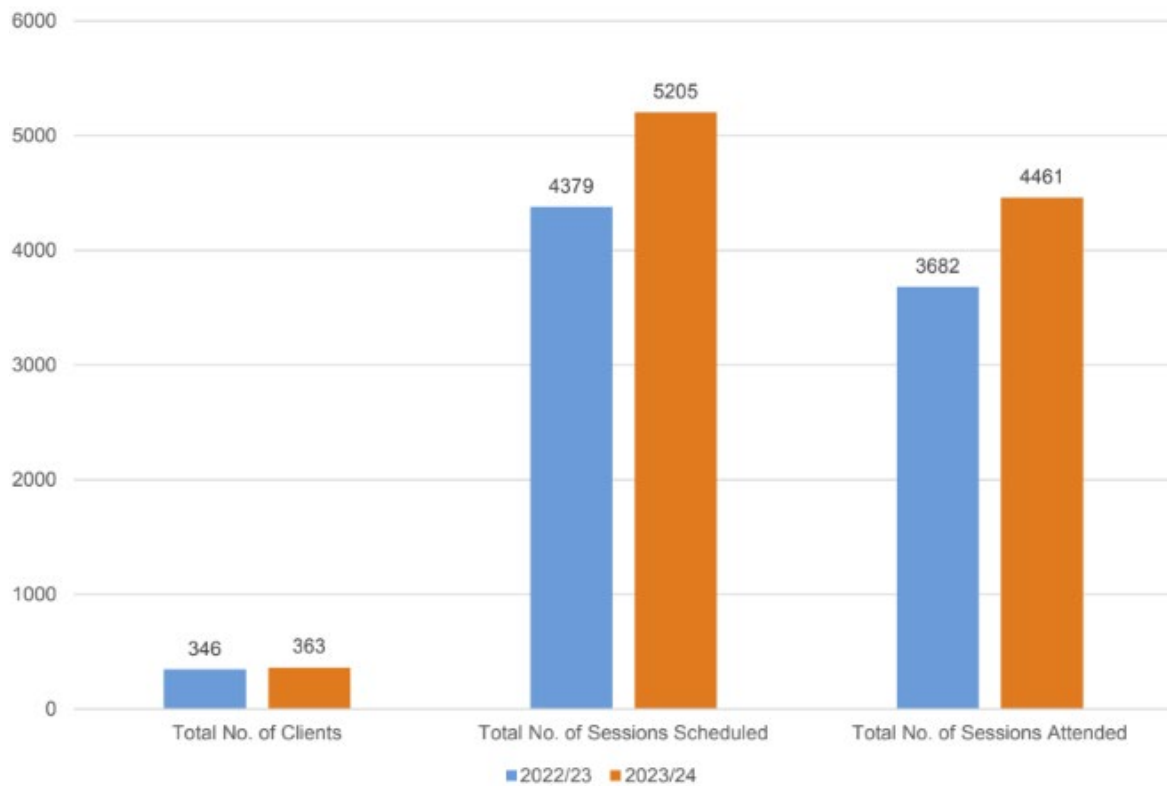
Co-ordinator of Therapeutic Services

“Sometimes our light goes out, but is Blown again into instant flame by an Encounter with another human being”.

Albert Schweitzer

Counselling/Psychotherapy/Art Therapy

Fig 1: No. of Clients/Sessions



Counselling/Psychotherapy Client Feedback

I learned that I was normal, just the same as everyone else and I am worth something.

Invaluable service available in the local community. I feel truly lucky to have been supported by the Tara Centre during very difficult time.

My therapy has helped me with my grieving and my sickness.

I am feeling a lot better in myself and I would recommend the service to others.

I have learned about how past events can impact you for many years.

I've learned to move forward with life.

My counselling was life changing and I am very grateful.

I gained during my therapy sessions the understanding that I cannot do everything or be everything to everyone. Taking a step back.

I was sceptical before I started my sessions. I am now very happy and satisfied with the service provided by the Tara Centre.

I am in a much more hopeful place.

I am in a better place than I have been for a long time, my counsellor has been an inspiration.

My therapist was genuine and empathic, she made my thoughts and experiences feel valid and important. I feel much more positive moving forward.

I have enjoyed attending for counselling at the Tara centre, always welcoming and friendly atmosphere.

Tara Centre Celebrates 27 Years

"...in the service of healing, peace and holistic well-being"

On Saturday, 18th November the Tara Centre, a beacon of support in Omagh, marked its remarkable journey of 27 years with a celebratory event, made possible with funding from the National Lottery Awards For All Grant. The celebration, attended by 120 selected guests and live-streamed with viewers from Australia, Germany, and the Republic of Ireland, marked a significant milestone in the Centre's history.

The event was opened by the Chairperson of the Board of Trustees/Directors, Godfrey Young MBE, who gave a warm welcome to the audience. He expressed sincere thanks to those organisations and individuals who had vitally contributed to the creation and on-going development of the Tara Centre. Mary Daly, Co-founder, led a centering exercise which calmly closed with the reading of the Centre's Mission and Vision Statement, setting the tone for the day. Maura Twohig, Co-founder, enriched the morning's programme with 'How it All Began' from its foundation in 1996. The audience showed their appreciation to both co-founders with a standing ovation.

Setting an uplifting tone for the afternoon were a number of heart-warming pieces sung by the Omagh Community Youth Choir accompanied by its Musical Director Daryl Simpson. The Chairperson along with local musicians Tom Sweeney and Gerarda McCann later added to the celebratory atmosphere with further pieces of poetry and song.

Keynote speaker Tim O'Connor, who served in the Department of Foreign Affairs during the critical period of the Peace Process addressed the audience giving an insight into peace and reconciliation with warmth and humour. Moving the theme 'from macro to micro', Mr O'Connor's words eloquently underscored the Centre's significant contributions to peace and reconciliation, echoing the sentiments of many who have witnessed and benefitted from the Centre's work over the years. Alice Phoenix, wife of the late historian and Tara Centre friend Dr Éamon Phoenix, reiterated in her follow-up speech the importance of the centre's work in this realm. 'Remembering' marked a part in the programme in which contributors who have passed and who had formed an essential part of shaping the Tara Centre were fondly called to mind.

The theme 'Bearing Witness' celebrated the power of transformation, with five thought provoking talks. The speakers spoke with emotion and passion as to how the multidisciplinary approach of various services and programmes available at Tara have positively impacted



lives. Please refer to page 19 for a full transcript of one witness's talk. "All change comes from within" another speaker concluded, thanking the centre and its therapists. "I came with a broken heart, and I was always received with an open heart".

The Tara Centre, since its inception, has been a cornerstone in the community, providing invaluable support and fostering a spirit of healing, peace and holistic well-being. This milestone event, with its blend of music, testimonials, and inspiring speeches, was not just a reflection of the Centre's past but a beacon of hope and resilience for the future.

As the Tara Centre looks forward to continuing its vital work in the community, the support and involvement of people from all walks of life remain integral to its enduring success.

Link to view the full event:

<https://www.youtube.com/watch?v=c2BBYPRtzGk>



Board with keynote speaker

BACK ROW: Marian Harte, Catherine Friel, Tara Boyle, Hugo Sweeney, Noreen McGirr, Mary O'Reilly, John Slane
FRONT ROW: Tim O'Connor (keynote speaker), Godfrey Young (Chair)



Co-founders with keynote speaker and Chair

Tim O'Connor, Mary Daly, Maura Twohig, Godfrey Young



Speakers and musicians with GM

BACK ROW: Tom Sweeney, Katrina Deas (GM), Katrina McCrory, Lorena Cassidy, Fergus Cumiskey, Gerarda McCann, Joe Cuthbertson
FRONT ROW: Alice Phoenix, Declan Coyle



Lunch

(Photo taken in Réalt Na Mara, the meditation room at the Tara Centre)



Audience

(Photo taken in the Great Hall at the Tara Centre)

“We can't understand Tara and its power without understanding what's happening in the wider society. And you can't understand that wider world without understanding the lessons that Tara teaches us every day here.”

Tim O'Connor

Art Therapy

When Words Are Not Enough



Art Therapy is a form of psychotherapy that uses the art media as its primary mode of expression and communication. Artistic ability is not a requirement as the focus is on providing a non-judgemental environment in order to nurture creativity and healing when words do not come easily.

The art object can function for the client in a number of ways, from creative expression, catharsis, mirroring the self, relaxation, communication and the containment of difficult or painful feelings, depending on the individual's needs and journey within the safe and supportive structure of the therapeutic space.

Professional Standards

Art Therapists at the Centre are professionally trained and adhere to the highest professional standards in accordance with the British Association of Art Therapists (BAAT) Code of Ethics and of the Health Care Professions Council, (HCPC), Standards of Conduct, Performance and Ethics.

Art Therapists at Tara work primarily with, though not exclusively, with children and young people. In the therapeutic space, the making of visual images in the presence of the Art Therapist can contribute towards the externalisation of thoughts and feelings which may otherwise remain unexpressed.

Art Therapy Provision 2023/24

2023/24 was a very successful year for our Art Therapy service. We provided 1,094 art therapy sessions for 62 clients, this was an increase from 2022/23 when we provided 840 sessions for 54 clients. Children and young people who attended for Art Therapy presented with a range of issue including, anxiety, attachment, bereavement, low mood, experiencing terminal illness of a parent or sibling, trauma, abuse, gender and/or sexual

identity issues, autism/Asperger's/ADHD, bullying, parental separation, Special Education Needs (SEN), pressures of social media, mutism and self-esteem. Art Therapy is not only for children and young people, some adults also choose Art Therapy. They find that Art therapy facilitates a unique way of expressing feelings without the need for words. It helps them to grow in awareness and process their emotions in a way that they find more helpful than Talking Therapies.

Art Therapy Feedback

The positive impact that Art Therapy can have on the lives of children, young people and adults includes, reduction in stress, anxiety, depression and growth in confidence/self-esteem. Art Therapy can help clients to improve their social skills and increase their sense of well-being and internal strength for healing. The following is some of the feedback we have received from parents/guardians whose children and young people attended for Art Therapy:

- My son has improved by being able to explain how he is feeling sometimes rather than lashing out in anger.
- I would recommend the Tara Centre, my child learned coping mechanisms and recognised that her behaviour needed to change, her behaviour has improved, and this has helped our home life.
- My daughter had an amazing time attending Art Therapy, she was always keen to attend her weekly appointment.
- My daughter has come on immensely with her self-confidence and her anxiety going to school has completely stopped six weeks ago.
- The Art Therapist was just fantastic with my son who has selective mutism, she was able to help him express his feelings. I would definitely recommend the Tara Centre.

*“No-one else can see the world the way you see it;
No-one else can feel your life the way you feel it”.*

John O'Donohue

Bearing Witness: My Experience of Art Therapy

This article is the transcript of Katrina McCrory giving testimony at the Tara Centre's celebratory event.

Friends of the Tara, it is a privilege to celebrate with you all on this special day and to share my experience with this very special place. My name is Katrina McCrory. I'm from Omagh. At 3 years old, I became the youngest user of this service.

Like any child, I was drawn to art and creative forms of self-expression. In the wake of the bomb, my mum noticed this very medium conveying a different kind of expression. Scribbles of dinosaurs and tigers were replaced by angry blotches – in hues of black, red and orange. My behaviour changed markedly – I became distressed at seeing objects floating or flying away for fear of 'losing control'. Childish games, like blowing bubbles and playing with balloons incited terror and confusion, not only for myself, but my family. A local health visitor listened to these concerns, and recommended that we contact the Tara Centre for advice.

I began a course of art therapy here at the Tara Centre, with Margaret. Those Thursday afternoon appointments became a fixture in my early childhood development. I saw the Tara as something of an otherworldly place – the old staircase leading to a fortress above Campsie. The smell of wax, clay and paint opened a portal to a new realm of possibilities and imagination. Most importantly, I felt safe here. Safe enough that I could talk about "the Monster". I could draw it and confront it, at 3 years of age.

Even at that age, I had a sense of the transcendental power of the Tara Centre. The protection continued even when I left the 'fortress'. My nightmares were caught by the trusty Dream Catcher which came from the Tara. The music, the lighting and essential oils that soothed us at night came from the Tara. We understood that meant they were powerful! The sanctuary that the Tara Centre offered to our family and other families like ours, remained constant in those confusing and painful years following the bomb.

Through the medium of art therapy, I could convey emotions that I couldn't comprehend at 3 years old. The 'distraction' of using my hands whilst talking about my worries with Margaret opened up parts of my mind that couldn't be accessed through words. This offered solace from the symptoms, and allowed me the opportunity to resume an otherwise happy childhood. Even at this young age, I began to develop a strong sense of oneness with my inner self, and an ability to recognise and communicate my worries and fears.

It was this recognition that would lead me back to the Tara Centre 13 years later. Turbulent teenage years had arrived, and with it too unfortunately, a resurgence of those same feelings of losing control. Whilst I could articulate the superficial emotion to school counsellors, I couldn't have grasped how my early childhood experience could still

manifest all this time later, subconsciously.

I returned to the art therapy sessions with Margaret, and although the Centre itself had changed, the sense of solace and sanctuary here remained the same. The weekly sessions were challenging at times as I had to confront not only my present circumstance, but the trauma from childhood that now felt like they came from a distant, past life.

Through the mediums of mosaic, clay, wax etc., I could engage with my feelings at my own pace. Weekly, we worked towards milestones both physically in terms of the art, as well as emotionally. Margaret helped me to draw my own conclusions about my feelings and experiences, fostering the development of intuition and self-awareness.

After concluding the course of therapy, I went on to make the most of the time I had left in school, before I headed off to England to continue my studies. As I began to navigate the world as an adult, I encountered new experiences, new opportunities, and new challenges. I soon realised that with independence comes responsibility for your own well-being. The ability to trust my intuition and to listen to my inner self (things that the Tara Centre taught me), has made me the person I am today.

I was diagnosed with Obsessive-Compulsive Disorder just over a year ago, which can manifest occasionally as intense, sometimes overwhelming anxiety. This is likely a culmination of early childhood and adolescent experiences. An 'early' diagnosis and the success of the treatment was made possible by the strong foundations of self-awareness and healthy coping mechanisms, laid here by Margaret and the Tara Centre, for which I will be forever grateful.

Confronting the monster in whatever guise or form, at either 3 or 28 years old, is never easy. My own anecdotal experience shows that inner solace is never a destination – it is a journey, and a lifelong one at that. I am indebted to the Tara Centre for equipping me with instruments to manifest a future free from trauma and despair. I am also grateful that the Tara's unfaltering presence in the town has granted this opportunity to so many others.

Permission to make time for and to acknowledge one's feelings is ever diminishing in this busy world. By failing to listen to our inner selves, we may unwittingly perpetuate cycles of trauma and despair. As beneficiaries of the Tara Centre, and as people from Omagh, we represent a generation of people who are not defined by any collective trauma, but instead, offer hope that there is a future beyond despair. And now more than ever, we need healing and sanctuary – we need places like the Tara.

Katrina McCrory

Complementary Therapies

Complementary Therapy treatments are a significant dimension of the multi-disciplinary approach taken at the Centre...

“...in the service of healing, peace and holistic well-being”.

In keeping with the Centre's strongly held belief that 'one size does not fit all', Tara offers a range of Complementary Therapy treatments in addition to other therapeutic and life-enriching interventions available at the Centre.

- We provided Reflexology, Aromatherapy and Indian Head Massage Complementary Therapy treatments in 2023/2024.
- 733 VSS Funded Complementary Therapy treatments for 102 clients were provided during 2023-2024 and 18 Private Complementary Therapy treatments.
- Main presenting issues - Anxiety, Chronic Pain, Insomnia, Isolation, Low Mood, Stress, NI Troubles related trauma and Health Related Conditions.
- The Tara Centre is a registered member of the Federation of Holistic Therapists (FHT) UK, a professional association operating a healthcare register for qualified professional and insured therapists. All adhere to the core principles of the FHT Code of Conduct and Professional Practice.



Complementary Therapy Client Feedback

“I really enjoyed the sessions and I am very grateful to my complementary therapist and the Tara Centre for providing me with the opportunity to receive these treatments.”

“The treatments have really helped my anxiety levels. My mood has improved greatly as well. Thank you for the treatments.”

“I really enjoyed my sessions and they have contributed to my symptoms greatly improved.”

“Treatments are excellent at the Tara Centre.”

“It has been a pleasure to receive these complementary therapy treatments. Thank you.”

“My complementary therapist was amazing. I benefitted greatly from the treatments.”

“I feel less stressed and my sleep pattern has improved. Thank you.”

“The complementary treatments are excellent at Tara.”

Meditation – A Way of Life

Ever since the Tara Centre opened in June 1996, the practice of meditation, as part and parcel of everyday life, has been facilitated as a “user friendly” approach to the deepening of “...healing, peace and holistic well-being” in our lives.

In recent years the practice of mindfulness, closely associated with Eastern spirituality, has put down deep roots in the West. At Tara, we have always approached the teaching of meditation from a generic perspective which respects each participant’s world view and spiritual orientation.

We have adapted our programme to include an appropriate emphasis on core elements on mindfulness within the broad canvas of the universal, age old multi-faceted generic approach to the practice of meditation which had been the context within which we offer our teaching.

Soul of Healing Meditations, led by Maura Twohig and Mary Daly were delivered in the Tara Centre in May, June, October and November 2022 and in the Spring Term 2023. The annual Christmas Meditation took place on 12th December 2022.

Weekly Meditation Sessions, led by Mary Daly were held throughout the year.



“Meditation practice isn’t about trying to throw ourselves away and becoming something better. It’s about befriending who we are already”.

Pema Chodron

Educational Seminars and Workshops

The holistic philosophy which informs the Tara Centre's vision encourages intellectual inquiry and shapes a wide range of healing and life enhancing initiatives.

The Educational Seminars and Workshops delivered by the Tara Centre provide participants with the opportunity to explore the meaning of life to growing understanding of the nature of human behavior and its complexities, to learn and appreciate the culture and history of this country and these islands towards building a reconciled society, to experience stillness and peace through meditation and mindful living, to find pathways towards holistic living, and to grow in the awareness of this amazing universe of which we, humans, form a creative and integral part.

Workshops and Seminars: delivered April 2023- March 2024

- Declan Coyle – The Green Platform
- Kathleen Duffy – Working with the Wisdom of our Dreams
- Bronagh Starrs – Parenting Adolescents
- Dr Aileen O'Kane –An Introduction to Ayurveda
- Michael O'Doherty – Bio-Energy Healing: Triple 8. A New Model of Living
- Meditating Together with Mary Tuesday mornings
- Meditation Soul of Healing (Maura & Mary)
- Christmas Meditation (Maura & Mary)



“There can be no growth if we do not remain open and vulnerable to what is new and different. I have never seen anyone take a risk for growth that was not rewarded a thousand times over”.

Meister Eckhart

Testimonials

Anonymised Extracts from Client Evaluations

Declan Coyle
The Green Platform

- "The course has given me tools to improve my life".
- "Be positive and grateful for what you have in your life and that you have the choice to change it".
- "Don't focus on the outcome. Positive thoughts process".
- "I won't be afraid of the outcome, – enjoy the experience".



Kathleen Duffy
Working with the Wisdom of our Dreams

- "How everything is connected, – the importance of listening to our dreams".
- "Very interesting to learn about what dreams are telling us".
- "Pay attention to what is happening in your life at the time of dreams".
- "Dreams are communicating with us, – messages from the soul to promote healing".



Dr Aileen O'Kane
An Introduction to Ayurveda

- "a deeper understanding of a good diet and body composition".
- "to gain knowledge of nutrition, well-being, mental health, mind, body and spirit".
- "excellent informative course, presented by a well-informed professional with confidence and compassion".
- "I feel this course gives great wealth of information on how to tailor lifestyle".



Michael O'Doherty
Bio-energy Healing: Triple A – A New Model of Living

- "it gives an opening into the safe approach to improving our attitude to health and well-being".
- "thank you for broadening my knowledge to recovery and healing, to know good techniques to work with".
- "This event is hugely beneficial for everybody from all walks of life, you won't be disappointed with the information and the techniques taught".
- "an excellent, informative, participative workshop. Michael is a font of knowledge".



Yoga at Tara

When entering the building, people often comment on the ambiance, the relaxed peaceful atmosphere which provides a safe nurturing space for all. It is in this beautiful space that I have been teaching Yoga since 1998, and to this day a number of the students still attend these classes.

Yoga, an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental well-being, has much to offer in today's world. One of the basic aims of Yoga is to harmonize and bring balance to the mind, body and emotions through using postures, breath and relaxation techniques. The postures are performed slowly and mindfully, keeping the body supple and helping to alleviate any physical discomfort. As the practice deepens, ones capacity for developing self-awareness improves the general well-being.

Yoga classes were held twice weekly for Beginners and Intermediates throughout 2023-2024, with an average of 20 persons attending per 10 week programme block.

The Tara Centre has a very special place in my life. There is a great sense of community, a care for all who walk over its threshold. I have made many friends through the years – I feel I belong here. It feels like home.



Heather Kemps
Yoga Teacher

Comments from Clients

"Heather is a fantastic teacher, so calm and informed. I am very grateful for her."

"Thank you Heather for the excellent yoga classes, well-placed and inspirational meditations and positive affirmations."



Support Groups

The ethos of the Centre and its ambience provide a safe and nurturing space for groups. It is the Centre's policy to continue to have this service available, particularly for groups whose members may be experiencing a especially vulnerable period in their lives. The Groups who avail of the facility on a regular basis are PATHS and Omagh Men's Group.

PATHS Omagh

Supporting families and individuals bereaved by suicide.

We are a confidential self-help group. We meet on the second Tuesday of every month in the Tara Centre Campsie Omagh at 8 pm.

What we provide:

- We provide a safe environment for people to share their thoughts, feelings and emotions.
- We explain the suicide bereavement process.
- We offer one – one counselling and alternative therapies for members who need them.
- We provide opportunities to learn from each other.
- We educate people in healthy coping and healing skills.
- We provide information on surviving suicide.
- We signpost individuals towards other services and resources which are available.
- We advocate for those bereaved by suicide.
- We generate new ideas and approaches towards improving services for those bereaved by suicide.
- We invite appropriate guest speakers to our group.
- We provide an annual remembrance service for all those bereaved by suicide.

An average of 8-12 people attended our monthly meetings for this period.

We had our annual night away in the Kilmore Hotel on October 7th 2023. This experience provided our members with the opportunity to connect with new members, share their feelings with each other and gain strength for the future.

We held our traditional Annual Service of Remembrance at the Tara Centre on Sunday December 3rd 2023 and 32 members attended. Dr Brendan Harding (Sandplay



Therapist) was our guest speaker. This event is always a very emotional experience for our members because it provides them with the opportunity to remember their loved ones in a very special way and share their feelings with others.

We held a Reflection and Healing Day at the Tara Centre on May 12th 2024 which was attended by 18 members. Our guest speaker (by popular demand) was again Dr Brendan Harding who spoke on "The Inner Journey" and how meditation, mindfulness and Jungian Sandplay therapy are helpful on that journey. This session was followed by alternative therapy sessions delivered by Cecilia and Siobhan, both are contracted Complementary Therapists at the Tara Centre.

The day proved to be a very valuable experience for all members who attended.

We would like to thank the Tara Centre for the use of their premises and express our appreciation to all the staff who helped out in any way.

(If you have been bereaved by suicide please get in touch by contacting Jimmy on 07879414385).

Jimmy Carrigan
Facilitator

Omagh Men's Support Group

This group offers men a safe and secure place where they can talk about their emotions, find help in managing the stress in their lives and explore possible solutions to life's challenges. It meets on a weekly basis throughout the year.

Monday the 1st July brought the curtain down on another year of busy activity for Omagh Mens Support Group. The core structure remains our weekly Monday evening meetings and attendance figures have remained consistently high demonstrating a continuing need to provide 'a safe and secure space where men can talk about their emotions and find help in managing the stress in their lives'. OMSG has an average membership of 20 members with an average weekly attendance figure of 12-14 members. Enquiries relating to membership are frequent and we have been fortunate to maintain a natural balance between new members and those men who have been part of the group for some time, this mix works well allowing the group to remain 'fresh' in its thinking and activities.

Through our WhatsApp group, created originally during the time of Covid when we could not meet face to face, and individually created friendships group members have an additional framework of supports outside our weekly meetings whilst still respecting the confidentiality of the sharing that takes place on Monday evenings. A further interesting perspective on this is the huge variety of experience and differing occupational and recreational skills held by the men in the group and which can be shared as a valuable resource amongst group members. This is usually preceded by the question ...'Does anyone know someone who could help with ...?' !!



An interesting development in our activities this year has been, on a relatively regular basis, to invite local groups / individuals providing a health and well-being service of varying kinds, to join us on a Monday evening. This both helps create and cement relationships between OMSG and the local community as well as helping to compensate somewhat for our continuing funding difficulties. Despite our charitable status, we have struggled to secure adequate funding for our residential weekends programme but intend to re-double our efforts in this regard over the summer months in anticipation of a new year commencing in September. These weekends fulfill a number of important functions in the life of OMSG and are greatly looked forward to by all the men.

Finally, to end on a positive note, all the efforts of OMSG would not be possible without the continuing generosity and support of the Tara Centre. We are most fortunate in having the use of such superb facilities and, as another year in the life of OMSG draws to a close, we again express our heartfelt gratitude to all at Tara who make our efforts possible. We look forward to our next year and continuing to offer support to our members, both old and new. Thank you.

Gerry Madden
Facilitator

"If your compassion does not include yourself, it is incomplete".

Jack Kornfield

Summary of Services Delivered 2023–2024

SERVICES

ATTENDEES

	23/24	22/23
Counselling/Psychotherapy and Art Therapy Sessions:	5,205	4,379
• Counselling/Psychotherapy and Art Therapy Clients:.....	363	346
Complementary Therapies treatments:	751	298
Complementary Therapies clients:.....	102	59
Educational Seminars and Workshops:	173	252
Support Groups - average number attending		
• Soul of Healing: 5–7 sessions per year.....	27	22
• Tuesday meditation: weekly.....	25	21
• Yoga: 3 times per week, 8–10 week blocks per quarter.....	19	19
• Omagh Men's Support Group: weekly.....	13	10
• PATHS: once per month.....	10	10
Phone calls at reception		
• Counselling related:.....	588	611
• General calls:.....	132	254
Digital Reach -Facebook		
• Likes:.....	2,654	2,414
• People reached:.....	16,700	9,081
• Website page views:.....	13,249	13,523

Avenues of Funding

The Chairperson and Board of Directors express deep gratitude to the funders, listed below, for their great generosity throughout this financial year.

It is thanks to financial support received, details of which are set out in the financial report section of this document that the Centre has been able to deliver the services detailed earlier in this Report.

- Western Health & Social Care Trust - WHSCT
- Victims and Survivors Service – VSS
- Mental Health Support Fund
- National Lottery Community Fund - Awards for All
- Mercy Project Fund
- Drumragh Family Practice Service Agreement
- Three Spires Service Agreement
- Personal Donations and Philanthropic Donations
- Personal Donations through Standing Orders and Gift Aid
- Presentation Sisters, North East Province
- Proceeds of Fundraising Events:
 - * The Nature Trail
 - * Nutured Living
 - * Todd's Leap
- Lease of premises free of charge to the Tara Centre by the Joint Owners, the Mercy & presentation Sisters, Northern and North Eastern Provinces respectively

Our deep and sincere gratitude to one and all for choosing to support the good work of the Tara Centre.





*(A company limited by guarantee,
not having a share capital)*

***Financial Statements**
for the financial year ended
31 March 2024*

Report of the Independent Auditors to the Members of Tara Centre

Opinion

We have audited the financial statements of Tara Centre (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry and sector, control environment and business performance including the remuneration policies, and its internal and external performance targets;
- results of our enquiries of management and other key persons about the charity's own identification and assessment of the risks of irregularities, including those that may occur either as a result of fraud or error, and matters we identified from our review of the policies, procedures and internal controls; and
- the matters discussed among the audit engagement team regarding potential indicators of fraud and where it might occur in the financial statements.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

We also obtained an understanding of the legal and regulatory framework that the Charity operates in, focusing on provisions of those laws and regulations that had a direct effect on material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act, pensions and tax legislation, charity legislation together with provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the Charity's ability to operate or to avoid a material penalty. This included conditions of funding from various bodies.

From the above procedures, and in common with all audits under ISAs (UK), we identified the disclosure of adjusting items as a key audit matter with respect to potential risk of fraud, particularly in areas where management is required to exercise significant judgement.

We tailored our response to those identified risks to include enquiring of management concerning actual and potential litigation and claims, performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud, and reviewing correspondence with HMRC and other regulatory bodies.

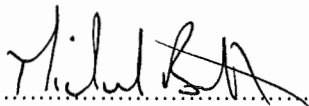
In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; assessed whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluated the business rationale of any significant transactions that are unusual or outside the normal course of business, of which there were none.

Whilst our engagement team were fully briefed on the fraud risks and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit, we draw attention to inherent limitations in the scope of audit procedures since fraud, by its nature, may involve deliberate concealment, misrepresentation or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



.....
MICHAEL BARNETT (Senior Statutory Auditor)
for and on behalf of McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

Date: 18 June 2024

Tara Centre Statement of Financial Activities for the Year Ended 31 March 2024

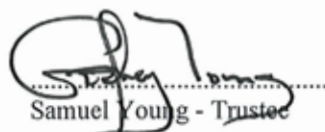
	Notes	Unrestricted funds £	Restricted fund £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	86,078	-	86,078	57,475
Charitable activities	4				
Bookshop		313	-	313	475
Room rent		400	-	400	320
Course subscriptions		11,962	-	11,962	12,311
Charitable projects		60,628	313,273	373,901	290,834
Service agreements		27,232	-	27,232	24,139
Other income		<u>31,958</u>	<u>2,218</u>	<u>34,176</u>	<u>34,176</u>
Total		<u>218,571</u>	<u>315,491</u>	<u>534,062</u>	<u>419,730</u>
EXPENDITURE ON					
Raising funds	5	117,519	-	117,519	79,219
Charitable activities	6				
Bookshop		175	-	175	149
Room rent		740	-	740	429
Course subscriptions		15,784	-	15,784	16,754
Charitable projects		80,718	303,305	384,023	317,857
Service agreements		<u>33,765</u>	<u>-</u>	<u>33,765</u>	<u>31,653</u>
Total		<u>248,701</u>	<u>303,305</u>	<u>552,006</u>	<u>446,061</u>
NET INCOME/(EXPENDITURE)		(30,130)	12,186	(17,944)	(26,331)
Transfers between funds	18	<u>12,186</u>	<u>(12,186)</u>	<u>-</u>	<u>-</u>
Net movement in funds		(17,944)	-	(17,944)	(26,331)
RECONCILIATION OF FUNDS					
Total funds brought forward		855,445	-	855,445	881,776
TOTAL FUNDS CARRIED FORWARD		<u><u>837,501</u></u>	<u><u>-</u></u>	<u><u>837,501</u></u>	<u><u>855,445</u></u>

The notes form part of these financial statements

Tara Centre Balance Sheet 31 March 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible assets	11	740,851	793,881
CURRENT ASSETS			
Stocks	12	6,645	7,186
Debtors	13	41,902	27,934
Cash at bank and in hand		<u>142,896</u>	<u>202,727</u>
		191,443	237,847
CREDITORS			
Amounts falling due within one year	14	<u>(19,497)</u>	<u>(66,809)</u>
NET CURRENT ASSETS		<u>171,946</u>	<u>171,038</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		912,797	964,919
CREDITORS			
Amounts falling due after more than one year	15	<u>(75,296)</u>	<u>(109,474)</u>
NET ASSETS		<u>837,501</u>	<u>855,445</u>
FUNDS	18		
Unrestricted funds		<u>837,501</u>	<u>855,445</u>
TOTAL FUNDS		<u>837,501</u>	<u>855,445</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 18 June 2024 and were signed on its behalf by:


Samuel Young - Trustee


Anna Harte - Trustee

The notes form part of these financial statements

The Tara Centre,
11 Holmview Terrace,
Omagh,
Co. Tyrone,
BT79 0AH

Tel: 028 8225 0024

Email: info@taraomagh.com

Web: www.taraomagh.com

f [taraomagh](https://www.facebook.com/taraomagh)



Tara Centre, Omagh is a
Company Limited by Guarantee,
registered in Northern Ireland,
Company No. NI 37403;
Registered as a Charity by
The Charity Commission for
Northern Ireland, No. 103397.

Tara Centre

Northern Ireland - Charity number 103397

Annual return

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Opinion

We have audited the financial statements of Tara Centre (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

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Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry and sector, control environment and business performance including the remuneration policies, and its internal and external performance targets;
- results of our enquiries of management and other key persons about the charity's own identification and assessment of the risks of irregularities, including those that may occur either as a result of fraud or error, and matters we identified from our review of the policies, procedures and internal controls; and
- the matters discussed among the audit engagement team regarding potential indicators of fraud and where it might occur in the financial statements.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

We also obtained an understanding of the legal and regulatory framework that the Charity operates in, focusing on provisions of those laws and regulations that had a direct effect on material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act, pensions and tax legislation, charity legislation together with provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the Charity's ability to operate or to avoid a material penalty. This included conditions of funding from various bodies.

From the above procedures, and in common with all audits under ISAs (UK), we identified the disclosure of adjusting items as a key audit matter with respect to potential risk of fraud, particularly in areas where management is required to exercise significant judgement.

We tailored our response to those identified risks to include enquiring of management concerning actual and potential litigation and claims, performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud, and reviewing correspondence with HMRC and other regulatory bodies.

In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; assessed whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluated the business rationale of any significant transactions that are unusual or outside the normal course of business, of which there were none.

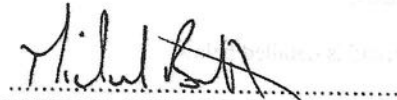
Whilst our engagement team were fully briefed on the fraud risks and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit, we draw attention to inherent limitations in the scope of audit procedures since fraud, by its nature, may involve deliberate concealment, misrepresentation or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



MICHAEL BARNETT (Senior Statutory Auditor)

for and on behalf of McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

Date: 18 June 2024

Accounts

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
TARA CENTRE

McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

TARA CENTRE

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FOR THE YEAR ENDED 31 MARCH 2023

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TARA CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2023

TRUSTEES	Hugo Sweeney Anna Harte Samuel Young Mary Friel Tara Boyle John Slane (appointed 1.3.23) Noreen McGirr (appointed 1.3.23) Margaret Moohan (resigned 29.4.23) Niamh Murnaghan (resigned 31.12.22) Francis McGlone (resigned 12.5.22)
COMPANY SECRETARY	Mary Friel
REGISTERED OFFICE	11 Holmview Terrace Omagh Co. Tyrone BT79 0AH
REGISTERED COMPANY NUMBER	NI037403 (Northern Ireland)
REGISTERED CHARITY NUMBER	103397
AUDITORS	McAleer Jackson Ltd Chartered Accountants & Statutory Auditors Church House 24 Dublin Road OMAGH Co. Tyrone BT78 1HE
BANKERS	AIB 2-4 East Bridge Street Enniskillen Co. Fermanagh BT74 7BT
SOLICITORS	McConnell and Fyffe The Old Rectory 21 Church Street OMAGH Co Tyrone BT78 1DG Lewis Silkin (N.I.) LLP 32-38 Linenhall Street BELFAST BT2 8BG Edwards & Co. Solicitors 28 Hill Street BELFAST BT1 2LA

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Tara Centre for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, McAleer Jackson Ltd, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 24 June 2023 and signed on its behalf by:

Mary Friel - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Opinion

We have audited the financial statements of Tara Centre (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry and sector, control environment and business performance including the remuneration policies, and its internal and external performance targets;
- results of our enquiries of management and other key persons about the charity's own identification and assessment of the risks of irregularities, including those that may occur either as a result of fraud or error, and matters we identified from our review of the policies, procedures and internal controls; and
- the matters discussed among the audit engagement team regarding potential indicators of fraud and where it might occur in the financial statements.

We also obtained an understanding of the legal and regulatory framework that the Charity operates in, focusing on provisions of those laws and regulations that had a direct effect on material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act, pensions and tax legislation, charity legislation together with provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the Charity's ability to operate or to avoid a material penalty. This included conditions of funding from various bodies.

From the above procedures, and in common with all audits under ISAs (UK), we identified the disclosure of adjusting items as a key audit matter with respect to potential risk of fraud, particularly in areas where management is required to exercise significant judgement.

We tailored our response to those identified risks to include enquiring of management concerning actual and potential litigation and claims, performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud, and reviewing correspondence with HMRC and other regulatory bodies.

In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; assessed whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluated the business rationale of any significant transactions that are unusual or outside the normal course of business, of which there were none.

Whilst our engagement team were fully briefed on the fraud risks and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit, we draw attention to inherent limitations in the scope of audit procedures since fraud, by its nature, may involve deliberate concealment, misrepresentation or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

MICHAEL BARNETT (Senior Statutory Auditor)
for and on behalf of McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

24 June 2023

TARA CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		57,475	-	57,475	113,626
Charitable activities					
Bookshop		475	-	475	414
Room rent		320	-	320	1,203
Course subscriptions		12,311	-	12,311	16,156
Charitable projects		55,442	235,392	290,834	239,440
Service agreements		24,139	-	24,139	20,485
Other income		31,958	2,218	34,176	38,156
Total		182,120	237,610	419,730	429,480
EXPENDITURE ON					
Raising funds		79,219	-	79,219	128,973
Charitable activities					
Bookshop		149	-	149	2,411
Room rent		429	-	429	2,297
Course subscriptions		16,754	-	16,754	18,767
Charitable projects		76,929	240,928	317,857	265,605
Service agreements		31,653	-	31,653	25,160
Total		205,133	240,928	446,061	443,213
NET INCOME/(EXPENDITURE)		(23,013)	(3,318)	(26,331)	(13,733)
Transfers between funds	14	(3,318)	3,318	-	-
Net movement in funds		(26,331)	-	(26,331)	(13,733)
RECONCILIATION OF FUNDS					
Total funds brought forward		881,776	-	881,776	895,509
TOTAL FUNDS CARRIED FORWARD		855,445	-	855,445	881,776

The notes form part of these financial statements

TARA CENTRE (REGISTERED NUMBER: NI037403)

BALANCE SHEET
31 MARCH 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	7	793,881	847,294
CURRENT ASSETS			
Stocks	8	7,186	6,632
Debtors	9	27,934	27,101
Cash at bank and in hand		202,727	265,839
		237,847	299,572
CREDITORS			
Amounts falling due within one year	10	(66,809)	(121,440)
NET CURRENT ASSETS		171,038	178,132
TOTAL ASSETS LESS CURRENT LIABILITIES		964,919	1,025,426
CREDITORS			
Amounts falling due after more than one year	11	(109,474)	(143,650)
NET ASSETS		855,445	881,776
FUNDS	14		
Unrestricted funds		855,445	881,776
TOTAL FUNDS		855,445	881,776

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 24 June 2023 and were signed on its behalf by:

Samuel Young - Trustee

Anna Harte - Trustee

The notes form part of these financial statements

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. GENERAL INFORMATION

Tara Centre is a company limited by guarantee incorporated in Northern Ireland. The registered office of the company is 11 Holmview Terrace, Omagh, Co. Tyrone, BT79 0AH which is also the principal place of business of the company. The financial statements have been presented in Pound Sterling (£) which is also the functional currency of the company.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Company status

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 2% straight line
Fixtures and fittings	- 10% straight line
Computer equipment	- 25% straight line

Tangible assets are stated at cost or at valuation, less accumulated depreciation.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

2. ACCOUNTING POLICIES - continued

Fund accounting

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transactional price. Any losses arising from impairment are recognised in the Statement of Financial activities in other trading activities

Going concern

The financial statements have been prepared on the going concern basis, which assumes that the company will continue in operational existence for the foreseeable future. The validity of this assumption depends on future revenue funding meeting future revenue expenditure.

Grants receivable

Capital grants received and receivable are treated as deferred income and amortised to the Summary Income and Expenditure Account annually over the useful economic life of the asset to which it relates. When the possibility of clawback is remote and in the interests of accurately stating the company's liabilities, the directors may consider it appropriate to release all or part of the remaining grant to the income statement. Revenue grants are credited to the Summary Income and Expenditure Account when received.

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):-

	2023 £	2022 £
Depreciation	54,271	54,563
Foreign exchange (surplus)/deficit	(331)	513
Auditor's remuneration	5,100	4,980
Amortisation of grants	<u>(34,176)</u>	<u>(34,156)</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2023	2022
Support	<u>14</u>	<u>10</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	53,772	59,854	113,626
Charitable activities			
Bookshop	414	-	414
Room rent	1,203	-	1,203
Course subscriptions	16,156	-	16,156
Charitable projects	94,034	145,406	239,440
Service agreements	20,485	-	20,485
Other income	<u>35,938</u>	<u>2,218</u>	<u>38,156</u>
Total	<u>222,002</u>	<u>207,478</u>	<u>429,480</u>
EXPENDITURE ON			
Raising funds	69,119	59,854	128,973
Charitable activities			
Bookshop	2,411	-	2,411
Room rent	2,297	-	2,297
Course subscriptions	18,767	-	18,767
Charitable projects	117,981	147,624	265,605
Service agreements	<u>25,160</u>	<u>-</u>	<u>25,160</u>
Total	<u>235,735</u>	<u>207,478</u>	<u>443,213</u>
NET INCOME/(EXPENDITURE)	(13,733)	-	(13,733)
RECONCILIATION OF FUNDS			
Total funds brought forward	895,509	-	895,509
TOTAL FUNDS CARRIED FORWARD	<u>881,776</u>	<u>-</u>	<u>881,776</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

7. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 April 2022	2,362,486	274,491	58,837	2,695,814
Additions	-	-	858	858
At 31 March 2023	<u>2,362,486</u>	<u>274,491</u>	<u>59,695</u>	<u>2,696,672</u>
DEPRECIATION				
At 1 April 2022	1,547,325	246,276	54,919	1,848,520
Charge for year	47,250	4,519	2,502	54,271
At 31 March 2023	<u>1,594,575</u>	<u>250,795</u>	<u>57,421</u>	<u>1,902,791</u>
NET BOOK VALUE				
At 31 March 2023	<u>767,911</u>	<u>23,696</u>	<u>2,274</u>	<u>793,881</u>
At 31 March 2022	<u>815,161</u>	<u>28,215</u>	<u>3,918</u>	<u>847,294</u>

Ownership of Building

The deeds of the property at Holmview Terrace, Omagh are registered in the names of The Union of Presentation Sisters (Northern Province) and The Congregation of Sisters of Mercy (Northern Province) jointly as tenants in common. Tara Centre has full use of the premises for a nominal rent of £1 per annum.

Tara Centre has been granted leases by the trustees of the Convents. The leases dated 17 April 2002 are for 20 years from 13 October 2000 in respect of Phases I and II. An extension to the leases for Phases I, II & III was executed on 27 July 2006 for a period of 20 years and expires on 12 October 2026. These replace all earlier leases.

Mortgages/Charges

The Northern Ireland Community Relations Council holds an all monies deed of mortgage/charge created on 29 May 2007 over lands at No 10 & 11 Holmview Terrace Omagh; National Lottery Charities Board holds a legal charge created on 4 April 2007 over 11 Holmview Terrace Omagh; The Office of the First Minister and Deputy First Minister holds an all monies debenture created on 27 July 2006 over lands at the rear of 9,10 and 11 Holmview Terrace Omagh and the National Lottery Charities Board holds a mortgage created on 1 May 2002 over property at Holmview Terrace Omagh.

8. STOCKS

	2023 £	2022 £
Stocks	<u>7,186</u>	<u>6,632</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	15,469	17,295
Other debtors	4,369	4,207
Prepayments	8,096	5,599
	<u>27,934</u>	<u>27,101</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Bank loans and overdrafts (see note 12)	-	35
Social security and other taxes	5,624	3,471
Accrued expenses	61,185	117,934
	<u>66,809</u>	<u>121,440</u>

11. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2023	2022
	£	£
CAPITAL GRANTS RECEIVED		
At 1 April 2022	1,999,253	1,995,365
Increase in financial year	-	3,888
At 31 March 2023	<u>1,999,253</u>	<u>1,999,253</u>
AMORTISATION		
At 1 April 2022	1,855,603	1,821,447
Amortised in financial year	34,176	34,156
At 31 March 2023	<u>1,889,779</u>	<u>1,855,603</u>
NET BOOK VALUE		
At 31 March 2023	<u>109,474</u>	<u>143,650</u>
At 1 April 2022	<u>143,650</u>	<u>173,918</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

12. LOANS

An analysis of the maturity of loans is given below:

	2023	2022
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>-</u>	<u>35</u>

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted fund	2023 Total funds	2022 Total funds
	£	£	£	£
Fixed assets	793,881	-	793,881	847,294
Current assets	237,847	-	237,847	299,572
Current liabilities	(66,809)	-	(66,809)	(121,440)
Long term liabilities	(109,474)	-	(109,474)	(143,650)
	<u>855,445</u>	<u>-</u>	<u>855,445</u>	<u>881,776</u>

14. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
Unrestricted Funds	881,776	(23,013)	(3,318)	855,445
Restricted funds				
Restricted Funds	-	(3,318)	3,318	-
TOTAL FUNDS	<u>881,776</u>	<u>(26,331)</u>	<u>-</u>	<u>855,445</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted Funds	182,120	(205,133)	(23,013)
Restricted funds			
Restricted Funds	237,610	(240,928)	(3,318)
TOTAL FUNDS	<u>419,730</u>	<u>(446,061)</u>	<u>(26,331)</u>

TARA CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
Unrestricted Funds	895,509	(13,733)	881,776
TOTAL FUNDS	<u>895,509</u>	<u>(13,733)</u>	<u>881,776</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted Funds	222,002	(235,735)	(13,733)
Restricted funds			
Restricted Funds	207,478	(207,478)	-
TOTAL FUNDS	<u>429,480</u>	<u>(443,213)</u>	<u>(13,733)</u>

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.

Tara Centre

Northern Ireland - Charity number 103397

Annual report



REPORT & FINANCIAL STATEMENTS

For the Year ended 31st March 2023



*“...in the service
of healing, peace and
holistic well-being.”*

A Warm Welcome to the Tara Centre



*“There is no better way of explaining the
importance of Tara than by viewing it as a
timeless, sacred place, a sanctuary for all.”*

Michael Slevin

Report of the Board of Trustees/Directors

The Board of Trustees/Directors presents the Report together with the Financial Statements of the Tara Centre for the Year ended 31st March 2023.

Professional Advisors

Auditors: McAleer Jackson Ltd
Chartered Accountants and
Statutory Auditor
24 Dublin Road
Omagh BT78 1HE

Solicitors: Lewis Silkin (N.I.) LLP,
32-38 Linenhall St.
Belfast, BT2 8BG

McConnell & Fyffe,
21 Church Street,
Omagh, BT78 1DG

Bankers: Allied Irish Bank,
2-6 East Bridge Street,
Enniskillen, BT74 7BT

Allied Irish Bank,
Diamond, Monaghan, EIRE

Company Status

The Tara Centre is a Company Limited by Guarantee and a registered Charity. The governing document is the Articles of Association (30th September 2021).

Charity Name: Tara Centre
Charity Registration Number: NIC103397
Company Registration Number: NI037403

Registered Office & Operational Address: 11 Holmview Terrace,
Omagh, BT790AH

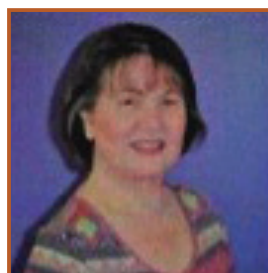
Trustees/Directors:



Godfrey Young
Company Chairperson



Catherine Friel
Company Secretary



Marian Harte
Company Treasurer



Tara Boyle



Frank McGlone
(Resigned May 2022)



Hugo Sweeney



Margaret Moohan



John Slane



Noreen McGirr



Niamh Murnaghan
(Resigned December 2022)

A Message from the Chairperson

A very warm welcome to everyone. It is with great pleasure that I present our 2022-2023 Annual Report. Much of what I have to say was shared verbally at the Annual General Meeting held in the Tara Centre on Saturday 24th June 2023.

Later in this report you will read about the multi-disciplinary range of services provided at the Tara Centre including contributions from some of our staff and most importantly from those whom we have had the privilege of helping. It is so very reassuring for the Board of Directors to know that we continue to provide services which are valued by so many. This provides sound evidence of the Tara Centre's benefit to the public in the service of "healing, peace and holistic well-being".

In last year's annual report I commented in detail on the continuing, albeit reducing, impact of the Covid pandemic. I am happy to report that during 2022-2023 all Covid restrictions were lifted in accordance with government guidance with a return to normal services including unrestricted face to face activity and the restoration of our workshop programmes. Once again, I should like to pay tribute to Tara managers and staff, past and present, who helped Tara safely negotiate the most challenging of times.

Another unexpected challenge did however present itself at the end of March 2022 when as a result of injuries sustained in an accident, I was unable to continue as chairperson of the Board and as a Director. Although I returned as a Director in July 2022 it was December 2022 before I was able to resume my role as chairperson. I wish to thank all who sent me get well messages during my absence and the support received from Members and Directors.

I am indebted to Hugo Sweeney (April to July 2022) and Niamh Murnaghan (August to December 2022) for their chairing of Board meetings during my absence. Niamh fully assumed the role of chairperson between August and December 2022 playing a vital role in supporting Katrina Deas our new General Manager who took up post in November 2022.

Katrina's appointment was a great relief to all at the Tara Centre since despite our best efforts there had been no General Manager in post for several months. Already Katrina has demonstrated a very clear understanding of, and commitment to, the Tara vision and ethos making an important contribution to the maintenance and development of Tara services.

My unplanned absence, coinciding as it did with the absence of a General Manager, presented a significant challenge for the company. I wish to



acknowledge the enormous contribution made during this period by our co-founders Maura Twohig and Mary Daly. Thanks also to Kathleen McGread (Assistant Manager of Support Services) and John Friel (Co-ordinator of Therapeutic Services) for their operational oversight during the same period.

Returning to the important issue of governance and the responsibilities of the Board of Directors there were 11 Board meetings held during 2022-2023 all of which took place in the Tara Centre with the required quorum met on each occasion in accordance with our Articles of Association.

In addition to the regular Board meetings there were quarterly Finance Sub-Committee meetings, meetings of a Salary Policy Review group established in February 2023 and meetings of our Strategic Review and Business Plan steering group established in November 2022. At the end of March 2023 plans were also in place to re-establish a Funding group to take forward the development of a funding strategy to hopefully ensure long-term financial sustainability.

I should like to publicly acknowledge the invaluable contribution of Una Colgan, (Senior Statutory Auditor), McAleerJackson (Chartered Accountants) for the professional advice she continues to provide to our Finance Committee and the company as a whole.

As mentioned in previous reports we were unable to celebrate the Tara Centre's 25th anniversary due to the Covid restrictions in place at the time. The National Lottery Community Fund had provided funding for such an event in 2021 and very kindly agreed to extend the funding until November 2023. A planning group was established to plan for what will be a celebration of the Tara Centre's 27 year presence in Omagh. I am optimistic that by the time you read this report a suitable celebratory event will already have taken place.

During 2022-2023 two Directors resigned due to work commitments. Frank McGlone resigned in May 2022 and Niamh Murnaghan in December 2022. Frank had been a Director since 2018 and with his exceptional knowledge and business acumen made a significant contribution to the Board including facilitating the development of the Tara strategic action plan referred to in last year's annual report.

Niamh was appointed to the Board as a Director in March 2022 and as outlined earlier played an important role as chairperson during my absence. On behalf of the Board I wish to thank both Niamh and Frank for their contributions to the Tara Centre and wish them well in the future.

March 2023 did however see the welcome appointment of 2 new Directors, namely, Noreen McGirr and John Slane. We are very pleased they have joined us bringing their valuable knowledge and experience to the governance and future development of the Tara Centre.

Still on the theme of good governance It is worth noting that a full day governance workshop was held in December 2022 involving Company Members, Directors, and the Tara Centre management team. The aim of the day was:

“To promote a shared understanding of the complementary rights and responsibilities of Members, Directors/Trustees, and General Manager in the governance and management of the Tara Centre Company in accordance with sound governance principles as set out in the Tara Centre Articles of Association 2021.”

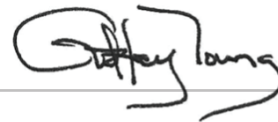
The workshop involved contributions from our co-founders Maura and Mary focusing on the “soul of Tara” and from Sarah Burrows (solicitor) Edwards and Co. who reminded us of our legal responsibilities under company and charity law. All contributions were regarded as very informative.

In accordance with our legal responsibilities the Board submitted its 2021-2022 annual report and final accounts to Companies House and the Charities Commission. I should like to thank Catherine Friel (Company Secretary) for the considerable work which she undertakes in relation to this.

Thanks also to all of our funders both large and small whose on-going support is invaluable in terms of sustaining our services. A special mention to the Friends of Tara who continue to contribute by way of Standing Orders and associated Gift Aid. Thanks also to those who make voluntary donations towards our services and those who organise fund-raising events. You will find details of key avenues of funding later in this report.

In last year’s report I mentioned the commissioning of a strategic review and business plan and in April 2022 an external consultant was appointed to take this review forward. Unfortunately the Consultant was unable to continue the review in the absence of both myself as chairperson and a General Manager. However, in November 2022 another external consultant was appointed to carry this work forward. A Strategic Review & Business Planning group was established to oversee this work consisting of nominated Company Members and Directors. The review was on-going at 31st March 2023 and we look forward to the completion of this work.

A few final words of appreciation to our managers and staff, to my fellow Directors and the Company Members who all give so freely of their time on a voluntary basis to ensure that the Tara Centre ethos and values are maintained, and we continue to serve the people of Omagh and beyond.



Godfrey Young, Company Chairperson

“...in the service of healing, peace and holistic well-being”.

Aims and Objectives of the Company

The Tara Centre was founded in June 1996

*“... in the service of healing, peace
and holistic well-being”.*

The Company's purposes, as set out in the Articles of Association, are:

- (i) 'the advancement of health and the saving of lives by bringing relief to those in distress or despair through healing and transcending pain and trauma;
- (ii) the relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage;
- (iii) the promotion of conflict resolution and reconciliation, religious and racial harmony, and equality and diversity;
- (iv) the advancement of education by nurturing a deep, active and enlightened awareness of humanity and the wider universe;
- (v) the promotion of such other charitable purpose as may from time to time be determined.”



Vision Statement

We believe that, in essence, there is
a quintessential unity to the
whole of life.

Our Mission at Tara is
to develop an awareness of this truth
and support the practice of living life,
in all its aspects,
from this perspective.

*Coming from this perspective,
the multi-disciplinary range of services
offered at Tara
focusses principally on:*

- * healing and transcending pain and trauma;
- * bringing hope to those in despair;
- * building an inclusive community of peace
and reconciliation;
- * supporting those who seek to free themselves
from the poverty trap and its negative consequences;
- * educating beyond narrow, divisive, tribal loyalties;
- * encouraging a deepening awareness
of this amazing universe
-manifest and unmanifest-
which sustains and embraces the whole community of life
and within which, we, humans,
discover and cherish our true identity
and our life's purpose.

Ethical Principles

Core Values and Ethical Principles, inspired by the Tara Centre's founding vision, inform every aspect of life throughout the Company.

The ethos of the Centre emanates from these values and principles.

Together they underpin and inform the entire living culture of the organization.

- **Integrity**
- **Respect for all**
- **Compassion**
- **Confidentiality**
- **Transparency**
- **Accountability**



Profile of Tara's Governance Structures

Members

The Members are the custodians of the vision, ethos and values of the Company; they appoint the Board of Directors and the Auditors, make decisions regarding any alteration of the Articles of Association of the Company and other matters so required by statute.

Board of Directors

The Board of Directors runs the Centre on behalf of the Members and takes full responsibility for developing an appropriate strategy to this end, implementing the strategy, assessing risk, making commercial decisions and ensuring good governance.

Management Team

The Management Team holds delegated authority from the Board of Directors to implement the strategy on behalf of the Board and takes responsibility for managing the organisation within the legislation as set out in the Companies Act 2006.

Accountability

The Members are responsible for ensuring fidelity to the founding vision of the Company.

The Board of Directors is accountable to the Members. Management is accountable to the Board of Directors in line with agreed reporting protocols.

Governance in Practice at Tara

Good Governance at the Tara Centre is ensured by relying not only on its own Core Values and Ethical Principles, but also by operating in accordance with the Code of Good Governance Principles approved by the Charity Commission NI and articulated succinctly by NICVA, as stated below.

An effective Board will provide Good Governance and leadership by:

- (i) *understanding its role and responsibilities;*
- (ii) *working well as individuals and as a team;*
- (iii) *ensuring delivery of organizational purpose;*
- (iv) *exercising appropriate control;*
- (v) *behaving with integrity and being open and accountable.*

Principle 1

The Board of Trustees/Directors safeguards the ethos, values, vision and reputation of the Tara Centre, ensures that the Company acts in compliance with the Articles of Association, which were revised in September 2021, takes responsibility for the stewardship of the Centre's assets, for the Centre's operating environment and for its structure, oversees the work of the Centre, and fulfils its obligations in terms of its legal duties.

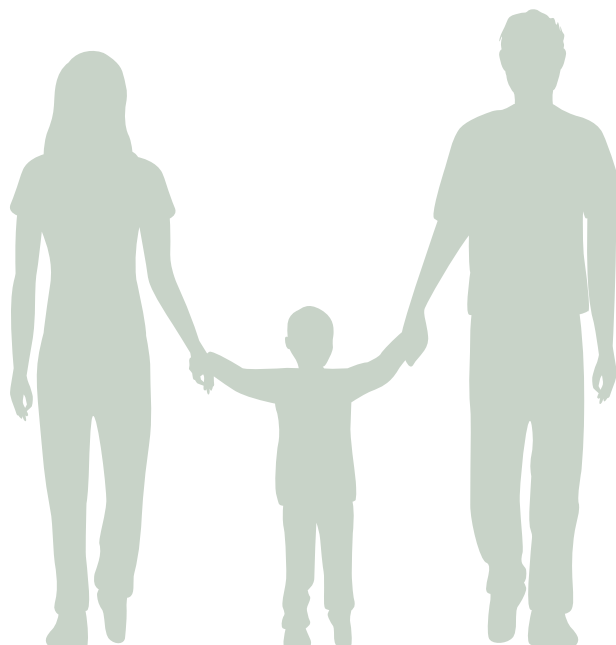
Principle 2

The Trustees/Directors of the Company are adequately trained in the exercise of this role and provide sound governance and authentic leadership by working well both as individuals and as a team under the steady guidance of an experienced and competent Chairperson.

The Board of Trustees/Directors met approximately once monthly during 2022-2023.

Principle 3

The Board ensures that the Tara Centre's purpose remains relevant and valid by regular evaluations of the services, and assessing the outcomes and impact. The Annual Budget is monitored by the Board on a quarterly basis and proposed spending is presented against agreed plans and budgets at the regular meetings of the Board. Amendments are made to plans and budgets as appropriate. In its governance and leadership role, the Board of Trustees/Directors maintains a positive relationship with the General Manager who presents a detailed report on all operational matters at meetings of the Board.



Principle 4

The Board of Trustees/Directors, as an accountable body, exercises appropriate control by:

- (i) Ensuring there is a comprehensive understanding of and compliance with all legal and regulatory requirements that apply to them according to their level of responsibility within the organisation.

In this regard, at Tara training for the General Manager, staff and volunteers took place in the following areas this year:

- *Children and Adult Safeguarding Training*
- (ii) Ensuring proper accounting records are maintained which accurately disclose, at any time, the financial position of the Company thus ensuring that the financial statements comply with the Companies Act 2006, the Charities Act 2006 and the Companies Act (NI) 2008, the Charities (accounts and Reports) Regulations (NI) 2015, and the Charities Act 2008 (Substitution of Sums) Order (Northern Ireland) 2015 and with the Statement of Recommended Practice for Accounting and Reporting by Charities. This includes outsourcing particular areas of financial management to an Accountancy Agency to ensure maximum regulatory compliance.

(i) Financial Management

At Tara the critical aspect of good governance, the management of the finances, is delegated to a Finance Sub-Committee (FSC) of the Board.

The members of the FSC are the Chairperson of the Company, the Company Secretary and the Company Treasurer. The FSC meets on a quarterly basis and also in attendance at its meetings are the General Manager, the Coordinator of Operational Services who has responsibility for management accounting and the Company Accountant.

The FSC reviews and previews all aspects of the finances of the Company. In this context a detailed Quarterly Financial Report is presented with observations and/or recommendations from the Company's Accountant. This Report is submitted by the Company Treasurer at the

next meeting of the Board as a basis for decision making by the Board.

In compliance with Company Law, the Board of Trustees/Directors acting on behalf of the Company approves and submits the financial statements for each financial year. The FSC reviews the final accounts prior to their submission to the Board of Trustees/Directors for approval. The protocol/procedure followed to this end is as follows:

- suitable accounting policies are set and applied consistently;
- the methods and principles in the Charities SORP are observed;
- judgements and estimates are made which are reasonable and prudent;
- applicable accounting standards and statements of recommended practice are followed without any material departures;
- financial statements are prepared on the 'going concern basis', unless it is inappropriate to presume that the Company will continue in business.

The total income and all assets of the Company have been and will continue to be applied solely towards the promotion of the Tara Centre's charitable purpose.

(ii) Statement as to Disclosure of Information to Auditors

As far as the Board of Trustees/Directors is aware, there is no relevant auditing information pertaining to the Tara Centre, (as defined by the Companies Act 2006), of which the Company's Auditor is unaware. To this end, each Trustee/Director, has taken all the steps that he/she ought to have taken as a Trustee/Director in order to make himself/herself aware of relevant audit information and to establish that the group's auditors are aware of that information.

(iii) Management and Staffing

The leader of the Management Team, the General Manager, holds delegated authority from the Board of Trustees/Directors and is directly accountable to them. The General Manager exercises responsibility for planning, developing and managing the services and

the strategies of the Tara Centre, within clear policies and procedures set by the Board of Directors. This includes exercising responsibility for finance, human resources, service delivery, customer relations, marketing, stakeholder communication, public relations, media strategy, policy and professional practice, and IT systems. The General Manager ensures that a staff team is recruited and supported to provide the skills and expertise needed to run a successful organisation and to deliver its services in a manner that upholds the ethos and values of the Tara Centre Company.

Given the exceptional level of confidentiality and safeguarding considerations enshrined in the professional Code of Ethics which pertains to the services of counselling/psychotherapy and art therapy offered at Tara, the General Manager works in particularly close co-operation with the Co-ordinator of Therapeutic Services (COTS). The Tara Centre is a member of the British Association of Counselling and Psychotherapy and adheres to its Code of Ethics.

The General Manager also works closely with the Coordinator of Operational Services who has line management responsibility for Tara support staff as well as a range of duties which include managing the day to day finances of the company.

(iv) Risk Management

The Board of Trustees/Directors has ensured the implementation of all aspects of its Risk Management Strategy which comprises;

- the creation and propagation of policies, systems and procedures to mitigate potential risks;
- the implementation of procedures designed to minimize or manage any potential impact on the Charity should these risks materialise.

Principle 5

The Trustees/Directors of the Board are appointed by Company Members at its Annual General Meeting or at a General Meeting of Members convened for this purpose. In appointing Trustees/Directors, careful consideration is given to ensuring that prospective appointees:

- Embrace the core values which emanate from the founding vision of the Centre as articulated in the Vision Statement;
- Act with integrity at all times;
- Act according to high moral standards;
- Identify and understand conflicts of interest, which are declared prior to appointment and checked at the beginning of each Board meeting;
- Commit to being a Trustee/Director of the Tara Centre Company which values and adheres to being open and accountable;
- Possess the relevant skillsets and the expertise considered necessary to achieve the strategic aims and direction of the Tara Centre Company;
- Are capable of maintaining independence of decision making;
- Understand and embrace the Tara Centre's responsibilities to the wider community, to society, and to the environment;
- Know and honour the Tara Centre's responsibility in promoting equality and good relations;
- Respect the Tara Centre's commitment to listen and respond to the views of beneficiaries, service users, funders and supporters.

***“Tara ... a place from which
there is a broad perspective.”***

Michael Slevin



Report from the Desk of the General Manager

An overview of the operational side of Tara

2022 was a year of challenge and change. The General Manager's post had been vacant since February; we were still slowly coming out of COVID, cautiously waiting for restrictions to ease while respectfully keeping in place hand sanitisers, screens and other protective measures. While recruitment was running for the GM post it is thanks to Kathleen McGread as Assistant Manager and John Friel as Co-ordinator of Therapeutic Services stepping beyond their roles and ensuring that operations continued running smoothly, with the unfailing support from the Board of Directors/Trustees, Members and Co-Founders.

If you were a visitor in April, you would have noticed the transformation of the inner courtyard as well as completion of the car park at the rear of the building.

By May 2022, Management found themselves recruiting for Counselling / Psychotherapy, Complementary Therapy as well as Art Therapy. This was due to gaps that needed filled after the pandemic, as well as the receipt of the Mental Health Support Fund grant by the Department of Health and administered by the Community Foundation. Between July and October, we had recruited five therapists; the centre had resumed yoga, meditation and support groups, and organised educational seminars with Michael O'Doherty, Jim Cogley, Dr Aileen O'Kane and Declan Coyle, still guardedly limiting the number of participants.

I took up my post as General Manager on the 1st November 2022, with the main focus on getting to know the ins and outs of the Tara Centre. I quickly learned to appreciate how the deeply engrained vision statement (see page 7) has been the foundation for all at Tara, 'through thick and thin' keeping mind and heart focussed on the core values. Being supported by Niamh Murnaghan, Interim Chair, and then Godfrey Young has been and still is invaluable, along with the wise guidance from Co-Founders Maura Twohig and Mary Daly.

As for our remaining services; the bookshop has not resumed sales just yet. However, the lending library is available again and opens to the public. Lastly, we are currently reviewing our strategy regarding the hiring of our premises. While we



believe that it is important to continue to offer rooms for hire to the community we are mindful that our capacity does not always allow us to cater for one-off events.

Our focus, as always, has been to build on our strengths and to continue to move Tara forward as a sustainable and vibrant resource in the community whilst remaining true to the founding vision. Adequate financial resources are vital to sustainability and we are very grateful to the many funders both public and private for the grants and donations as detailed elsewhere in this report.

At Tara, we have continued to face change and challenges in the past year but we have been supported by the dedication, flexibility and hard work of the Staff, the Management Team, the Board of Directors/Trustees, Company Members, and Co-Founders. The strong support, good wishes and appreciation from the local community and beyond has been heart-warming and we now move forward with renewed strength and enthusiasm to continue our work....

A handwritten signature in dark ink, which appears to read 'Katrina Deas'.

Katrina Deas, General Manager

“.... In the service of healing, peace and holistic wellbeing”

Counselling and Psychotherapy

Ethos

The ethos of the Tara Centre is one of reverence and respect for life, compassion for pain and suffering, and a conviction that what hurts can heal. A holistic perspective is adopted whereby, the physical, emotional, intellectual, volitional and spiritual dimensions of the person are honoured.

Professional Standards

The Tara Centre is a registered member of the British Association of Counselling/Psychotherapy and is committed to the Ethical Framework for the Counselling Professions published by BACP in 2018. Tara's Counsellors/Psychotherapists are professionally trained to at least Practitioner Diploma Level. They are accredited by a recognized professional body, e.g., BACP, BABCP, IACP, IAHIP, etc., or are actively engaged in the accreditation process. They are committed to personal supervision, on a monthly basis which is provided by a qualified and accredited external supervisor. Clinical supervision is provided monthly by the Co-ordinator of Therapeutic Services.

Counselling/Psychotherapy Provision 2022/23

In September 2021, we were successful in securing additional funding that enabled us to recruit two additional Counsellors/Psychotherapists. When the recruitment process was completed in October 2022, the service had eight Counsellors/Psychotherapists, the highest number of therapists working in the Tara Centre since it was founded in 1996. We received many requests for counselling/psychotherapy during 2022/23, it was great to have the additional therapists to respond to many in our community seeking healing, hope, inner peace and a sense of renewed purpose in life.

We provided 3,539 counselling/psychotherapy sessions in 2022/23 for 292 clients presenting with issues that included, anxiety, depression, low mood, stress, bereavement, trauma, abuse, domestic violence, suicide ideation, self-esteem, personal relationships, gender identity, NI Troubles related trauma and anger management.

During 2022/23, the majority of clients had their sessions face to face again unlike during the pandemic in 2020/21 and 2021/22 when most sessions were provided by telephone.



Counsellors/Psychotherapists Training

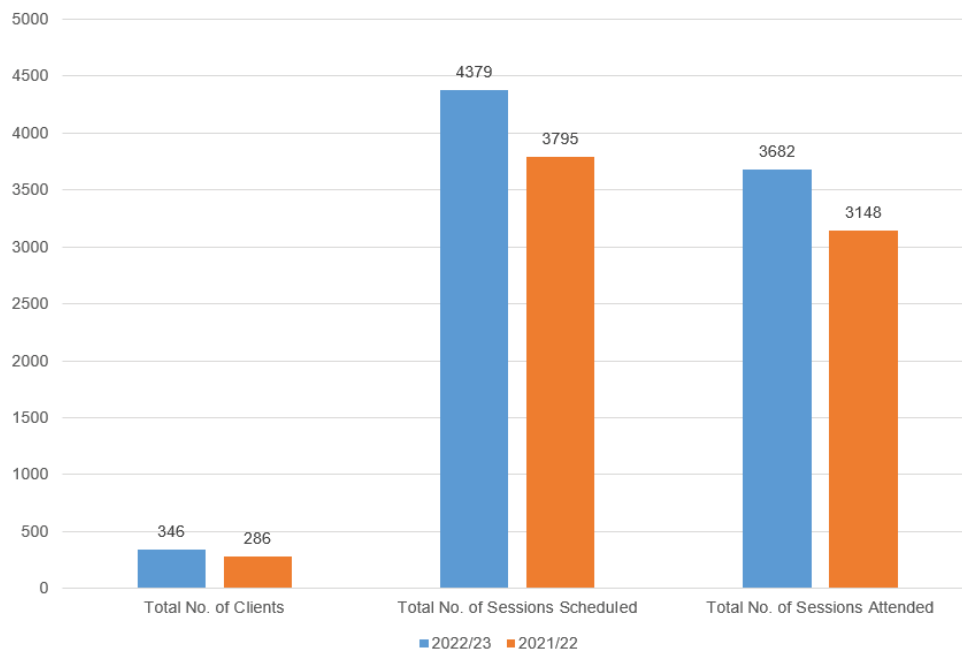
Tara Centre Counsellors/Psychotherapists completed a range of Continuous Professional Development training workshops both individually and collectively as a team. The following are some examples of the training completed:

- 2 Day Trauma Summit June 2022 - Belfast
- Dyadic Developmental Psychotherapy (DDP) – Level 1 and 2
- 23rd International Study Days for Anthroposophical Arts Therapies
- Certificate in Complex Trauma and Childhood Sexual Abuse – Zest for Life
- Person Centred Therapy and Counselling in Action: Essential skills/Theoretical underpinnings - Mick Cooper
- Single Session Therapy - Professor Windy Dryden
- Internal Family Systems – Clinical Application of IFS Model: Dr Frank Anderson
- Domestic Abuse Awareness/Suicidal Risk Awareness
- Equality, Diversity and Inclusion CINI Risk Assessment and Risk Management
- A Safe Space to Be Me, Working therapeutically with Children and Young People
- Losing the Will to Live: Working with Suicidal Clients
- Working with suicide: essential suicide intervention and prevention strategies
- Delivering effective counselling for people with dementia and their families – BACP
- Working with complex grief - BACP

John Friel

Co-ordinator of Therapeutic Services

Counselling/Psychotherapy/Art Therapy No. of Clients/Sessions



*“Sometimes our light goes out, but is Blown again into
instant flame by an Encounter with another human being”.*

Albert Schweitzer

Reflection from a Counsellor/Psychotherapist

The Vision Statement is a lived statement of principles and values that are at the core of everything that is the "Tara Centre". It is read at the beginning of meetings in the Centre, with time left for reflection. I commenced my role as a Counsellor/Psychotherapist at the Tara Centre in June 2022 and I consider the vision statement to be my daily instruction manual for my work in Tara. The vision statement includes the line "healing and transcending pain and trauma". I would like in this article to reflect on what this means in practice.

The word healing comes from the Old English word 'hælan' or the Gothic 'gahailjan', meaning to cure, save or make whole. The expression 'make whole' has a resonance across the theories of Abraham Maslow, 'self-actualisation', Carl Rogers, 'fully functioning person' and Carl Jung, 'individuation'. What links these together is the human desire to grow, develop and achieve their maximum potential.

The therapeutic process facilitates the provision of a safe space, to open up the healing potential within the client. It is within this space that transformation and growth towards wholeness can take place. I describe this space within my own humanistic approach as the transpersonal, a place where all aspects of the self can be examined, particularly our spiritual selves - that which is beyond our conditioned human ego. Transpersonal therapy is a holistic approach that goes beyond traditional psychological frameworks, it is about the whole person, physical, mental, emotional and spiritual.

I commenced transpersonal training in 2013 at the Transpersonal Institute of Ireland before I had thought about training as a therapist. I found that this was certainly the place to 'heal and transcend' my own pain and trauma. It was an experiential training programme that challenged me and fellow participants, to explore deeply within ourselves our pain and trauma. This training set the foundation for my Counsellor/Psychotherapist training which I started in 2019. The personal growth that I experienced when completing my transpersonal training and the academic learning during the Integrative Counselling/Psychotherapy training come together when I am working with clients at the Tara Centre.



I have a particular interest in the collective unconscious which is a concept by Carl Jung. It refers to inherited conscious knowledge that is expressed through universal symbols and archetypes. Jung discovered that these archetypal myths and symbols, which often appear in dreams, were common across all cultures, existing in the human psyche as collective memories. The 'Hero' is one archetype that my own transpersonal journey has focussed on the most. The 'Hero' is one of the archetypes that I think we can all relate to at some level. There are times throughout our lives when our resilience is challenged, or our strength of character tested. I have developed an understanding of my own hero's journey which I believe is the process of growing to wholeness or individuation. This helps me when I am working with clients who are dealing with pain and trauma wherever they are at in their stage of life's journey.

The words of Carl Rogers are very important to me as a therapist. He believed that when the core conditions of empathy, congruence and unconditional positive regard were present, the individuation process could actualise. As a therapist, I aim to offer compassion, non-judgement, love, authenticity and the transpersonal heart to another human being. I do this with whatever they have experienced in the past or present that has brought them to have Counselling/Psychotherapy at the Tara Centre.

Áine McCaffrey
Counsellor/Psychotherapist

"The privilege of a lifetime is to become who you truly are"

Carl Jung

Client comments about their counselling/psychotherapy sessions

I am able to deal with things a lot better now and manage my anxieties, much appreciated for all the help I received.

The counsellor was extremely helpful, saved my life in my opinion, he gave me the strength to keep going.

My sessions got me through some very dark times, my counsellor has been a blessing that came into my life.

I felt I had complete trust and my counsellor understood my situation.

I would like to say a big thank you to my counsellor, very caring in all aspects of my time spent with her, much appreciated.

I learned from counselling to breathe and not be too fast to respond to others.

All communication with the Tara centre has been very positive, respectful and genuinely pleasant.

I learned how to better deal with my thoughts and feelings, I express them and understand myself better.

I thoroughly enjoyed the experience, I hadn't been to counselling before and didn't know what to expect.

I have been helped through a very, very traumatic experience.

I would like to say a big thank you to my counsellor, very caring in all aspects of my time spent with her, much appreciated.

I really enjoyed my sessions with my counsellor, she was very professional and she helped me a great deal.

I feel more hopeful now on my grieving journey.

All communication with the Tara centre has been very positive, respectful and genuinely pleasant.

It has been a lot easier to identify patterns and triggers for anxious thoughts or behaviours and implement a coping strategy before any escalation occurs.

I feel so much clearer now and how to move forward in my life, work towards positive goals again as I once did.

Art Therapy



Art Therapy is a form of psychotherapy that uses the art media as its primary mode of expression and communication. Artistic ability is not a requirement as the focus is on providing a non-judgemental environment in order to nurture creativity and healing when words do not come easily.

The art object can function for the client in a number of ways, from creative expression, catharsis, mirroring the self, relaxation, communication and the containment of difficult or painful feelings, depending on the individual's needs and journey within the safe and supportive structure of the therapeutic space.

Professional Standards

The Art Therapists at the Centre are professionally trained and adhere to the highest professional standards in accordance with the Code of Ethics of the accrediting body, British Association of Art Therapists (BAAT), and of the Health Care Professions Council, (HCPC), Standards of Conduct, Performance and Ethics.

Art Therapists at Tara work primarily with, though not exclusively, with children and young people. In the therapeutic space, the making of visual images in the presence of the Art Therapist can contribute towards the externalization of thoughts and feelings which may otherwise remain unexpressed.

Art Therapy 2022/23

This year has been great for our Art Therapy service. We included at the end of the Art Therapy report in 2021/22 news about recruiting an additional Art Therapist. We were awarded funding in September 2021 and we said that, "the funding will ensure that many more children, teenagers and adults will be able to avail of the Art Therapy service in 2022/23". This has indeed been the case and clients who were waiting for some time for their sessions commenced their appointments in 2022/23. Children, teenagers and adults have been able to address issues relating to their experience of the pandemic, including lockdown related issues, anxiety, social anxiety, isolation from friends/peers/school. There were also a wide range of other issues brought by clients using the Art Therapy service including, low mood, attachment, bereavement, parental separation, emotional regulation, behaviour issues, autism, ADHD, identity, mutism, and self-esteem.

The number of Art Therapy sessions provided in 2022/23 was 840 sessions for 54 clients. This was a very significant increase from 2021/22 when 302 sessions were provided for 21 clients.

*"No-one else can see the world the way you see it
No-one else can feel your life the way you feel it."*

John O'Donohue

Complementary Therapies

Complementary Therapy treatments are a significant dimension of the multi-disciplinary approach taken at the Centre.....

“...in the service of healing, peace and holistic well-being”.

In keeping with the Centre's strongly held belief that 'one size does not fit all', Tara offers a range of Complementary Therapy treatments in addition to other therapeutic and life-enriching interventions available at the Centre.

- The provision of Complementary Therapy treatments (Reflexology, Aromatherapy and Indian Head Massage) resumed in November 2022.
- During the period November 2022 and March 2023, 298 sessions were provided for 59 clients
- Main presenting issues - Anxiety, Chronic Pain, Insomnia, Isolation, Low Mood, Stress, NI Troubles related trauma and Health Related Conditions.
- The Tara Centre is a registered member of the Federation of Holistic Therapists (FHT) UK, a professional association operating a healthcare register for qualified professional and insured therapists. All adhere to the core principles of the FHT Code of Conduct and Professional Practice



CLIENT COMMENTS ABOUT THEIR COMPLEMENTARY THERAPY TREATMENTS

"Reflexology sessions have helped me manage my mental health better. My sleeping and walking have both improved greatly too. Thank you"

"Very enjoyable, the treatments have made a difference to my mental health and overall well-being, very grateful. Thank you"

"I have ongoing family issues and coming for the treatments has been a "lifesaver" for me. Many thanks."

"The treatments have been great, thank you for everything."

"I feel the treatments have significantly eased my pains that I have been experiencing. My general wellbeing has been elevated beyond all I could have hoped for. Thank you"

"I have had a good time coming here and have felt very good, the treatments helped me every way with my chest and mental health. "

"I keep a positive mindset most days, some days can be very tough, very grateful to the Tara Centre."

Meditation – A Way of Life

Ever since the Tara Centre opened in June 1996, the practice of meditation, as part and parcel of everyday life, has been facilitated as a “user friendly” approach to the deepening of “...healing, peace and holistic wellbeing” in our lives.

In recent years the practice of mindfulness, closely associated with Eastern spirituality, has put down deep roots in the West. At Tara, we have always approached the teaching of meditation from a generic perspective which respects each participant’s world view and spiritual orientation.

We have adapted our programme to include an appropriate emphasis on core elements on mindfulness within the broad canvas of the universal, age old multi-faceted generic approach to the practice of meditation which had been the context within which we offer our teaching.

Soul of Healing Meditations, led by Maura Twohig and Mary Daly were delivered in the Tara Centre in May, June, October and November 2022 and in the Spring Term 2023. The annual Christmas Meditation took place on 12th December 2022.

Weekly Meditation Sessions, led by Mary Daly were held throughout the year.



“Meditation practice isn’t about trying to throw ourselves away and becoming something better. It’s about befriending who we are already”.

Pema Chodron

Educational Seminars & Workshops

The holistic philosophy which informs the Tara Centre's vision encourages intellectual inquiry and shapes a wide range of healing and life enhancing initiatives.

The Educational Seminars and Workshops delivered by the Tara Centre provide participants with the opportunity to explore the meaning of life to growing understanding of the nature of

human behavior and its complexities, to learn and appreciate the culture and history of this country and these islands towards building a reconciled society, to experience stillness and peace through meditation and mindful living, to find pathways towards holistic living, and to grow in the awareness of this amazing universe of which we, humans, form a creative and integral part.



Workshops and Seminars - delivered April 2022-March 2023

Summer 2022-2023

- Dr Aileen O'Kane –Lifestyle Adjustments to Optimise and Take Responsibility for Our Own Health
- Meditating Together with Maura and Mary Tuesday mornings May-July
- Meditation Soul of Healing

Autumn/Winter 2022-2023

- Dr Aileen O'Kane –An Introduction to Ayurveda
- Declan Coyle – The Green Platform
- Meditating Together with Maura and Mary Tuesday mornings Oct-Dec
- Meditation Soul of Healing (Maura & Mary)
- Christmas Meditation (Maura & Mary)

Spring 2022-2023

- Meditating Together with Maura and Mary -Tuesday mornings Jan-March
- Meditation Soul of Healing (Maura & Mary)
- Michael O'Doherty – Bio-Energy Healing: Triple 8. A New Model of Living
- Jim Cogley – Loss and Recovery
- Jim Cogley – Getting the Past out of the Present

“There can be no growth if we do not remain open and vulnerable to what is new and different. I have never seen anyone take a risk for growth that was not rewarded a thousand times over.”

Meister Eckhart

In Appreciation of Dr Éamon Pheonix



Dr Éamon Phoenix was a regular Presenter and valued friend of Tara. His enlightening seminars covered significant periods Irelands history from the mid-19th Century and into the 20th Century. He passed away following a short illness in November 2022.

The abiding gift Éamon leaves us with here at Tara is the cherished memory of the life-giving quality of his presence among us as he unveiled for us some of the darkest corners of the troubled story of our shared history in Northern Ireland in the context of the broader story of the Island of Ireland and of the British Isles. Without fear or favour on his part Dr Éamon empowered us all to embrace the full spectrum of facts and feelings stirred by visiting this, our so-often turbulent story in a manner consistent with the

Centre's commitment to being "...in the service of healing, peace and holistic well-being" at the heart of the community.

The Centre's Conference Hall provided a safe space for so many of us from so many different backgrounds and historical perspectives to come together, banish fear of the unknown and together, under the gentle and enlightened guidance of Dr Éamon, gain an understanding of and respect for the multiple strands of our complex history.

Maura Twohig, Co-Founder

Testimonials: Anonymised Extracts from Client Evaluations

Jim Cogley: **Getting the Past Out of the Present**

"Responsibility lies within me to change the future and not get bogged down in the past".

"Acknowledging the past, embracing it and relating it to now. Working with it as I journey through life appropriately".

"It has touched on things and made me more aware of past events. Learning to bring more healing into the future".



Michael O'Doherty: **Transforming Stress and Anxiety into Vitality**

"It was fantastic. Opened up my awareness of health and healing. Wanted to learn Michael's techniques to help myself, friends and family".

"I will be more mindful in relation to diet, exercise and looking after my own health".

"Excellent way of explaining emotions. The Tara Centre is a safe place and (makes one) feel at peace in the building".



Dr. Aileen O'Kane: **Healing and Integration – Becoming Our True Selves**

"A very informative course with opportunities to ask questions. This was a mine of information from beginning to end".

"Aileen has a wealth of knowledge. This is such a great workshop, you always learn more and more."

"The most informative course I have ever been to".



Introduction to Ayurveda

"I feel empowered with the knowledge. I feel able to positively impact my health and wellbeing and able to share the knowledge with others".

"Diet and time for myself – Healing the body, mind and soul".

Declan Coyle: **The Green Platform**

"I had found myself overwhelmed by life and the expectations of others. This workshop helped me reconnect with my own power and choice and reframe my thinking".

"Has reminded me of how I always have a choice in how I react to circumstances".



Yoga at Tara

When entering the building, people often comment on the ambiance, the relaxed peaceful atmosphere which provides a safe nurturing space for all. It is in this beautiful space that I have been teaching Yoga since 1998, and to this day a number of the students still attend these classes.

Yoga, an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing, has much to offer in today's world. One of the basic aims of Yoga is to harmonize and bring balance to the mind, body and emotions through using postures, breath and relaxation techniques. The postures are performed slowly and mindfully, keeping the body supple and helping to alleviate any physical discomfort. As the practice deepens, ones capacity for developing self-awareness improves the general well-being.

Yoga classes were held twice weekly for Beginners and Intermediates throughout 2022-2023, with an average of 20 persons attending per 10 week programme block.

The Tara Centre has a very special place in my life. There is a great sense of community, a care



for all who walk over its threshold. I have made many friends through the years – I feel I belong here. It feels like home.

Heather Kemps, Yoga Teacher

COMMENTS FROM CLIENTS

"To be able to have more flexibility and take time for myself"

"Easy to follow and so relaxing. Heather is a brilliant Coach"



Support Groups

The ethos of the Centre and its ambience provide a safe and nurturing space for groups. It is the Centre's policy to continue to have this service available, particularly for groups whose members may be experiencing a especially vulnerable period in their lives.

“If your compassion does not include yourself, it is incomplete”.

Jack Kornfield

The groups who avail of the facility on a regular basis are PATHS and Omagh Men's Support Group.

PATHS Omagh

Supporting families and individuals bereaved by suicide.

PATHS Omagh is a confidential self-help group for those bereaved by suicide. It meets on the second Tuesday of every month in the Tara Centre Campsie Omagh.

Our aim is to provide a safe environment for people to share their thoughts, feelings and emotions.

Myself and a colleague Nuala, facilitate the group. The Tara Centre has been our base for many years, because it provides us with a calm and tranquil atmosphere.

The suicide of a family member is one of the most difficult losses to endure and cope with and self-help groups are considered one of the better ways to help such individuals and families. Self-help groups encourage individuals to re-tell their experiences in a safe environment and move towards hope and healing. The Tara Centre provides the ideal environment for this process.

We also offer one-to-one counselling and complementary therapies for our members, which are provided by the therapists in the Tara Centre. This service offers reassurance for our members in the knowledge that their needs will be met.



We also run an annual service of remembrance and other activities from time to time and the Tara Centre provides the facilities to accommodate these larger groups. All staff within the centre are most accommodating and helpful. A restaurant is also available for refreshments.

On behalf of all our members we would like to thank the Tara staff for their continuous support over the years and indeed throughout some very difficult recent times.

We are indebted to you all.

(If you have been bereaved by suicide please get in touch by contacting Jimmy on 07879414385).

Jimmy Carrigan, Facilitator

Omagh Men's Support Group

This group offers men a safe and secure place where they can talk about their emotions, find help in managing the stress in their lives and explore possible solutions to life's challenges. It meets on a weekly basis throughout the year.

Omagh Men's Support Group offers all men within the wider Omagh community a safe and secure space where they can talk about their emotions, find help and support in managing the stresses in their lives and explore possible solutions to life's problems. Issues raised can include relationships, raising children, work, feelings of failure and ambition, loss, health and money worries. The resulting increase in self-confidence from this process alongside the acquisition of new skills has led men to have a renewed sense of optimism both in relation to their own particular circumstances and very often in turn a meaningful re-engagement with their own community.

Founded in 1999, and throughout the years since, OMSG has been very fortunate in having the enthusiastic support of the Tara Centre in creating a space for our work.



Indeed, the vision of Tara as a centre working in the service of peace, healing and holistic well-being complements very naturally the work of OMSG, so that we feel very much 'at home' in the centre and remain always indebted to its founders Maura Twohig and Mary Daly and to the Tara Centre Board of Directors for their vision in accommodating our group and its work. We look forward to strengthening our relationship with the Tara Centre in the years ahead, thank you.

Gerry Madden, Facilitator

Summary Of Services Delivered 2022-2023

SERVICES	ATTENDEES
➤ Counselling/Psychotherapy and Art Therapy Sessions.....	4,379
Counselling/Psychotherapy and Art Therapy Clients.....	346
➤ Complementary Therapies treatments.....	298
Complementary Therapies clients.....	59
➤ Educational Seminars and Workshops.....	252
➤ Support Groups - numbers attending	
Soul of Healing.....	114
Meditating Together.....	300
Men's Group	350
PATHS.....	162
Yoga.....	550
➤ Phone calls at reception	
Counselling related.....	611
General calls.....	254
➤ Digital Reach Facebook	
Likes.....	2,414
People reached.....	9,081
Website page views.....	13,523

Avenues of Funding

The Chairperson and Board of Directors express deep gratitude to the funders, listed below, for their great generosity throughout this financial year.

It is thanks to financial support received, details of which are set out in the financial report section of this document, that the Centre has been able to deliver the services detailed earlier in this Report.

- Western Health & Social Care Trust - WHSCT
- Victims and Survivors Service – VSS
- Mental Health Support Fund
- Drumragh Family Practice Service Agreement
- Three Spires Service Agreement
- Personal Donations and Philanthropic Donations
- Personal Donations through Standing Orders and Gift Aid
- Presentation Sisters, North East Province
- Smile.co.uk
- National Lottery Community Fund - Awards for All
- Proceeds of Fundraising Events:
 - Darkness into Light, Pieta House & Dromore Organising Community
 - JP Duddy & Sons Ltd, The Nature Trail, Nutured Living, Johnson Car Transport Ltd, Prophysio NI.
- Lease of premises free of charge to the Tara Centre by the Joint Owners, the Mercy & Presentation Sisters, Northern and North Eastern Provinces respectively

Thank you, sincerely, for whatever way you choose to support the good work of Tara. Our gratitude to one and all is deep and sincere.



Tara Centre

*(A company limited by guarantee,
not having a share capital)*

Financial Statements

for the financial year ended 31 March 2023



Independent Auditor's Report to the Members of Tara Centre

(A company limited by guarantee, not having a share capital)

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF TARA CENTRE

Opinion

We have audited the financial statements of Tara Centre (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Independent Auditor's Report

to the Members of Tara Centre

(A company limited by guarantee, not having a share capital)

continued

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Independent Auditor's Report to the Members of Tara Centre

(A company limited by guarantee, not having a share capital)

continued

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry and sector, control environment and business performance including the remuneration policies, and its internal and external performance targets;
- results of our enquiries of management and other key persons about the charity's own identification and assessment of the risks of irregularities, including those that may occur either as a result of fraud or error, and matters we identified from our review of the policies, procedures and internal controls; and
- the matters discussed among the audit engagement team regarding potential indicators of fraud and where it might occur in the financial statements.

We also obtained an understanding of the legal and regulatory framework that the Charity operates in, focusing on provisions of those laws and regulations that had a direct effect on material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act, pensions and tax legislation, charity legislation together with provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the Charity's ability to operate or to avoid a material penalty. This included conditions of funding from various bodies.

From the above procedures, and in common with all audits under ISAs (UK), we identified the disclosure of adjusting items as a key audit matter with respect to potential risk of fraud, particularly in areas where management is required to exercise significant judgement.

We tailored our response to those identified risks to include enquiring of management concerning actual and potential litigation and claims, performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud, and reviewing correspondence with HMRC and other regulatory bodies.

In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; assessed whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluated the business rationale of any significant transactions that are unusual or outside the normal course of business, of which there were none.

Whilst our engagement team were fully briefed on the fraud risks and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit, we draw attention to inherent limitations in the scope of audit procedures since fraud, by its nature, may involve deliberate concealment, misrepresentation or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Independent Auditor's Report

to the Members of Tara Centre

(A company limited by guarantee, not having a share capital)

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

MICHAEL BARNETT (Senior Statutory Auditor)
for and on behalf of McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

24 June 2023

Statement of Financial Activities

for the financial year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		57,475	-	57,475	113,626
Charitable activities					
Bookshop		475	-	475	414
Room rent		320	-	320	1,203
Course subscriptions		12,311	-	12,311	16,156
Charitable projects		55,442	235,392	290,834	239,440
Service agreements		24,139	-	24,139	20,485
Other income		31,958	2,218	34,176	38,156
Total		182,120	237,610	419,730	429,480
EXPENDITURE ON					
Raising funds		79,219	-	79,219	128,973
Charitable activities					
Bookshop		149	-	149	2,411
Room rent		429	-	429	2,297
Course subscriptions		16,754	-	16,754	18,767
Charitable projects		76,929	240,928	317,857	265,605
Service agreements		31,653	-	31,653	25,160
Total		205,133	240,928	446,061	443,213
NET INCOME/(EXPENDITURE)		(23,013)	(3,318)	(26,331)	(13,733)
Transfers between funds	14	(3,318)	3,318	-	-
Net movement in funds		(26,331)	-	(26,331)	(13,733)
RECONCILIATION OF FUNDS					
Total funds brought forward		881,776	-	881,776	895,509
TOTAL FUNDS CARRIED FORWARD		855,445	-	855,445	881,776

Financial Statements Balance Sheet

for the financial year ended 31 March 2022

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	7	793,881	847,294
CURRENT ASSETS			
Stocks	8	7,186	6,632
Debtors	9	27,934	27,101
Cash at bank and in hand		<u>202,727</u>	<u>265,839</u>
		237,847	299,572
CREDITORS			
Amounts falling due within one year	10	(66,809)	(121,440)
NET CURRENT ASSETS		<u>171,038</u>	<u>178,132</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		964,919	1,025,426
CREDITORS			
Amounts falling due after more than one year	11	(109,474)	(143,650)
NET ASSETS FUNDS		<u>855,445</u>	<u>881,776</u>
Unrestricted funds	14	<u>855,445</u>	<u>881,776</u>
TOTAL FUNDS		<u>855,445</u>	<u>881,776</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 24 June 2023 and were signed on its behalf by:

Samuel Young - Trustee

Anna Harte - Trustee

The Tara Centre

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TARA
CENTRE



Tara Centre, Omagh is a Company
Limited by Guarantee, registered
in Northern Ireland,
Company No. NI 37403;
Registered as a Charity by
The Charity Commission for
Northern Ireland.

Tara Centre

Northern Ireland - Charity number 103397

Annual return

EXTRACTED FROM REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS FOR THE YEAR ENDING
31 MARCH 2023 FOR TARA CENTRE

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE**

Opinion

We have audited the financial statements of Tara Centre (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF TARA CENTRE

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry and sector, control environment and business performance including the remuneration policies, and its internal and external performance targets;
- results of our enquiries of management and other key persons about the charity's own identification and assessment of the risks of irregularities, including those that may occur either as a result of fraud or error, and matters we identified from our review of the policies, procedures and internal controls; and
- the matters discussed among the audit engagement team regarding potential indicators of fraud and where it might occur in the financial statements.

We also obtained an understanding of the legal and regulatory framework that the Charity operates in, focusing on provisions of those laws and regulations that had a direct effect on material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act, pensions and tax legislation, charity legislation together with provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the Charity's ability to operate or to avoid a material penalty. This included conditions of funding from various bodies.

From the above procedures, and in common with all audits under ISAs (UK), we identified the disclosure of adjusting items as a key audit matter with respect to potential risk of fraud, particularly in areas where management is required to exercise significant judgement.

We tailored our response to those identified risks to include enquiring of management concerning actual and potential litigation and claims, performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud, and reviewing correspondence with HMRC and other regulatory bodies.

In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; assessed whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluated the business rationale of any significant transactions that are unusual or outside the normal course of business, of which there were none.

Whilst our engagement team were fully briefed on the fraud risks and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit, we draw attention to inherent limitations in the scope of audit procedures since fraud, by its nature, may involve deliberate concealment, misrepresentation or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
TARA CENTRE

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

MICHAEL BARNETT (Senior Statutory Auditor)
for and on behalf of McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

24 June 2023