

SURVIVORS OF SUICIDE SUPPORT GROUP

Northern Ireland · Charity number 103483

Details

Known as east belfast sos group

Status Received

Registered 2015-09-18

Register [View on the Charity Commission for Northern Ireland register](#)

Contact

Address Ballymacarrett Recreation Centre/ C
Ballymacarrett Walkway
Connswater Street
Belfast
Bt4 1sx
BT4 1SX

Phone 028 9046 0201

Email eastbelfastsos@gmail.com

Activities

Purposes: a. The Organisation is established to help alleviate distress and offer assistance people who have suffered loss through suicide or anguish through self-harm by loved ones, in particular: by the development of support systems within the community; to offer support for family and friends bereaved and/or affected by suicide; to connect families and friends bereaved through suicide in East Belfast/Castlereagh and give relevant advice on help and support available; to create a group for families to express their needs and concerns and facilitate action to address them. b. Advance the education of the public into, and raise awareness of, the causes and effects of suicide and self-harm and into matters relating to the nature of grieving, bereavement and the treatment and rehabilitation of individuals that self-harm.

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

How the charity works: Advice/advocacy/information, Community development, Counselling/support, Education/training, General charitable purposes

Who the charity helps: Carers, General public, Learning disabilities, Men, Mental health, Older people, Parents, Unemployed/low income, Voluntary and community sector, Women

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£104,411	£82,792	£0	3

Trustees

Name	Role	Appointed
Kate Tanner		
Miss Claire Curran Curran		
Miss Michelle Kelly Kelly		
Mr Colin Mcgavin		
Mr Neal Hunter Hunter		
Mrs Elaine Smyth		
Mrs Irene Blanchard Blanchard		
Shontel		
Victoria		

SURVIVORS OF SUICIDE SUPPORT GROUP

Northern Ireland - Charity number 103483

Accounts

SURVIVORS OF SUICIDE SUPPORT GROUP
Charity No. 103483 Unaudited Financial
Statements 31 March 2025

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The trustees present their report with the unaudited financial statements of the charity for the year ended 31 March 2025.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No. 103483 Registered Office

Survivors Of Suicide Ballymacarrett Recreation Centre BT4 1SX

Trustees

The following Directors and Trustees served during the year:

I. Blanchard
C. Curran
C. McGavin
K. Tanner
M. Kelly
E. Smyth
N. Hunter
V. Stirling
S. Johnston

Accountant

Lisa Curran
21 Orangefield Avenue
Belfast
BT5 6DG

Statement of trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the board

Katherine Tanner

Katherine Tanner

03 February 2026

Independent Examiner's Report to the trustees of SURVIVORS OF SUICIDE SUPPORT GROUP

I report to the charity trustees on my examination of the financial statements of SURVIVORS OF SUICIDE SUPPORT GROUP for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the company, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- Examine the accounts under section 65 of the Charities Act
- Follow the procedures laid down in the general Directions given by the Commission under section 65 (9) (b) of the Charities Act
- State whether matters have come to my attention.

In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the charity as required by section 63 of the Charities Act; or
- the financial statements do not accord with those records; or
- That there is further information needed for a proper understanding of the accounts to be reached.
- The financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair' view is not a matter considered as part of an independent examination.

I have completed my examination and have no concerns and have come across no other matters in connection with following Directions of the Charity Commission for Northern Ireland.

Lisa Curran

Lisa Curran MAAT
21 Orangefield Avenue,
Belfast BT5 6DG
03 February 2026

For the year ended
31 March

2025

		Restricted funds	Unrestricted funds	Total funds	Total funds
	Notes	2025 £	2025 £	2025 £	2024 £
Income and endowments from:					
Donations	2		22,237	22,237	20,166
Grants receivable	3	<u>82,174</u>		<u>82,174</u>	<u>38,202</u>
Total		82,174	22,237	104,411	58,368
Expenditure on:					
Other	4	<u>66,079</u>	<u>16,713</u>	<u>82,792</u>	<u>84,907</u>
Total		66,079	16,713	82,792	84,907
Net gains on investments		-	-	-	-
Net expenditure		<u>16,095</u>	5,524	21,619	(26,539)
Transfers between funds		-	-	-	-
Net expenditure before other gains/(losses)		16,095	5,524	21,619	(26,539)
Other gains and losses					
Net movement in funds		<u>16,095</u>	5,524	21,619	(26,539)
Reconciliation of funds:					
Total funds brought forward		30,852	-13,341	17,511	44,050
Total funds carried forward at 31 March 2025		<u>46,947</u>	<u>-7,817</u>	<u>39,130</u>	<u>17,511</u>

Company No.	Notes	2025 £	2024 £
Fixed Assets			
Office Equipment		3,255	-
Depreciation (3yr straight line)		<u>-877</u>	<u>-</u>
		2,378	-
Current assets			
Cash at bank and in hand		34,739	27,385
Prepayments		<u>4,829</u>	<u>-</u>
		39,568	27,385
Creditors: Amount falling due within one year	6	<u>(2,816)</u>	<u>(9,874)</u>
Net current assets		36,752	17,511
Total assets less current liabilities		<u>39,130</u>	<u>17,511</u>
Net assets excluding pension asset or liability		39,130	17,511
Total net assets		<u>39,130</u>	<u>17,511</u>
The funds of the charity			
Restricted funds			
Grants receivable	7	46,947	30,852
		<u>46,947</u>	<u>30,852</u>
Unrestricted funds			
Donations	7	<u>(7,817)</u>	<u>(13,341)</u>
		(7,817)	(13,341)
Reserves	7		
Total funds		<u>39,130</u>	<u>17,511</u>

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 03 February 2026

And signed on its behalf by:

Katherine Tanner

K. Tanner
Trustee
03 February 2026

M. Kelly

M. Kelly
Treasurer
03 February 2026

For the year ended 31 March 2025

1 Accounting policies Basis of preparation

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds

These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.

Designated funds. These are unrestricted funds earmarked by the trustees for particular purposes.

Revaluation funds

These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.

Restricted funds

These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of Income

Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure

Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies

Tax reclaims on donations and gifts

Voluntary income received by way of grants, donations and gifts is included in the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Donated services and facilities

These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help

The value of any volunteer help received is not included in the accounts.

Investment income

This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets.

Volunteer help

The value of any volunteer help received is not included in the accounts.

Investment income

This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets.

This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets

This includes any gain or loss on the sale of investments.

Expenditure

Expenditure is recognized on an accruals basis.

Recognition of expenditure

Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds

These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on Charitable activities

These comprise the costs incurred by the Charity in the delivery of its activities and services in governance costs.

Grants payable

All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance Costs

These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure

These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred. All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Income from donations

	Unrestricted £	Total 2025 £	Total 2024 £
	22,237	22,237	20,166
	<u>22,237</u>	<u>22,237</u>	<u>20,166</u>
3 Income from grants and restricted funding	Restricted £	Total 2025 £	Total 2024 £
	82,174	82,174	38,202
	<u>82,174</u>	<u>82,174</u>	<u>38,202</u>

		<u>82,174</u>	<u>82,174</u>	<u>38,202</u>
4 Other expenditure				
	Restricted	Unrestricted	Total	Total
			2025	2024
	£	£	£	£
Employee costs	49,131	10,407	59,538	59,088
Premises repairs	954	100	1,054	1,894
General administrative costs	13,540	2366	15,906	17,822
Consultancy and counselling	<u>5,975</u>	<u>3840</u>	<u>9,815</u>	<u>6,103</u>
	<u>69,677</u>	<u>16,713</u>	<u>86,390</u>	<u>84,907</u>

5 Staff costs		2025	2024
Salaries and wages		52,217	54,663
Social security costs		-	-
Pension costs		-	-
		<u>52,217</u>	<u>54,663</u>

6 No employee received emoluments in excess of £60,000.

Creditors:

amounts falling due within one year

	2025	2024
	£	£
Other taxes and social security	2,316	9,449
Other creditors	500	425
	<u>2,816</u>	<u>9,874</u>

**7 Movement in funds
Incoming**

	At 1 April	resources	Resources	At 31
	2024	(including	expended	March
	£	Other	£	2025
		Gains/losses)		£
		£		
Restricted funds:				
Restricted income funds:	30,852	82,174	(66,079)	46,947
<i>Total</i>	<u>30,852</u>	<u>82,174</u>	<u>(66,079)</u>	<u>46,947</u>
Unrestricted funds: General funds	-13,341	22,237	(16,713)	(7,817)
Total funds	<u>17,511</u>	<u>104,411</u>	<u>(82,792)</u>	<u>39,130</u>

8 Analysis of net assets between funds

	Unrestricted	Total
	funds	Total
Net current assets	36,752	36,752
	<u>36,752</u>	<u>36,752</u>

9 Reconciliation of Net debt

	At 1 April		At 31 March
	2024	Cash flows	2025
	£	£	£
Cash and cash equivalents	<u>27,385</u>	<u>7,354</u>	<u>34,739</u>
	27,385	7,354	34,739
Net debt	<u>27,385</u>	<u>7,354</u>	<u>34,739</u>

10 Commitments

Operating lease commitments

Annual commitments under non-cancellable operating leases are as follows:

	2025	2025	2024	2024
	Other	Land and buildings		Other
	£	£	£	£
Operating leases with expiry date:				
<i>Pension commitments</i>		2025		2024
The pension cost charge to the company		£		£
amounted to:				<u>1,800</u>

for the year ended 31 March 2025

	Unrestricted funds	Restricted funds	Total funds	Total funds
	2025	2025	2025	2024
	£	£	£	£
Income and endowments from:				
Donations	22,237	-	22,237	20,802
	<u>22,237</u>	<u>-</u>	<u>22,237</u>	<u>20,802</u>
Grants receivable	-	82,174	82,174	30,531
	<u>-</u>	<u>82,174</u>	<u>82,174</u>	<u>30,531</u>
Total income and endowments	22,237	82,174	104,411	51,333
Expenditure on:				
Employee costs Salaries/wages	10,407	44,069	54,476	54,663
Employer's NIC	-	-	-	-
Pension costs	-	-	-	-
Staff training	0	1,289	1,289	2,705
Committee expenses	0	1,476	1,476	1,720
	<u>10,407</u>	<u>46,834</u>	<u>57,241</u>	<u>59,088</u>
Premises costs	100	954	1,054	1,894
Garden repairs				
	<u>100</u>	<u>954</u>	<u>1,054</u>	<u>1,894</u>
General administrative costs				
Outings, meetings and activities	1,872	6,768	8,640	9,538
General insurances	0	1167	1,167	1600
Printing, postage and stationary	0	2492	2492	717
Software, IT support and related costs	261	1466	1727	905
Subscriptions	-	-	-	747
General expenses	196	788	984	3627
Telephone, fax and broadband	37	859	896	688
Depreciation	-	877	-	-
	<u>2,366</u>	<u>14,417</u>	<u>16,783</u>	<u>17,822</u>
Legal and professional costs				
Accountancy and bookkeeping	-	777	777	1435
Counselling and consultancy	3,840	3097	6,937	4,668
	<u>3,840</u>	<u>3874</u>	<u>7,714</u>	<u>7,974</u>
Total of expenditure of other costs		66,079	82,792	94,317
Total expenditure	16,713	66,079	82,792	94,317
Net gains on investments	-	-	-	-
Net expenditure	5,524	16,095	21,619	(42,984)

Net expenditure before other gains/(losses)	<u>5,524</u>	16,095	<u>21,619</u>	<u>(42,984)</u>
Other Gains	-	-	-	-
Net movement in funds Reconciliation of funds:	<u>5,524</u>	16,095	<u>21,619</u>	<u>(42,984)</u>
Total funds brought forward	-	-	-	-
	-13,341	30,852	17,511	87,034
Total funds carried forward	<u>(7,817)</u>	<u>46,947</u>	<u>39,130</u>	<u>44,050</u>

SURVIVORS OF SUICIDE SUPPORT GROUP

Northern Ireland - Charity number 103483

Accounts

SURVIVORS OF SUICIDE SUPPORT GROUP

Charity No. 103483

Unaudited Financial Statements

31 March 2024

SURVIVORS OF SUICIDE SUPPORT GROUP

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SURVIVORS OF SUICIDE SUPPORT GROUP

Trustees Annual Report

The trustees present their report with the unaudited financial statements of the charity for the year ended 31 March 2024.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No. 103483

Registered Office

Survivors Of Suicide
Ballymacarrett Recreation
Centre
BT4 1SX

Trustees

The following Directors and Trustees served during the year:

I. Blanchard
C. Curran
J.E. Drummond
D. Keenan
M. Kelly
E. Smyth
K. Tanner

Accountants

AccountsReady
Unit HF6 Howard Building
Twin Spires Centre
BT13 2JF

Statement of trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the board



J.E. Drummond
Trustee
09 January 2025

SURVIVORS OF SUICIDE SUPPORT GROUP

Independent Examiners Report

Independent Examiner's Report to the trustees of SURVIVORS OF SUICIDE SUPPORT GROUP

I report to the charity trustees on my examination of the financial statements of SURVIVORS OF SUICIDE SUPPORT GROUP for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the company you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

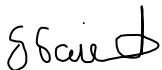
I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair' view is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Sarah Saied MAAT
AccountsReady
Unit HF6 Howard Building
Twin Spires Centre

BT13 2JF
09 January 2025

SURVIVORS OF SUICIDE SUPPORT GROUP

Statement of Financial Activities

for the year ended 31 March 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:					
Donations	2	20,166	-	20,166	20,802
Grants receivable	3	-	38,202	38,202	30,531
Total		20,166	38,202	58,368	51,333
Expenditure on:					
Other	4	48,130	36,777	84,907	94,317
Total		48,130	36,777	84,907	94,317
Net gains on investments		-	-	-	-
Net expenditure		(27,964)	1,425	(26,539)	(42,984)
Transfers between funds		-	-	-	-
net expenditure before other gains/(losses)		(27,964)	1,425	(26,539)	(42,984)
Other gains and losses					
Net movement in funds		(27,964)	1,425	(26,539)	(42,984)
Reconciliation of funds:					
Total funds brought forward		14,623	29,427	44,050	87,034
Total funds carried forward		(13,341)	30,852	17,511	44,050

SURVIVORS OF SUICIDE SUPPORT GROUP**Balance Sheet**

at 31 March 2024

Company No.	Notes	2024	2023
		£	£
Current assets			
Cash at bank and in hand		27,385	60,858
		<u>27,385</u>	<u>60,858</u>
Creditors: Amount falling due within one year	6	(9,874)	(16,808)
		<u>17,511</u>	<u>44,050</u>
Net current assets		17,511	44,050
Total assets less current liabilities		<u>17,511</u>	<u>44,050</u>
Net assets excluding pension asset or liability		<u>17,511</u>	<u>44,050</u>
Total net assets		<u><u>17,511</u></u>	<u><u>44,050</u></u>
The funds of the charity			
Restricted funds			
Grants receivable	7	30,852	29,427
		<u>30,852</u>	<u>29,427</u>
Unrestricted funds			
Donations	7	(13,341)	14,623
		<u>(13,341)</u>	<u>14,623</u>
Reserves	7		
		<u>17,511</u>	<u>44,050</u>
Total funds		<u><u>17,511</u></u>	<u><u>44,050</u></u>

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 09 January 2025

And signed on its behalf by:

J.E. Drummond
Trustee
09 January 2025

SURVIVORS OF SUICIDE SUPPORT GROUP

Notes to the Accounts

for the year ended 31 March 2024

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

SURVIVORS OF SUICIDE SUPPORT GROUP

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

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

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

SURVIVORS OF SUICIDE SUPPORT GROUP

Notes to the Accounts

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Income from donations

Unrestricted	Total 2024	Total 2023
£	£	£
20,166	20,166	20,802
<u>20,166</u>	<u>20,166</u>	<u>20,802</u>

SURVIVORS OF SUICIDE SUPPORT GROUP

Notes to the Accounts

3 Income from grants and restricted funding

Restricted	Total	Total
£	2024	2023
38,202	38,202	30,531
<u>38,202</u>	<u>38,202</u>	<u>30,531</u>

4 Other expenditure

	Unrestricted	Restricted	Total	Total
	£	£	£	£
Employee costs	31,449	27,639	59,088	61,463
Premises repairs	1,894	-	1,894	5,607
General administrative costs	9,566	8,256	17,822	19,273
Consultancy and counselling	5,220	883	6,103	7,974
	<u>48,130</u>	<u>36,777</u>	<u>84,907</u>	<u>94,317</u>

5 Staff costs

	2024	2023
Salaries and wages	54,663	48,052
Social security costs	-	6,210
Pension costs	-	1,800
	<u>54,663</u>	<u>56,062</u>

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

6 Creditors:

amounts falling due within one year

	2024	2023
	£	£
Other taxes and social security	9,449	16,383
Other creditors	425	425
	<u>9,874</u>	<u>16,808</u>

SURVIVORS OF SUICIDE SUPPORT GROUP

Notes to the Accounts

7 Movement in funds

	At 1 April 2023	Incoming resources (including other gains/losses) £	Resources expended £	At 31 March 2024 £
Restricted funds:				
Restricted income funds:	29,427	38,202	(36,777)	30,852
<i>Total</i>	<u>29,427</u>	<u>38,202</u>	<u>(36,777)</u>	<u>30,852</u>
Unrestricted funds:				
General funds	14,623	20,166	(48,130)	(13,341)
Total funds	<u>44,050</u>	<u>58,368</u>	<u>(84,907)</u>	<u>17,511</u>

8 Analysis of net assets between funds

	Unrestricted funds £	Total £
Net current assets	17,511	17,511
	<u>17,511</u>	<u>17,511</u>

9 Reconciliation of net debt

	At 1 April 2023 £	Cash flows £	At 31 March 2024 £
Cash and cash equivalents	60,858	(33,473)	27,385
	<u>60,858</u>	<u>(33,473)</u>	<u>27,385</u>
Net debt	<u>60,858</u>	<u>(33,473)</u>	<u>27,385</u>

SURVIVORS OF SUICIDE SUPPORT GROUP

Notes to the Accounts

10 Commitments

Operating lease commitments

Annual commitments under non-cancellable operating leases are as follows:

	2024	2024	2023	2023
	Land and buildings	Other	Land and buildings	Other
	£	£	£	£
Operating leases with expiry date:				

Pension commitments

	2024	2023
	£	£
The pension cost charge to the company		
amounted to:	<u><u>-</u></u>	<u><u>1,800</u></u>

SURVIVORS OF SUICIDE SUPPORT GROUP
Detailed Statement of Financial Activities
for the year ended 31 March 2024

	Unrestrict ed funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:				
Donations	20,166	-	20,166	20,802
	<u>20,166</u>	<u>-</u>	<u>20,166</u>	<u>20,802</u>
Grants receivable	-	38,202	38,202	30,531
	<u>-</u>	<u>38,202</u>	<u>38,202</u>	<u>30,531</u>
Total income and endowments	20,166	38,202	58,368	51,333
Expenditure on:				
Employee costs				
Salaries/wages	30,915	23,748	54,663	48,052
Employer's NIC	-	-	-	6,210
Pension costs	-	-	-	1,800
Staff training	206	2,499	2,705	4,383
Committee expenses	329	1,391	1,720	1,018
	<u>31,449</u>	<u>27,639</u>	<u>59,088</u>	<u>61,463</u>
Premises costs				
Garden repairs	1,894	-	1,894	5,607
	<u>1,894</u>	<u>-</u>	<u>1,894</u>	<u>5,607</u>
General administrative costs				
Outings, meetings and activities	3,791	5,747	9,538	12,512
General insurances	1,600	-	1,600	890
Printing, postage and stationary	115	602	717	2,914
Software, IT support and related costs	905	-	905	659
Subscriptions	747	-	747	-
General expenses	1,907	1,720	3,627	794
Telephone, fax and broadband	501	187	688	1,504
	<u>9,566</u>	<u>8,256</u>	<u>17,822</u>	<u>19,273</u>
Legal and professional costs				
Accountancy and bookkeeping	1,435	-	1,435	-
Counselling and consultancy	3,785	883	4,668	7,974
	<u>5,220</u>	<u>883</u>	<u>6,103</u>	<u>7,974</u>
Total of expenditure of other costs	48,130	36,777	84,907	94,317
Total expenditure	48,130	36,777	84,907	94,317
Net gains on investments	-	-	-	-
Net expenditure	(27,964)	1,425	(26,539)	(42,984)

SURVIVORS OF SUICIDE SUPPORT GROUP
Detailed Statement of Financial Activities

Net expenditure before other gains/(losses)	<u>(27,964)</u>	<u>1,425</u>	<u>(26,539)</u>	<u>(42,984)</u>
Other Gains	-	-	-	-
Net movement in funds	<u>(27,964)</u>	<u>1,425</u>	<u>(26,539)</u>	<u>(42,984)</u>
Reconciliation of funds:				
Total funds brought forward	14,623	29,427	44,050	87,034
Total funds carried forward	<u>(13,341)</u>	<u>30,852</u>	<u>17,511</u>	<u>44,050</u>

SURVIVORS OF SUICIDE SUPPORT GROUP

Northern Ireland - Charity number 103483

Annual report



TRUSTEE ANNUAL REPORT 2024

CHARITY NAME	SURVIVORS OF SUICIDE SUPPORT GROUP
OTHER NAMES BY WHICH KNOW BY	EAST BELFAST SURVIVORS OF SUICIDE/ SOS
REGISTERED CHARITY NUMBER	NIC103483
PRINCIPLE ADDRESS	CONNSWATER COMMUNITY CENTRE BALLYMACARRETT WALKWAY CONNSWATER STREET BELFAST BT4 1SX
TRUSTEES RESPONSIBLE FOR MANAGEMENT OF THE CHARITY.	CHARITY TRUSTEES / MANAGEMENT COMMITTEE THE GENERAL CONTROL AND
NAMES OF TRUSTEES	JACKIE DRUMMOND CHAIRPERSON KATE TANNER VICECHAIR MICHELLE KELLY TREASURER DIANE KEENAN ELAINE SMYTH
NAMES OF STAFF	CLAIRE CURRAN HEAD OF SERVICES IRENE BLANCHARD ADMIN AND FINANCE
TYPE OF GOVERNING	CONSTITUTION



DOCUMENT ADOPTED ON THE 6TH DAY OF AUGUST 2009
AMENDED ON THE 5TH DAY OF MARCH 2015
AMENDED ON THE 7TH DAY OF FEBRUARY 2019
AMENDED ON THE 16TH DAY OF NOVEMBER 2023

HOW THE CHERITY IS CONSTITUTED CHARITABLE UNINCORPORATED ASSOCIATION

CHARITY TRUSTEE SELECTION METHOD INFORMAL INTERVIEW PROCESS AFTER ADVERTISING, CAN BE APPOINTED BY OTHER TRUSTEES, SELECTED FROM MEMBERSHIP

SUMMARY OF OBJECTS ALLEVIATE A. THE ORGANISATION IS ESTABLISHED TO HELP

OF THE CHARITY SET OUT PEOPLE WHO HAVE DISTRESS AND OFFER ASSISTANCE TO

IN GOVERNING DOCUMENT SUFFERED LOSS THROUGH SUICIDE OR ANGUISH THROUGH SELF-HARM BY LOVED ONES, IN PARTICULAR BY THE

DEVELOPMENT OF SUPPORT SYSTEMS WITHIN THE COMMUNITY.

B. ADVANCE THE EDUCATION OF THE PUBLIC INTO, AND RAISE AWARENESS OF, THE CAUSES AND EFFECTS OF SUICIDE AND SELF-HARM AND INTO MATTERS RELATING TO THE NATURE OF GRIEVING, BEREAVEMENT AND THE TREATMENT AND

REHABILITATION OF INDIVIDUALS THAT SELF-HARM.

C. TO OFFER SUPPORT FOR FAMILY AND FRIENDS BEREAVED AND/OR AFFECTED BY SUICIDE.

D. TO CONNECT FAMILIES AND FRIENDS BEREAVED THROUGH SUICIDE IN SOUTHEAST BELFAST/CASTLEREAGH AND THE SOUTHEASTERN TRUST AREA AND

GIVE RELEVANT ADVICE ON HELP AND SUPPORT AVAILABLE.



E. TO CREATE A GROUP FOR FAMILIES TO EXPRESS THEIR NEEDS AND CONCERNS AND FACILITATE ACTION TO ADDRESS THEM.

F. TO PROVIDE AN ACCESSIBLE SERVICE WHICH SUPPORTS THOSE WHO ARE IN CRISIS AS A RESULT OF ACTUAL OR ATTEMPTED SUICIDE AND SELF HARM.

SUMMARY OF THE MAIN ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT IN RELATION OF THE OBJECTS

PROVIDING 1-1 SUPPORT, LISTENING EAR BEFRIENDING, LIFE COACHING, TRAINING COUNSELLING, COMPLIMENTARY THERAPIES, INFORMATION, ADVICE ADVOCACY, AWARENESS SESSIONS & EVENTS AND FAMILY SUPPORT GROUP SUPPORTING FAMILIES BEREAVED BY SUICIDE AND THOSE AFFECTED BY SUICIDE

ADDITIONAL MATTERS ON ACTIVITIES

ALL WORK CONDUCTED BY FULLY TRAINED VOLUNTEERS – TRAINING PROVIDED BY THE CHARITY.
5000 HOURS COMPLETED BY VOLUNTEERS

SUMMARY OF THE MAIN

IN THE LAST 12 MONTHS WE HAVE SUPPORTED 147

ACHIEVEMENTS OF THE BEEN

PEOPLE, SOME OF THOSE WHO HAVE

CHARITY IN THE LAST YEAR WHO HAVE

BEREAVED BY SUICIDE AND THOSE

SUICIDAL IDEATION/ATTEMPTED SUICIDE.

We have continued to support families bereaved by suicide through our 1-1 support,



our complimentary therapies and our family support group. We have also continued supporting individuals. We have continued working in partnership with Belfast HSCT and Southeastern HSCT.

We have continued our partnership work with Families voices forum attending multiple meetings in person and online.

We have attended 16 families' voices meetings, 4 communication meetings and an event to share who Families voices forum are and promote COMKIT.

We attended 4 BPLIG meetings and 2 comms meeting We also attended 4 SE PLIG and task and finish groups. We attended the Regional SD1/CRP meeting on several occasions.

We also attended the 6 COI meetings in Belfast and the training and support subgroup and 4 SE COI which we co-chair'

We attended meetings for the take 5 working group in Belfast and are looking at how we reinvigorate Take 5 in our communities.

We attended a community connector meeting in East Belfast and shared information. The idea behind the community connectors is to inform them of what work is taking place and what supports are in place to help people.

We attended 5 APG on suicide prevention and 4 Belfast community response plan steering group.

We attended 3 workshops on



bereaved support for staff in Dunsilly and attended the MH champions event in the Guild Hall Derry on Crisis services and suicide prevention in NI.

We attended several Engage PL2 action plan review workshops and the NDACT&NPLIG workshop on drugs and alcohol and suicide prevention.

We attended the official launch of the BR-UK Leadership Hub which included an opening address from the UK Government's Chief Scientific Officer, Dame Angela McLean. The launch provided an overview of the ambitions of both the Economic and Social Research Council who fund BR-UK through their National Capability in Behavioural Research initiative and the Hub as a whole.

We also attended 4 **Regional** Mental Health Crisis Service Workshop. We were very involved in the planning for the roll out of the Share NI document in the SE Trust and worked in partnership with SE TZS to plan the workshops. We also delivered presentations at all four workshops in Ards, Lisburn, Downpatrick and online. We also presented at the Northern trust Share NI launch. We also presented to the All-Ireland GAA and partners on ComKIT in Omagh at their yearly event. We also attended a dyslexia workshop and a St Patricks day event with the Irish Consulate at their office in Belfast.

We attended health events in Short Strand, Avoniel and East Belfast network



centre and we attended a health and wellbeing workshop with Lisburn Castlereagh council on how to incorporate take 5.

We attended meetings with Fresh Minds education as we deliver their Connections link life training and also met with Belfast PCSP to look at work in relation to suicide prevention and community safety.

We also met with Ken Roulston a local businessman and 2 other charities to look at how we can work smarter to deliver our objectives.

We worked on the PHA standards and how we meet them.

We also held our annual AGM and had a meet and greet & planning meeting for our management committee new and old.

We completed an introduction to Makaton training and also an OCN in Adhd.

We attended the Action trauma summit over 2 days.

We attended the EBCDA membership seminar and met several times with PCSP to look at training support for our local PSNI officers. We also attended several of the Peace plus meeting with Belfast city council.

We held a meeting with local politicians to inform of ongoing work in suicide prevention, issues that are arising and gave them lots of information to take away to help their constituents.

We also held a meeting for local businesses to inform them of support



available for staff, ongoing work in suicide prevention, issues that are arising and gave them lots of information to take away to help.

We also attended 3 awareness events in the local community, 2 health events 1 in a local primary school and a men's health event at Avoniel, a sponsored walk, a volunteer fair, a football awards night, a bowling event and we delivered 4 training sessions to a youth group in East Belfast.

We completed Top Tips training and the Top Tips t4t, Manifest men's mental wellbeing training t4t, Food health essentials training, understanding emotional intelligence training with Nicva and Sharping your leadership skills with Nicva.

We have been continuing to work on our community garden beside our centre with Chatty benches, positive quotes and helpline numbers alongside sensory planters and a ribbon path.

Our management committee met 12 times. Our events committee met 8 times, and our support group met 12 times.

Our volunteers are receiving monthly supervision sessions to help support them.

We had to reluctantly say goodbye to our community support worker as she developed serious health issues and needed surgery and recuperating time.

A major piece of work for us was partnering with EE this year as their charity.

We went into EE for 6 sessions over three days with all of their 200 staff to deliver



awareness sessions and each person was given an information pack with lots of useful leaflets for support. There will be further work in the coming months and EE staff will be volunteering with us this year also. We are hopeful that we will also be delivering suicide prevention training to staff.

We also delivered a presentation to The Samaritans Ballymena at their 50th anniversary on suicide prevention and pieces of work ongoing in NI. Again, we gave lots of resources electronically for the Northern trust area as well as regionally to the 100 people who attended.

We also attended a health event in Ballybeen in partnership with Lisburn Castlereagh Council and chatted with the participants about help and support around suicide prevention. We also gave information bags out at this event with around 80 people in attendance.

We attended the Confederation cup festival at Ulidia playing fields hosted by Ethnic minority sports, Radius housing, Apex housing and Decathlon. While it was a long event, the weather was beautiful and lots of delicious food. We engaged with over 200 people who attended giving out information packs and angel wing keyrings.

We also attended a yearly bowling event in memory of a local man. Every person who attended was given a wrist band and information to take away on suicide prevention. There were around 250 people attended, and we had several conversations



of people who could use support.

We also attended a local event Celebrate East which brings together c & v organisations to celebrate the huge amount of work that takes place and the people who give all to help local communities. There were over 100 people who attended and lots of information given out.

For WSPD we held our annual Walk at Dawn which was supported by Belfast Lord Mayor Mickey Murray. People meet at Hollywood arches at 6 am to walk to Belfast City Hall for 7am for a short program of words and music to remember all those affected by suicide and raise awareness of supports available. Around 40 people attended the event and had bacon butties at the end.

Then are huge event for WSPD, our community it's a knockout, supported by local organisations and attended by the local community. We have inflatables that teams compete in a good-natured way and bring along their supporters. We provide refreshments and sweetie bags for kids and information bags for adults. We invite other organisations to attend and have stands.

And to end the event we hold a minute's silence with candles to remember those lost to suicide. Around 150 adults and children attended.

We met with Kaizen to start work on our new website which we are really excited about.

We also hosted the Take 5 working



group for Belfast and discussed the Take 5 Charter which we have developed getting agreement moving forward. The charter will be for c&v orgs of all sizes and will be supported by those organisations with more experience reinvigorating Take 5 in Belfast.

And we attended the Suicide bereavement UK conference online (as flying was not an option), as we have been working with SBUK and attended their conferences each year and completed their PABBS and on the go training.

3 of our volunteers completed.

Community dialogue training which focused on holding conversations between people from different backgrounds to reduce stereotypes, build relationships and increase the number of people who are able to speak up respectfully when they hear or see degrading language or behaviour in our communities

Cultural awareness training focusing on awareness of our own cultural worldview, attitude towards cultural differences, knowledge of different cultural practices and worldviews, and cross-cultural skills

Raise your voice training which defined sexual harassment as any unwanted behaviour of a sexual nature that makes you feel humiliated, or intimidated, or creates a hostile environment, and how everyday sexism and sexual harassment contribute to sexual violence and abuse.

The training also looked at bystander Interventions which addresses common



concerns about intervening, such as not knowing what to do or fear of worsening the situation. And learning five safe ways to intervene and review case study examples.

We also had 1 person complete the Choice Diabetic training programme. The aim of the programme is to give children, young people and their families or carers, the skills and knowledge they need to manage their diabetes and to reduce the impact of the condition on daily activities and lifestyle.

We held our World mental health day event which was a take five coffee and chat event with activities around Connect, be active, take notice, keep learning and give.

We attended the Lighthouse Conference, and we spoke at the Royal College of Psychiatrists conference which was held in Belfast.

We took part in the Towards zero suicide, suicide prevention care pathway evaluation and follow up. We had a fundraiser by a family we have supported and a fundraiser with the 43rd Football team which we are closely linked to. We did a presentation for staff at EE in November and delivered training in Top tips and Connections link life. We completed Infant mental health training. Attended the final DOH mental health funds event attended by our health minister.

We held our Celebration of life which was slightly different this year as we had a brunch event. We took our families and



volunteers out for Christmas dinner and celebrated our 18th year of service with a celebration event.

POLICY ON RESERVES

NO POLICY ON RESERVES

SIGNATURES

JACKIE DRUMMOND CHAIRPERSON 16/01/2025

Handwritten signature of Jackie Drummond in cursive.

Michelle Kelly Treasurer 16/01/2025

Handwritten signature of Michelle Kelly in cursive, on a grey background.



SURVIVORS OF SUICIDE SUPPORT GROUP

Northern Ireland - Charity number 103483

Annual return

Survivors of Suicide Support Group

Independent Examiners Report

Independent Examiner's Report to the trustees of Survivors of Suicide Support Group.

I report to the trustees on my examination of the financial statements of Survivors of Suicide Support Group for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').


I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Sarah Saied MAAT
AccountsReady Limited
Unit Hf6 Howard Building
Twin Spires Centre
Belfast
BT13 2JF
09 January 2025

SURVIVORS OF SUICIDE SUPPORT GROUP

Northern Ireland - Charity number 103483

Accounts

Survivors of Suicide Support Group

Charity No. 103483

Unaudited Financial Statements

31 March 2023

Survivors of Suicide Support Group

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Survivors of Suicide Support Group

Trustees Annual Report

The trustees present their report with the unaudited financial statements of the charity for the year ended 31 March 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No. 103483

Trustees

The following trustees served during the year:

J.E. Drummond

D. Keenan

J. McCamley

G. McCausland

E. Smyth

H.A. Smyth

Accountants

AccountsReady Limited

Unit Hf6 Howard Building

Twin Spires Centre

Belfast

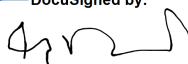
BT13 2JF

Statement of trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the charity's trustees

DocuSigned by:

C5A2116BED8C44D...

J.E. Drummond

Trustee

26 January 2024

Survivors of Suicide Support Group

Independent Examiners Report

Independent Examiner's Report to the trustees of Survivors of Suicide Support Group

I report to the trustees on my examination of the financial statements of Survivors of Suicide Support Group for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

DocuSigned by:

11A1B9774E4545D...

Grant Abernethy ACCA
AccountsReady Limited
Unit Hf6 Howard Building
Twin Spires Centre
Belfast

BT13 2JF
26 January 2024

Survivors of Suicide Support Group**Statement of Financial Activities****for the year ended 31 March 2023**

		Unrestricted	Restricted	Total funds	Total funds
		funds	funds	2023	2022
	Notes	2023	2023	2023	2022
		£	£	£	£
Income from:					
Donations	2	20,802	-	20,802	37,695
Grants receivable	3	-	30,531	30,531	35,000
Total		20,802	30,531	51,333	72,695
Expenditure on:					
Other	4	43,668	50,649	94,317	34,237
Total		43,668	50,649	94,317	34,237
Net gains on investments		-	-	-	-
Net (expenditure)/income		(22,866)	(20,118)	(42,984)	38,458
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		(22,866)	(20,118)	(42,984)	38,458
Other gains and losses					
Net movement in funds		(22,866)	(20,118)	(42,984)	38,458
Reconciliation of funds:					
Total funds brought forward		37,489	49,545	87,034	48,576
Total funds carried forward		14,623	29,427	44,050	87,034

Survivors of Suicide Support Group**Balance Sheet**

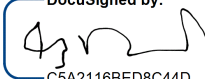
at 31 March 2023

Charity No. 103483

	2023	2022
	£	£
Current assets		
Cash at bank and in hand	<u>60,858</u>	<u>87,459</u>
	60,858	87,459
Creditors: Amount falling due within one year	6 (16,808)	<u>(425)</u>
Net current assets	44,050	87,034
Total assets less current liabilities	<u>44,050</u>	<u>87,034</u>
Net assets excluding pension asset or liability	44,050	87,034
Total net assets	<u>44,050</u>	<u>87,034</u>
 The funds of the charity		
Restricted funds	7	
Grants receivable	<u>29,427</u>	<u>49,545</u>
	29,427	49,545
Unrestricted funds	7	
Donations	<u>14,623</u>	<u>37,489</u>
	14,623	37,489
Reserves	7	
 Total funds	<u>44,050</u>	<u>87,034</u>

Approved by the trustees on 26 January 2024

And signed on their behalf by:

DocuSigned by:

 C5A2116BED8C44D...
 J.E. Drummond

Trustee

26 January 2024

Survivors of Suicide Support Group**Notes to the Accounts****for the year ended 31 March 2023****1 Accounting policies****Basis of preparation**

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Survivors of Suicide Support Group**Notes to the Accounts****Expenditure**

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Survivors of Suicide Support Group

Notes to the Accounts

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period. Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred. All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

Survivors of Suicide Support Group**Notes to the Accounts****2 Income from donations**

Unrestricted	Total	Total
	2023	2022
£	£	£
20,802	20,802	37,695
<u>20,802</u>	<u>20,802</u>	<u>37,695</u>

Income from grants and restricted**3 funding**

Restricted	Total	Total
	2023	2022
£	£	£
30,531	30,531	35,000
<u>30,531</u>	<u>30,531</u>	<u>35,000</u>

4 Other expenditure

	Unrestricted	Restricted	Total	Total
			2023	2022
	£	£	£	£
Employee costs	23,687	37,776	61,463	835
Premises repairs	1,107	4,500	5,607	-
General administrative costs	15,300	3,973	19,273	24,804
Consultancy and counselling	3,574	4,400	7,974	8,598
	<u>43,668</u>	<u>50,649</u>	<u>94,317</u>	<u>34,237</u>

5 Staff costs

	2023	2022
	£	£
Salaries and wages	48,052	-
Social security costs	6,210	-
Pension costs	1,800	-
	<u>56,062</u>	<u>-</u>

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

6 Creditors:

amounts falling due within one year

	2023	2022
	£	£
Other taxes and social security	16,383	-
Other creditors	425	425
	<u>16,808</u>	<u>425</u>

Survivors of Suicide Support Group**Notes to the Accounts****7 Movement in funds**

	At 1 April 2022	Incoming resources	Resources expended	At 31 March 2023
		£	£	£
Restricted funds:				
Restricted income funds:				
	49,545	30,531	(50,649)	29,427
<i>Total</i>	<u>49,545</u>	<u>30,531</u>	<u>(50,649)</u>	<u>29,427</u>
Unrestricted funds:				
General funds	37,489	20,802	(43,668)	14,623
Total funds	<u>87,034</u>	<u>51,333</u>	<u>(94,317)</u>	<u>44,050</u>

8 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Net current assets	44,050	44,050
	<u>44,050</u>	<u>44,050</u>

9 Reconciliation of net debt

	At 1 April 2022	Cash flows	At 31 March 2023
	£	£	£
Cash and cash equivalents	87,459	(26,601)	60,858
	<u>87,459</u>	<u>(26,601)</u>	<u>60,858</u>
Net debt	<u>87,459</u>	<u>(26,601)</u>	<u>60,858</u>

Survivors of Suicide Support Group**Notes to the Accounts****10 Commitments*****Operating lease commitments***

Annual commitments under non-cancellable operating leases are as follows:

	2023	2023	2022	2022
	Land and buildings	Other	Land and buildings	Other
	£	£	£	£

Operating leases with expiry date:

Pension commitments

	2023	2022
	£	£
The pension cost charge to the charity amounted to:	<u>1,800</u>	<u>-</u>

Survivors of Suicide Support Group**Detailed Statement of Financial Activities**

for the year ended 31 March 2023

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:				
Donations	20,802	-	20,802	37,695
	<u>20,802</u>	<u>-</u>	<u>20,802</u>	<u>37,695</u>
Grants receivable	-	30,531	30,531	35,000
	<u>-</u>	<u>30,531</u>	<u>30,531</u>	<u>35,000</u>
Total income and endowments	20,802	30,531	51,333	72,695
Expenditure on:				
Employee costs				
Salaries/wages	14,659	33,393	48,052	-
Employer's NIC	6,210	-	6,210	-
Pension costs	1,800	-	1,800	-
Staff training	-	4,383	4,383	-
Committee expenses	1,018	-	1,018	835
	<u>23,687</u>	<u>37,776</u>	<u>61,463</u>	<u>835</u>
Premises costs				
Garden repairs	1,107	4,500	5,607	-
	<u>1,107</u>	<u>4,500</u>	<u>5,607</u>	<u>-</u>
General administrative costs				
Outings, meetings and activities	9,312	3,200	12,512	16,560
General insurances	890	-	890	1,289
Printing, postage and stationery	2,541	373	2,914	773
IT, software and computer costs	659	-	659	2,776
General expenses	794	-	794	1,030
Telephone, fax and broadband	1,104	400	1,504	2,376
	<u>15,300</u>	<u>3,973</u>	<u>19,273</u>	<u>24,804</u>
Legal and professional costs				
Accountancy and bookkeeping	-	-	-	415
Counselling and consultancy	3,574	4,400	7,974	8,183
	<u>3,574</u>	<u>4,400</u>	<u>7,974</u>	<u>8,598</u>
Total of expenditure of other costs	43,668	50,649	94,317	34,237
Total expenditure	43,668	50,649	94,317	34,237
Net gains on investments	-	-	-	-
Net (expenditure)/income	(22,866)	(20,118)	(42,984)	38,458

Survivors of Suicide Support Group**Detailed Statement of Financial Activities**

Net (expenditure)/income before other gains/(losses)	(22,866)	(20,118)	(42,984)	38,458
Other Gains	-	-	-	-
Net movement in funds	(22,866)	(20,118)	(42,984)	38,458
Reconciliation of funds:				
Total funds brought forward	37,489	49,545	87,034	48,576
Total funds carried forward	14,623	29,427	44,050	87,034

SURVIVORS OF SUICIDE SUPPORT GROUP

Northern Ireland - Charity number 103483

Annual report



TRUSTEE ANNUAL REPORT 2023

CHARITY NAME	SURVIVORS OF SUICIDE SUPPORT GROUP
OTHER NAMES BY WHICH KNOW BY	EAST BELFAST SURVIVORS OF SUICIDE/ SOS
REGISTERED CHARITY NUMBER	NIC103483
PRINCIPLE ADDRESS	CONNSWATER COMMUNITY CENTRE BALLYMACARRETT WALKWAY CONNSWATER STREET BELFAST BT4 1SX
TRUSTEES RESPONSIBLE FOR MANAGEMENT OF THE CHARITY.	CHARITY TRUSTEES / MANAGEMENT COMMITTEE THE GENERAL CONTROL AND
NAMES OF TRUSTEES	JACKIE DRUMMOND CHAIRPERSON JASON MCCAMLEY VICECHAIR GARETH MCCAUSLAND TREASURER DIANE KEENAN ELAINE SMYTH HELEN SMYTH
NAMES OF STAFF	CLAIRE CURRAN HEAD OF SERVICES IRENE BLANCHARD ADMIN AND FINANCE
TYPE OF GOVERNING	CONSTITUTION



DOCUMENT ADOPTED ON THE 6TH DAY OF AUGUST 2009
AMENDED ON THE 5TH DAY OF MARCH 2015
AMENDED ON THE 7TH DAY OF FEBRUARY 2019
AMENDED ON THE 16TH DAY OF NOVEMBER 2023

HOW THE CHERITY IS CONSTITUTED CHARITABLE UNINCORPORATED ASSOCIATION

CHARITY TRUSTEE SELECTION METHOD INFORMAL INTERVIEW PROCESS AFTER ADVERTISING, CAN BE APPOINTED BY OTHER TRUSTEES, SELECTED FROM MMEMBERSHIP

SUMMARY OF OBJECTS ALLEVIATE A. THE ORGANISATION IS ESTABLISHED TO HELP

OF THE CHARITY SET OUT PEOPLE WHO HAVE DISTRESS AND OFFER ASSISTANCE TO

IN GOVERNING DOCUMENT SUFFERED LOSS THROUGH SUICIDE OR ANGUISH THROUGH SELF-HARM BY LOVED ONES, IN PARTICULAR BY THE DEVELOPMENT OF SUPPORT SYSTEMS WITHIN THE COMMUNITY;

B. ADVANCE THE EDUCATION OF THE PUBLIC INTO, AND RAISE AWARENESS OF, THE CAUSES AND EFFECTS OF SUICIDE AND SELF-HARM AND INTO MATTERS RELATING TO THE NATURE OF GRIEVING, BEREAVEMENT AND THE TREATMENT AND

REHABILITATION OF INDIVIDUALS THAT SELF-HARM.

C. TO OFFER SUPPORT FOR FAMILY AND FRIENDS BEREAVED AND/OR AFFECTED BY SUICIDE.

D. TO CONNECT FAMILIES AND FRIENDS BEREAVED THROUGH SUICIDE IN SOUTH EAST BELFAST/CASTLEREAGH AND THE SOUTH EASTERN TRUST AREA AND GIVE RELEVANT ADVICE ON HELP AND SUPPORT AVAILABLE.



E. TO CREATE A GROUP FOR FAMILIES TO EXPRESS THEIR NEEDS AND CONCERNS AND FACILITATE ACTION TO ADDRESS THEM.

F. TO PROVIDE AN ACCESSIBLE SERVICE WHICH SUPPORTS THOSE WHO ARE IN CRISIS AS A RESULT OF ACTUAL OR ATTEMPTED SUICIDE AND SELF HARM.

SUMMARY OF THE MAIN ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT IN RELATION OF THE OBJECTS

PROVIDING 1-1 SUPPORT, LISTENING EAR BEFRIENDING, LIFE COACHING, TRAINING COUNSELLING, COMPLIMENTARY THERAPIES, INFORMATION, ADVICE ADVOCACY, AWARENESS SESSIONS & EVENTS AND FAMILY SUPPORT GROUP SUPPORTING FAMILIES BEREAVED BY SUICIDE AND THOSE AFFECTED BY SUICIDE

ADDITIONAL MATTERS ON ACTIVITIES

ALL WORK CARRIED OUT BY FULLY TRAINED VOLUNTEERS – TRAINING PROVIDED BY THE CHARITY.
5000 HOURS COMPLETED BY VOLUNTEERS

SUMMARY OF THE MAIN

IN THE LAST 12 MONTHS WE HAVE SUPPORTED 164

ACHIEVEMENTS OF THE BEEN

PEOPLE, SOME OF THOSE WHO HAVE

CHARITY IN THE LAST YEAR WHO HAVE

BEREAVED BY SUICIDE AND THOSE

SUICIDAL IDEATION/ATTEMPTED SUICIDE.

We have continued to support families bereaved by suicide through our 1-1 support,



our complimentary therapies and our family support group. We have also continued supporting individuals. We have continued working in partnership with Belfast HSCT and South Eastern HSCT. We have also been working with Belfast city council on the peace plus mental health working group. We attended the Journey to recovery part 2 workshop and the self care day for Belfast and South eastern trusts. We finished up our year being one of the four charities supported by the Deputy Lord Mayor by having supper in the city hall. We completed training in ASD, Welfare rights, developing corporate partnerships, Social values, making self evaluation work, charity finance, domestic violence/coercive control, hr training and bereavement support with FOSL based in the South of Ireland. We evaluated our work from the previous year and planned for the upcoming year which gave us the information needed to write our strategic plan and action plan for the next 3 years. We met 4 times to work on our strategic plan and our action plan with our volunteers and committee members taking part. We met with our local MLAs and councillors to discuss our ongoing work and gave them resources for those who approach them for support. We met with The Rotary Club for Belfast and received their John Savage award and gave them information around suicide prevention. We also attended 4 awareness events in the local community, 2 health events, a coffee morning and a family fun day giving out information on suicide prevention.



We attended the schools events in Saintfield and Belfast making some great connections and passing on information around suicide prevention and emotional resilience. We also attended an event for International women's day. We attended 2 events around being trauma informed and using trauma informed practice with Ascertainment and Rock Pool. We attended the Belfast COI compassion fatigue workshop which was really beneficial. We completed training on making an impact and program planning and our Head of Services has been taking part in Neuro diversity training. While our vice chair is completing benefits advice training and fitness coaching to help with mental health and we have been rolling this training out to clients who could find it helpful. We have a life-sized bear mascot called Speak out Samuel who attends all of our events. We are working on a community garden beside our centre with Chatty benches, positive quotes and helpline numbers along side sensory planters and a ribbon path. Which is almost complete bar the planting. We are working with East Belfast Community development agency to deliver suicide prevention and mental health training to local community groups one of whom are Greenway Women's centre. We are also drawing up an A4 leaflet with the training available and a little bit of information on it and who it is aimed at specifically for East Belfast community groups. And we are putting together a self-care session for local community groups with tasters and ideas. We are part of the ongoing Community Connectors group for East Belfast bringing community organisations together for training and information on suicide prevention and community response. We partnered with Families Voices forum to launch



the Manifesto at Belfast City Hall and we also did a presentation to Social work students at Queens University on Suicide prevention and postvention. We took part in 3 of the postvention consultation workshops to help shape the future of postvention in Northern Ireland.

We attended the launch of the Samaritans impact report and sat on the panel to answer questions on the progress in mental health and suicide and also what the challenges are moving forward and also attended the launch of the self harm report online.

We attended the Belfast COI and the SE COI, and took part in the sub group meetings of training and education for the Belfast COI.

We attended the BPLIG and SE PLIG meetings. Our Head of Services became co chair of the BPLIG group and continues to be co chair of the SE COI.

We have also attended numerous meetings of the Regional Mental health crisis service workstream 1 and task and finish groups..

Our management committee met 13 times.

Our events committee met 14 times and our support group met each month with activities such as a craft making positive message boards, line dancing session, an online murder mystery, crazy golf and a meal, a quiz night with alcohol free drinks and snack food, 3 craft nights, a games night, a self care night, an online escape room and a Christmas party with games and music. We had refreshments at all of these nights.

We also took our families, staff and volunteers out for Christmas dinner.

We have completed an in depth evaluation of our service with Jane Turnball, visited the NI Youth Forum



and started our new community support worker.

We attended the APG on suicide prevention.

We met up with the EA youth workers for East and West Belfast to plan a piece of work with young people, more to follow soon.

We attended a bowling club awareness raiser and fundraiser , a Football event and a social event all to raise awareness and gave out lots of SP/MH/EW information including the BPLIG information leaflet. We also attended the Forward south partnership event Open Botanic and engaged with BAME communities and gave out lots of information.

We supported a young man who had lost 3 friends to suicide, to run 100 miles over 30 hours to raise awareness. We drove behind him carrying supplies to help him complete his mammoth task.

We completed Mental health first aid, Cruse compassionate communities training, impact practice and an online outcomes approach training. For World suicide prevention day we held our Walk at Dawn leaving Holywood arches and walking to Belfast city hall with the Deputy Lord mayor joining us.

We had a short program at city hall to raise awareness.

Then on the 10th Sept we held our community event, it's a knockout, with inflatables, food, information stands and bags, finishing the event by lighting candles to remember those lost to suicide. We had a very busy day with approx. 250 in attendance.

We also had our Speak out Samuel mascot bear that everyone had to get a photo with.

We decided to get little Speak Out Samuel's to give out to people and we have asked for them to be carried and taken on holiday and for pictures to be sent back to us for social media. The idea is to get



conversations going on suicide prevention and mental health, its going really well and everyone wants a baby Speak out Samuel.

We also attended a networking event at Stormont on Suicide prevention, Mental health and ASD which was very informative, hosted by Patrick Brown MLA, Cathy Mason MLA, and Suicide down to zero.

We also attended the Lighthouse conference with lots of learning, and the Suicide bereavement UK conference which again had lots of useful and informative information and new links made.

We attended the Samaritans conference, they celebrated being 70 years old this year with the North Down branch marking 50 years. We provided two breakout sessions for them.

We took our volunteers and families to see a play at the Strand Arts centre.

We also delivered 3 Safetalk training sessions to local communities. We also attended a discussion with Nicva and the Dept of Health re Core grants funding and completed an evaluation with CFNI. We attended 8 families voices forum meetings and the Regional SDI/CRP meeting.

We were also at the online presentation of the National Confidential enquiry, the review of Take 5 at Ulster university, A sustaining tenancies learning event, and the review of the East Belfast CRP.

We held a Wax on Wax off event in a local bar to reach males in the area and attended the Families First awards for secondary education at the TiTanic. We were at the Mens health event at Avoniel and looked after the East Belfast leg of the Baton of hope event. We also delivered a self care workshop to the Wellbeing café in east Belfast. We attended 3 other health events in East Belfast and at each event we gave out the BPLIG leaflet with



all of the support organisations on them.

We also attended the Kings Coronation in May.

We have been supporting the Families voices form Chairperson and communications officer as the Co Ordinator left due to family caring responsibilities. This has meant we have had a lot more meetings to plan and get everyone updated on the work that has been carried out and what needs actioned. We have had 12 FVF planning meetings and we had 2 events for forum members and we welcomed the new forum co Ordinator. One of the events was in relation to online harms and the new online safety bill which was explained to all as well as a presentation from Samaritans.

We are now a part of the take 5 working group and excited on how we can roll the programme out and get people engaged.

Unfortunately we had a CRP meeting in East Belfast as a number of males had taken their own lives over a short period in one particular postcode so we shared information both online and in person to support local communities.

We also attended a community connectors meeting in East Belfast and shared information there also.

The idea behind the community connectors is to inform them of what work is taking place and what supports are in place to help people.

We attended the Mental health champions conference for world mental health day and also the Belfast Trust event in the city centre.

We attended the Belfast city council peace plus meeting at Girdwood to hear the finalised plans for the application and work going forward.

We met with several Belfast City councillors to talk about suicide prevention in Belfast and have strengthened our links with several of the local councillors.

We attended the Community foundation event in



Cookstown and heard about great work happening around the country.

We did a presentation to the Proteus group at Malone golf club.

We completed Cruses grief first aid training, and traumatic bereavement training with Anam Cara and our new support worker has been busy completing drugs and alcohol training. We also had 2 of our staff complete Challenging behaviours ocn level 2.

We held our Teddy bears picnic for World mental health day where we had 30 children and their parents and others from the local community. We had a picnic made up of different foods that our famous bears like winnie the pooh and Paddington like to eat. We had little bags for children and information bags for adults with mental health and suicide prevention information and a little bear for them. We had a treasure hunt to find our little speak out Samuel bears, we made teddy bears, we had story time, we had colour the teddy bear pictures and positive quotes up around the centre. It was a really good event for all and a positive way to get suicide prevention information out there. And we can't forget Speak Out Samuel our life sized mascot who made a special appearance.

We decided to change up our annual celebration of life event. So instead of having the event at our usual venue we did a couple of events at our centre.

We had the launch of our chatty benches in our community garden beside our centre, we had music & songs, and we made a special spread of food with things like Grinch kebabs and candy cane hearts. We made little bags of hope which were given out to each person who attended. We had our Christmas tree and those who attended were able to put a bauble on the tree with a picture of their loved one of another image to represent



them.

We incorporated Take 5 activities with people bingo to connect, positive quotes in our garden for people to take notice, planting of snowdrop and white daffodil bulbs to take home as keep learning, a walk around the garden and the centre to keep active and we gave angel wing keyrings to all who attended. It was a lovely event which was very moving.

We also held a Christmas event with a living Christmas tree that those who attended could write messages on for their loved ones no longer with us. We had music and we had Santa in his grotto with presents for all of the children who came along.

We had games, letter writing to santa and a post box for all the letters. We had elves in costume and Mickey and Minnie and not forgetting the Grinch who was a little bit naughty.

We had mince pies and cookies with hot chocolate and non alcoholic mulled wine and mulled cider.

We wanted to do this event as we recognise so many families are struggling with cost of living and worried about Christmas so this event was free to attend and see Santa and take pictures without the cost and not let the kids down either. It was a really meaningful event and definitely something we will continue with.

Again information bags for adults with the MH services leaflet where given out to all adults.

POLICY ON RESERVES

NO POLICY ON RESERVES

SIGNATURES

JACKIE DRUMMOND CHAIRPERSON 26/01/2024

A handwritten signature in cursive script, appearing to read "J. Drummond".



Michelle Kelly Treasurer 26/01/2024

M. Kelly

SURVIVORS OF SUICIDE SUPPORT GROUP

Northern Ireland - Charity number 103483

Annual return

Survivors of Suicide Support Group

Independent Examiners Report

Independent Examiner's Report to the trustees of Survivors of Suicide Support Group

I report to the trustees on my examination of the financial statements of Survivors of Suicide Support Group for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

DocuSigned by:

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Grant Abernethy ACCA
AccountsReady Limited
Unit Hf6 Howard Building
Twin Spires Centre
Belfast

BT13 2JF
26 January 2024