

# Solas Moyle

Northern Ireland · Charity number 103485

## Details

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**Known as** Solas Wellbeing

**Status** Received

**Registered** 2015-09-23

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

## Contact

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**Address** 62 Ann Street  
Ballycastle  
BT54 6ad  
BT54 6AD

**Phone** 07821275239

**Email** [info@solaswellbeing.org.uk](mailto:info@solaswellbeing.org.uk)

**Website** [www.solaswellbeing.org.uk](http://www.solaswellbeing.org.uk)

## Activities

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**Purposes:** The Association is established to promote the benefit of the inhabitants of the North Antrim area and its environs of Northern Ireland (hereinafter called the "area of benefit") by associating the statutory authorities, community and voluntary organisations and the inhabitants in a common effort to promote, protect and preserve good health, advance education and provide facilities in the interests of social welfare for personal, social and emotional development with the object of improving the conditions of life for the said inhabitants and in particular: a) To provide education, training, information and advice which promotes good mental and emotional health and wellbeing amongst the public within the area of benefit and raises awareness of mental health issues and associated support services; b) To relieve the conditions of individuals suffering from depression, anxiety and those who are despairing or in emotional distress, by providing, or assisting in the provision, of information and appropriate support and assistance, including counselling and therapeutic services and referral to other agencies and to treatment from professionals; c) To maintain and manage a centre or centres within the area of benefit for activities promoted by the Association.

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

**How the charity works:** Community development, Counselling/support, Education/training

**Who the charity helps:** Addictions (drug/solvent/alcohol abuse), Carers, Community safety/crime prevention, General public, Men, Mental health, Older people, Voluntary and community sector, Volunteers, Women, Youth (14-25 year olds)

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£120,324	£133,874	£0	3

## Trustees

Name	Role	Appointed
Brid Lofthouse		
Ginny Hamilton		
James Mathews		
Kevin Scally		
Ms J Pedlow		
Ms Stella Norwood		
Patricia Sands Robinson		
Rosemary Morton		

**Solas Moyle**

Northern Ireland - Charity number 103485

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# Accounts

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SOLAS WELLBEING

INCOME AND EXPENDITURE FOR YEAR END 31.03.25

		Actual 2024-25	Budget 2024-25	Budget Variation	Actual 2023-24	Variation Act yr to yr	
<b>INCOME</b>							
Lottery Grant	Lg	£101,520	£102,917	-£1,397	£100,498	£1,022	
Other Restricted Grant	Og	£1,087	£0	£1,087	£10,786	-£9,700	Note 1
Donations	D	£14,186	£2,000	£12,186	£7,351	£6,835	Note 2
Fundraising	F	£0	£2,000	-£2,000	£0	£0	Note 2
Stripe	St	£2,415	£1,000	£1,415	£1,999	£416	Note 2
Room Rent	Ri	£100	£0	£100	£485	-£385	
Bank Interest	Bi	£851	£0	£851	£0	£851	
Adjustments/refunds	Ar	£166	£0	£166	£972	-£806	
<b>Total Income</b>		<b>£120,324</b>	<b>£107,917</b>	<b>£12,407</b>	<b>£122,091</b>	<b>-£1,767</b>	
<b>EXPENDITURE</b>							
Counselling	Co	£14,680	£14,880	£200	£14,480	-£200	
Complementary Therapies	Ct	£19,999	£13,880	-£6,119	£14,730	-£5,269	
Group Therapies	Gt	£8,672	£8,000	-£672	£7,512	-£1,159	
Drop in Activities	Da	£325	£290	-£35	£4,166	£3,842	
Additional premises & room hire	Rh	£4,358	£6,461	£2,104	£6,923	£2,566	
Rent	Rh	£5,031	£8,400	£3,369	£4,680	-£351	
Heat & Light	Hl	£3,630	£1,844	-£1,786	£2,298	-£1,331	Note 3
Phone & internet	Pi	£2,107	£1,116	-£991	£2,119	£11	
Insurance	I	£1,427	£1,065	-£362	£1,281	-£146	
Stationery	S	£687	£905	£218	£1,347	£661	
Marketing & promotion	Mp	£416	£750	£334	£1,236	£820	
Cost of fundraising	Cf	£72	£250	£178	£0	-£72	
Equipment costs	E	£402	£0	-£402	£1,575	£1,172	
Staffing	S	£58,789	£46,983	-£11,806	£51,194	-£7,595	
Volunteer costs	V	£1,280	£2,057	£777	£551	-£729	
General expenses	G	£1,397	£0	-£1,397	£2,145	£749	
Repairs & renewals	Rr	£268	£536	£268	£458	£190	
Bank Fees	Bf	£100	£0	-£100	£109	£9	
External evaluation	Ee	£4,015	£500	-£3,515	£400	-£3,615	
Men's Shed		£4,920	£0	-£4,920			Note 4
Refunds		£1,299	£0	-£1,299			Note 5
<b>Total Expenditure</b>		<b>£133,874</b>	<b>£107,917</b>	<b>-£19,738</b>	<b>£117,206</b>	<b>-£16,668</b>	
<b>Net Surplus/Defecit</b>		<b>-£13,550</b>			<b>£4,885</b>		

Verified by Treasurer James R Mathews

Date: 22/9/25

Verified by Independent Examiner [Signature] FCA  
 CHARTERED ACCOUNTANT

Date: 22/9/25

Notes

1. Grant of £787 received from BHSCT and £300 from Making a Diff Locally - for Men's Shed
2. Nominal split of the £5000 in original budget plan between these 3 line items.
3. Total Energy costs for both Solas House and Solas Studio
4. Expenses and Gift associated with the establishment of the Ballycastle Men's Shed. Paid from Darkness Into Light donations.
5. A payment of £1299.38 made to BHSCT.



**Solas Moyle**

Northern Ireland - Charity number 103485

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# Accounts

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SOLAS WELLBEING

INCOME AND EXPENDITURE FOR YEAR END 31.03.24

		Actual 2023-24	Budget 2023-24	Budget Variation	Actual 2022-23	Variation Act yr to yr	
<b>INCOME</b>							
Lottery Grant	Lg	£100,498	£101,803	-£1,305	£116,215	-£15,717	Note 1
Other Restricted Grant	Og	£10,786	£0	£10,786	£336	£10,450	Note 2
Donations	D	£7,351	£2,000	£5,351	£3,202	£4,149	Note 3
Fundraising	F	£0	£2,000	-£2,000	£3,160	-£3,160	
Stripe	St	£1,999	£1,000	£999	£1,643	£356	
Room Rent	Ri	£485	£0	£485	£280	£205	
Bank Interest	Bi	£0	£0	£0	£0	£0	
Adjustments/refunds	Ar	£972	£0	£972	£699	£273	
<b>Total Income</b>		<b>£122,091</b>	<b>£106,803</b>	<b>£15,288</b>	<b>£125,534</b>	<b>-£3,443</b>	
<b>EXPENDITURE</b>							
Counselling	Co	£14,480	£14,880	£400	£10,960	-£3,520	
Complementary Therapies	Ct	£14,730	£13,880	-£850	£11,260	-£3,470	
Group Therapies	Gt	£7,512	£8,000	£488	£3,608	-£3,905	
Drop in Activities	Da	£4,166	£290	-£3,876	£90	-£4,076	Note 4
Additional premises & room hire	Rh	£6,923	£6,304	-£619	£810	-£6,113	
Rent	Rh	£4,680	£8,195	£3,515	£4,680	£0	
Heat & Light	HI	£2,298	£1,800	-£498	£1,976	-£322	
Phone & internet	Pi	£2,119	£1,088	-£1,031	£1,996	-£123	
Insurance	I	£1,281	£1,039	-£242	£1,134	-£147	
Stationery	S	£1,347	£883	-£464	£840	-£508	
Marketing & promotion	Mp	£1,236	£750	-£486	£580	-£656	
Cost of fundraising	Cf	£0	£250	£250	£287	£287	
Equipment costs	E	£1,575	£0	-£1,575	£876	-£698	
Staffing	S	£51,194	£45,862	-£5,332	£46,716	-£4,478	
Volunteer costs	V	£551	£2,047	£1,496	£1,756	£1,205	
General expenses	G	£2,145	£0	-£2,145	£2,759	£614	
Repairs & renewals	Rr	£458	£536	£78	£675	£217	
Bank Fees	Bf	£109	£0	-£109	£89	-£20	
External evaluation	Ee	£400	£1,000	£600	£400	£0	
<b>Total Expenditure</b>		<b>£117,206</b>	<b>£106,804.00</b>	<b>-£10,402</b>	<b>£91,491</b>	<b>-£25,715</b>	
<b>Net Surplus/Defecit</b>		<b>£4,885</b>			<b>£34,043</b>		

Verified by Treasurer James R. Matthews

Date: 28/10/24

Verified by Independent Examiner James R. Matthews FCA

Date: 28/10/24

Notes

1. The Lottery Grant received in '22-'23 included a one off Cost of Living increment payment of £20067.
2. Other Grants received included Community Foundation £8947 and NTCT £1839
3. Notable donations included £1997 from Ballycastle Golf Club, cash donations £4004.
4. Includes a one off expenditure of £2263 to help establish the Men's Shed. Funded by Darkness Into Light donations

**Solas Moyle**

Northern Ireland - Charity number 103485

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# Annual report

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## **SOLAS MOYLE – TRUSTEES REPORT**

*Financial Year 01.04.2023- 31.03.24*

### **Introduction:**

The trustees of Solas Moyle are pleased to present their annual trustees report for year ending March 2024.

### **Details and history of the charity:**

Solas Moyle, 62 Ann Street, Ballycastle, BT54 6AD, Charity Registration Number NIC103485.

Charity established: October 2010

Solas Moyle in an unincorporated association and charitable organisation.

The purpose of the organisation is to offer support to promote positive emotional wellbeing, in warm and welcoming environment. Our support is open to all adults, aged 18 and over regardless of age, gender, background or any other factor.

Solas Moyle trades under the name of Solas Wellbeing to aid in the public's understanding of the focus of the charity.

### **Charity Trustees:**

Below is a list of charity trustees who served on the management committee in this financial year:

Eithne Darragh – Chairperson (from Sept 23)

John Foley – Chairperson (resigned Aug 23)

James Mathews – Treasurer

Brid Lofthouse – Secretary

Jennifer Pedlow

Stella Norwood

Angela Jamison

Rosemary Morton

Tara Connor (resigned Nov 2023)

All trustees or members of the management committee must be voted in by other members of the management committee at either the AGM or a regular committee meeting if a vacancy arises throughout the year.

### **Main activities undertaken by Solas:**

This year marks our third year in the lottery funding, with funding guaranteed until March 2026.

During this year we continued operating within the budgets and objectives set out within our funding application to the National Lottery. We have focused on continuing to offer a consistent space and support for all member of the local community on a drop in basis.

Over the year we delivered three quarterly programmes covering April to June, September to December and January to March and a family focussed programme over the summer months due to the need to

support the wellbeing of young people and their families, and also the negative impact of school holidays attendance figures for our normal programmes.

Each of the programmes involved the following types of activities:

Drop In: We offered four different drop-in sessions each week, providing a safe space for people to visit, enjoy a cuppa & some company and find out more about our organisation & the support people can access. We offered one of these dedicated drop in session per week for men, to encourage men to join with other for company, support and connection.

Group programmes: we offered a wide range of group based activities, a few core activities run weekly throughout each of the programmes, with other activities varying in each programme and lasting for 4-8 weeks per activity.

These were focussed on either

1. relaxing activities e.g. meditation, ear acupuncture, anxiety management and a new Feldenkrais class (Awareness through Movement)
2. Creative activities e.g. mosaic making, knitting, art for wellbeing
3. Exercise activities e.g. Tai Chi, Gentle yoga & Dance.

In addition, we introduced a bereavement support group to bring together people who were dealing with the loss of a spouse or partner.

Individual support: individual counselling and complementary therapies were available following a short assessment (due to limited funding) as well as a individual listening ear sessions were offered as a step between group support and formal counselling.

Project based funding

In September 2023, we secured funding from the Department of Health to deliver a project to support unpaid carers in our local community. This was launched in November 2023 and will run until January 2025. This is focussing on some group based activities to encourage connections with others, including Coffee & Chat drop in and restorative yoga; alongside complementary therapy sessions to give people therapeutic support on a one to one basis.

Development of new premises

As part of the business plan, we secured additional premises with space to host our physical and creative activities. Previous to this, we hired space within other local facilities with a significant cost. This new studio space was opened in January 2024 and has enabled us to plan our programme dmore effectively.

### Service Users

In this financial year, we supported 515 unique individuals, attending one or more of our activities, either drop in, group activities or individual therapies.

We also delivered three key outreach projects in the community:

- shared education with 2 local primary schools to bring circus skills for confidence & wellbeing
- community mental health initiative (Black & Amber Best Life) delivering tasters of our group based activities
- young mum's project with Sure Start, offering ear acupuncture for mum's while Surestart provided creche facilities

### Referrers

We continue to receive regular referrals from the Mental Health Practitioners at GP practices and Livingwell Moyle. Referrals are also welcomed from other statutory agencies, departments and voluntary organisations. Signposting to and from our services is also encouraged with other local organisations and community groups.

Self referrals are also welcome from people who wish to access support without going through statutory provision.

### Financial summary:

In 2023/24 Solas Moyle income was £122,091 which is below the audit threshold, therefore our payments and receipts based accounts were verified by an independent person selected by the trustees to be someone suitably qualified and experienced to check our financial procedures and records. The income received in 2022/23 £125,534, showing a consistent level of income over the two years.

The increase in expenditure for the current financial year is due primarily due to the capital spend on the development of the new studio space, which was budgeted for during years 1 & 2 of our funding, however we had been unable to secure suitable premises; in addition to this, the cost of living increases has had an impact on this overall expenditure.

In the current financial year £14480 was spent on the individual counselling, £14730 was spent on individual complementary therapy sessions and £7512 was spent on group support activities.

### *Key Funders for 2023/24*

As per the previous year, our key funder for this year is the Big Lottery Fund, which commenced in April 2021 and is due to continue until March 2026. The income from the Big Lottery Fund accounts for 82% of our income in this financial year. In addition, we received £8947 from the Department of Health for our carer's project, which straddles over two financial years.

In addition, £7351 was received through donations & fundraising, which is just under £1000 more than was raised during 2022/23. Our Stripe income is monies generated from people making a donation

towards the cost of attending our group classes, and this has increase by £356 to £1999 for the current financial year.

*Upcoming financial year*

The trustees are satisfied that the organisation can continue to thrive in the coming financial year, as we have guaranteed funding for 2024/25 from The National Lottery.

The trustees will continue to meet every two months, where consideration is made to the financial situation, programme activities, volunteer resources and ideas for developments. Two founding volunteers and the project manager attend these meetings in order to report on activities, answer any queries relating to day to day operations and, especially in the case of the founding volunteers, to ensure the committee retains the ethos of the Solas at the heart of the organisation as it develops.

**Conclusion:**

This annual report accurately outlines the charitable activities and financial circumstances of Solas Moyle during the financial year April 2023-March 2024.

Signed on behalf of all the trustees/committee members of Solas Moyle as at 31.03.24

Signature: \_\_\_\_\_ Position: \_\_\_\_\_ Date: \_\_\_\_\_

towards the cost of attending our group classes, and this has increase by £356 to £1999 for the current financial year.

*Upcoming financial year*

The trustees are satisfied that the organisation can continue to thrive in the coming financial year, as we have guaranteed funding for 2024/25 from The National Lottery.

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**Conclusion:**

This annual report accurately outlines the charitable activities and financial circumstances of Solas Moyle during the financial year April 2023-March 2024.

Signed on behalf of all the trustees/committee members of Solas Moyle as at 31.03.24

Signature: Brid Loffhouse Position: Secretary Date: 17/12/2024

*Please note trustee signed report in a different location, therefore the signature was sent via picture messaging hence the change in quality from the main electronic report to the inserted signature.*

**Solas Moyle**

Northern Ireland - Charity number 103485

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# Annual return

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## Independent Examiner's Report to the Trustees of Solas Moyle

I report to the trustees on my examination of the accounts of Solas Moyle for the year ended 31 March 2024.

Respective responsibilities of trustees and examiner:

As the charity's trustees you are responsible for the preparation of the accounts 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 particular matters have come to my attention.

Basis of Independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

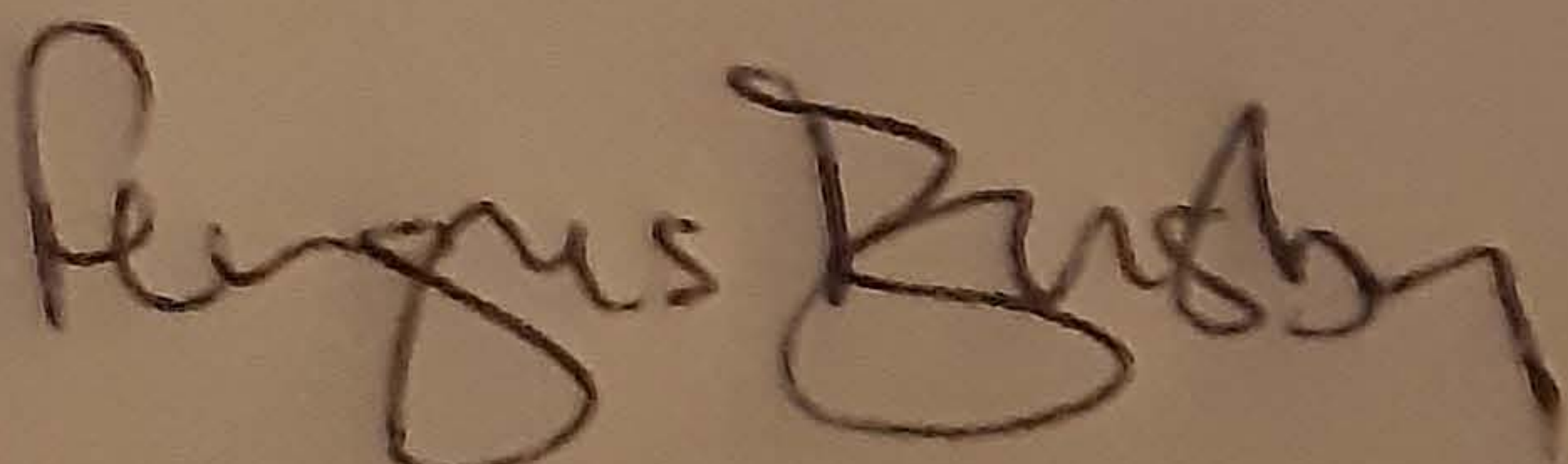
My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of Charities Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Signed:



Fergus Busby FCA

28 October 2024

**Solas Moyle**

Northern Ireland - Charity number 103485

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# Accounts

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REGISTERED CHARITY NUMBER: NIC103485

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2023

for

Solas Moyle

Henderson & Co  
Chartered Certified Accountants  
15 Killuney Drive  
Armagh  
Co. Armagh  
BT60 1AY

Contents of the Financial Statements  
for the Year Ended 31 March 2023

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Report of the Trustees  
for the Year Ended 31 March 2023

The trustees 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).

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

Solas supports members of the local community to improve their mental health & emotional wellbeing by providing services including: a) Individual therapies including counselling and complementary therapies b) Group therapies including meditation, emotional resilience and personal development c) Creative & fitness therapies including crafts & yoga d) Youth programmes including exam stress and self esteem e) Community education and awareness courses Additional courses are developed to further meet our aims and objectives. Developing additional methods of support helps ensure everyone who would benefit from support can access a course which meets their individual needs & interests.

### **Significant activities**

This year is the second year of our 5 year lottery grant and our activities continued to focus on utilising the funding provided to develop a consistent support, alongside a community facility that would allow us to welcome anyone from the local community on a drop- in basis. Over the year we delivered three quarterly programmes covering April to June, September to December and January to March and a family focussed programme over the summer months due to the need to support the wellbeing of young people and their families, and also the negative impact of school holidays attendance figures for our normal programmes.

Each of the programmes involved the following types of activities:

Drop In: We offered four different drop-in sessions each week, providing a safe space for people to visit, enjoy a cuppa & some company and find out more about our organisation & the support people can access.

Group programmes: we offered a wide range of group based activities lasting for 4-8 weeks per activity. These were focussed on either relaxing activities e.g. meditation, anxiety management, awareness through movement; creative activities e.g. mosaic making, knitting, art for wellbeing or exercise activities e.g. restorative yoga, dance.

Individual support: individual counselling and complementary therapies were available following a short assessment (due to limited funding) as well as a individual listening ear sessions were offered as a step between group support and formal counselling.

Service users: 328 attended either drop in, group activities or individual therapies, as well as outreach sessions in the community e.g. shared education with 2 local primary schools and wellbeing sessions with post primary pupils. We continue to receive regular referrals from the Mental Health Practitioners at GP practices and Livingwell Moyle. Referrals are also welcomed from other statutory agencies, departments and voluntary organisations. Signposting to and from our services is also encouraged with other local organisations and community groups.

Solas Moyle

Report of the Trustees  
for the Year Ended 31 March 2023

## **FINANCIAL REVIEW**

### **Financial position**

The Trustees believe the period end financial position was satisfactory.

There was a surplus of £10,591 for the year.

£ 116,551 of grants were received during the year as follows:

Big Lottery Fund People and Communities £96,148

Big Lottery Fund People and Communities £20,067 - one off cost of living supplement to be spent over the remaining 3 years of the funded programme. This has been recorded as accrued income under creditors in the accounts.

BHSCT - £336

The Big Lottery Fund are Solas Moyle's core funders.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The purpose of the organisation is to offer support to promote positive emotional wellbeing, in a warm and welcoming environment. Our support is open to all adults, aged 18 and over regardless of age, gender, background or any other factor.

All trustees or members of the management committee must be voted in by other members of the management committee at either the AGM or a regular committee meeting if a vacancy arises throughout the year.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Charity number**

NIC103485

### **Principal address**

62 Ann Street  
Ballycastle  
Co. Antrim  
BT54 6AD

### **Trustees**

K Scally (resigned 30.11.22)  
Ms J Pedlow  
J Matthews (appointed 1.5.22)  
Ms S Norwood  
J Foley  
R Morton  
B Lofthouse  
Ms A Jamison  
T Connor  
D Smyth (resigned 31.8.22)

Solas Moyle

Report of the Trustees  
for the Year Ended 31 March 2023

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Independent Examiner**

Henderson & Co  
Chartered Certified Accountants  
15 Killuney Drive  
Armagh  
Co. Armagh  
BT60 1AY

Approved by order of the board of trustees on 20 December 2023 and signed on its behalf by:

*Brid Lofthouse*

B Lofthouse - Trustee

Independent Examiner's Report to the Trustees of  
Solas Moyle

I report to the trustees on my examination of the accounts of Solas Moyle for the year ended 31 March 2023.

Respective responsibilities of trustees and examiner:

As the charity's trustees you are responsible for the preparation of the accounts 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 particular matters have come to my attention.

Basis of Independent examiner's report

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My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

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

1. That accounting records were not kept in accordance with section 63 of Charities Act.
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4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Gary Henderson FCCA

Henderson & Co  
Chartered Certified Accountants  
15 Killuney Drive  
Armagh  
Co. Armagh  
BT60 1AY

20 December 2023

Statement of Financial Activities  
for the Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		5,161	96,186	101,347	118,418
Other trading activities	2	3,440	-	3,440	5,458
Investment income	3	-	-	-	41
<b>Total</b>		<u>8,601</u>	<u>96,186</u>	<u>104,787</u>	<u>123,917</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Big Lottery Fund		-	94,143	94,143	84,414
General		53	-	53	790
Covid-19 Community Support Fund		-	-	-	1,923
NHSCT - CYPSP		-	-	-	180
Other		-	-	-	40
<b>Total</b>		<u>53</u>	<u>94,143</u>	<u>94,196</u>	<u>87,347</u>
<b>NET INCOME</b>		8,548	2,043	10,591	36,570
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		64,912	25,972	90,884	54,314
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>73,460</u></u>	<u><u>28,015</u></u>	<u><u>101,475</u></u>	<u><u>90,884</u></u>

Solas Moyle

Balance Sheet  
31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	6	12	5,456	5,468	5,945
<b>CURRENT ASSETS</b>					
Cash at bank		73,648	48,309	121,957	87,920
<b>CREDITORS</b>					
Amounts falling due within one year	7	(200)	(25,750)	(25,950)	(2,981)
<b>NET CURRENT ASSETS</b>		<u>73,448</u>	<u>22,559</u>	<u>96,007</u>	<u>84,939</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>73,460</u>	<u>28,015</u>	<u>101,475</u>	<u>90,884</u>
<b>NET ASSETS</b>		<u>73,460</u>	<u>28,015</u>	<u>101,475</u>	<u>90,884</u>
<b>FUNDS</b>	8				
Unrestricted funds				73,460	64,912
Restricted funds				28,015	25,972
<b>TOTAL FUNDS</b>				<u>101,475</u>	<u>90,884</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 20 December 2023 and were signed on its behalf by:

*Brid Lofthouse*

B Lofthouse - Trustee

*James R. Mathews*

J Mathews - Trustee

The notes form part of these financial statements

## 1. ACCOUNTING POLICIES

### **Basis of preparing the financial statements**

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

### **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.

Fixtures and fittings            - 25% on reducing balance

### **Taxation**

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

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**2. OTHER TRADING ACTIVITIES**

	31.3.23	31.3.22
	£	£
Fundraising events	3,160	5,408
Room rent	280	50
	<u>3,440</u>	<u>5,458</u>

**3. INVESTMENT INCOME**

	31.3.23	31.3.22
	£	£
Bank account interest	-	41
	<u>-</u>	<u>41</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.

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	6,299	112,119	118,418
Other trading activities	5,458	-	5,458
Investment income	27	14	41
<b>Total</b>	<u>11,784</u>	<u>112,133</u>	<u>123,917</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Big Lottery Fund	-	84,414	84,414
General	790	-	790
Covid-19 Community Support Fund	-	1,923	1,923
NHSCT - CYPSP	-	180	180
Other	40	-	40
<b>Total</b>	<u>830</u>	<u>86,517</u>	<u>87,347</u>
<b>NET INCOME</b>	10,954	25,616	36,570
Transfers between funds	15,779	(15,779)	-

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

5. **COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>Net movement in funds</b>	26,733	9,837	36,570
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	38,179	16,135	54,314
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>64,912</u>	<u>25,972</u>	<u>90,884</u>

6. **TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
At 1 April 2022	7,926
Additions	1,347
At 31 March 2023	<u>9,273</u>
<b>DEPRECIATION</b>	
At 1 April 2022	1,981
Charge for year	1,824
At 31 March 2023	<u>3,805</u>
<b>NET BOOK VALUE</b>	
At 31 March 2023	<u>5,468</u>
At 31 March 2022	<u>5,945</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.23	31.3.22
	£	£
Trade creditors	5,483	2,581
Accruals and deferred income	20,067	-
Accrued expenses	400	400
	<u>25,950</u>	<u>2,981</u>

**8. MOVEMENT IN FUNDS**

	At 1.4.22	Net movement in funds	At
	£	£	31.3.23
			£
<b>Unrestricted funds</b>			
General fund	64,912	8,548	73,460
<b>Restricted funds</b>			
Big Lottery fund	25,972	2,043	28,015
	<u>90,884</u>	<u>10,591</u>	<u>101,475</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	8,601	(53)	8,548
<b>Restricted funds</b>			
Big Lottery fund	96,186	(94,143)	2,043
	<u>104,787</u>	<u>(94,196)</u>	<u>10,591</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
<b>Unrestricted funds</b>				
General fund	38,179	10,954	15,779	64,912
<b>Restricted funds</b>				
Big Lottery fund	16,135	11,237	(1,400)	25,972
NHSCT - Causeway Winter Wellbeing Programme	-	14,099	(14,099)	-
Causeway Coast & Glens Borough Council - Covid-19 Community Support Fund	-	60	(60)	-
NHSCT - CYPSP	-	220	(220)	-
	<u>16,135</u>	<u>25,616</u>	<u>(15,779)</u>	<u>25,972</u>
<b>TOTAL FUNDS</b>	<u>54,314</u>	<u>36,570</u>	<u>-</u>	<u>90,884</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	11,784	(830)	10,954
<b>Restricted funds</b>			
Big Lottery fund	95,651	(84,414)	11,237
NHSCT - Causeway Winter Wellbeing Programme	14,099	-	14,099
Causeway Coast & Glens Borough Council - Covid-19 Community Support Fund	1,983	(1,923)	60
NHSCT - CYPSP	400	(180)	220
	<u>112,133</u>	<u>(86,517)</u>	<u>25,616</u>
<b>TOTAL FUNDS</b>	<u>123,917</u>	<u>(87,347)</u>	<u>36,570</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**8. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
<b>Unrestricted funds</b>				
General fund	38,179	19,502	15,779	73,460
<b>Restricted funds</b>				
Big Lottery fund	16,135	13,280	(1,400)	28,015
NHSCT - Causeway Winter Wellbeing Programme	-	14,099	(14,099)	-
Causeway Coast & Glens Borough Council - Covid-19 Community Support Fund	-	60	(60)	-
NHSCT - CYPSP	-	220	(220)	-
	<u>16,135</u>	<u>27,659</u>	<u>(15,779)</u>	<u>28,015</u>
<b>TOTAL FUNDS</b>	<u>54,314</u>	<u>47,161</u>	<u>-</u>	<u>101,475</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	20,385	(883)	19,502
<b>Restricted funds</b>			
Big Lottery fund	191,837	(178,557)	13,280
NHSCT - Causeway Winter Wellbeing Programme	14,099	-	14,099
Causeway Coast & Glens Borough Council - Covid-19 Community Support Fund	1,983	(1,923)	60
NHSCT - CYPSP	400	(180)	220
	<u>208,319</u>	<u>(180,660)</u>	<u>27,659</u>
<b>TOTAL FUNDS</b>	<u>228,704</u>	<u>(181,543)</u>	<u>47,161</u>

**9. RELATED PARTY DISCLOSURES**

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

Detailed Statement of Financial Activities  
for the Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	4,863	6,298
Grants	96,484	112,120
	<hr/> 101,347	<hr/> 118,418
<b>Other trading activities</b>		
Fundraising events	3,160	5,408
Room rent	280	50
	<hr/> 3,440	<hr/> 5,458
<b>Investment income</b>		
Bank account interest	-	41
	<hr/>	<hr/>
<b>Total incoming resources</b>	104,787	123,917
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	40,398	37,677
Pensions	4,561	4,446
Rent	4,680	4,680
Insurance	1,134	878
Light and heat	1,454	1,497
Telephone & internet	1,203	2,609
Postage and stationery	840	1,117
Marketing & promotion	1,758	661
Sundries	2,910	1,883
Counselling	11,485	6,938
Complementary Therapies	12,975	10,631
Group Therapies	4,578	6,786
Materials	-	802
Professional support	540	360
Repairs	675	55
Additional premises/room hire	635	1,995
Training	900	1,200
Volunteer expenses	-	64
Drop in activities	90	548
Cost of fundraising events	287	-
Staff recruitment	289	-
Carried forward	91,392	84,827

This page does not form part of the statutory financial statements

Solas Moyle

Detailed Statement of Financial Activities  
for the Year Ended 31 March 2023

	31.3.23	31.3.22
	£	£
<b>Charitable activities</b>		
Brought forward	91,392	84,827
Staff travel	491	-
	<hr/>	<hr/>
	91,883	84,827
 <b>Support costs</b>		
<b>Finance</b>		
Bank charges	89	139
Fixtures and fittings	1,824	1,981
	<hr/>	<hr/>
	1,913	2,120
 <b>Governance costs</b>		
Accountancy and legal fees	400	400
	<hr/>	<hr/>
Total resources expended	94,196	87,347
	<hr/>	<hr/>
<b>Net income</b>	10,591	36,570
	<hr/> <hr/>	<hr/> <hr/>

This page does not form part of the statutory financial statements

**Solas Moyle**

Northern Ireland - Charity number 103485

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# Annual report

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Report of the Trustees  
for the Year Ended 31 March 2023

The trustees 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).

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

Solas supports members of the local community to improve their mental health & emotional wellbeing by providing services including: a) Individual therapies including counselling and complementary therapies b) Group therapies including meditation, emotional resilience and personal development c) Creative & fitness therapies including crafts & yoga d) Youth programmes including exam stress and self esteem e) Community education and awareness courses Additional courses are developed to further meet our aims and objectives. Developing additional methods of support helps ensure everyone who would benefit from support can access a course which meets their individual needs & interests.

### **Significant activities**

This year is the second year of our 5 year lottery grant and our activities continued to focus on utilising the funding provided to develop a consistent support, alongside a community facility that would allow us to welcome anyone from the local community on a drop- in basis. Over the year we delivered three quarterly programmes covering April to June, September to December and January to March and a family focussed programme over the summer months due to the need to support the wellbeing of young people and their families, and also the negative impact of school holidays attendance figures for our normal programmes.

Each of the programmes involved the following types of activities:

Drop In: We offered four different drop-in sessions each week, providing a safe space for people to visit, enjoy a cuppa & some company and find out more about our organisation & the support people can access.

Group programmes: we offered a wide range of group based activities lasting for 4-8 weeks per activity. These were focussed on either relaxing activities e.g. meditation, anxiety management, awareness through movement; creative activities e.g. mosaic making, knitting, art for wellbeing or exercise activities e.g. restorative yoga, dance.

Individual support: individual counselling and complementary therapies were available following a short assessment (due to limited funding) as well as a individual listening ear sessions were offered as a step between group support and formal counselling.

Service users: 328 attended either drop in, group activities or individual therapies, as well as outreach sessions in the community e.g. shared education with 2 local primary schools and wellbeing sessions with post primary pupils. We continue to receive regular referrals from the Mental Health Practitioners at GP practices and Livingwell Moyle. Referrals are also welcomed from other statutory agencies, departments and voluntary organisations. Signposting to and from our services is also encouraged with other local organisations and community groups.

Solas Moyle

Report of the Trustees  
for the Year Ended 31 March 2023

## **FINANCIAL REVIEW**

### **Financial position**

The Trustees believe the period end financial position was satisfactory.

There was a surplus of £10,591 for the year.

£ 116,551 of grants were received during the year as follows:

Big Lottery Fund People and Communities £96,148

Big Lottery Fund People and Communities £20,067 - one off cost of living supplement to be spent over the remaining 3 years of the funded programme. This has been recorded as accrued income under creditors in the accounts.

BHSCT - £336

The Big Lottery Fund are Solas Moyle's core funders.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The purpose of the organisation is to offer support to promote positive emotional wellbeing, in a warm and welcoming environment. Our support is open to all adults, aged 18 and over regardless of age, gender, background or any other factor.

All trustees or members of the management committee must be voted in by other members of the management committee at either the AGM or a regular committee meeting if a vacancy arises throughout the year.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Charity number**

NIC103485

### **Principal address**

62 Ann Street  
Ballycastle  
Co. Antrim  
BT54 6AD

### **Trustees**

K Scally (resigned 30.11.22)  
Ms J Pedlow  
J Matthews (appointed 1.5.22)  
Ms S Norwood  
J Foley  
R Morton  
B Lofthouse  
Ms A Jamison  
T Connor  
D Smyth (resigned 31.8.22)

Solas Moyle

Report of the Trustees  
for the Year Ended 31 March 2023

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Independent Examiner**

Henderson & Co  
Chartered Certified Accountants  
15 Killuney Drive  
Armagh  
Co. Armagh  
BT60 1AY

Approved by order of the board of trustees on 20 December 2023 and signed on its behalf by:

*Brid Lofthouse*

B Lofthouse - Trustee

**Solas Moyle**

Northern Ireland - Charity number 103485

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# Annual return

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Independent Examiner's Report to the Trustees of  
Solas Moyle

I report to the trustees on my examination of the accounts of Solas Moyle for the year ended 31 March 2023.

Respective responsibilities of trustees and examiner:

As the charity's trustees you are responsible for the preparation of the accounts 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 particular matters have come to my attention.

Basis of Independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

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

1. That accounting records were not kept in accordance with section 63 of Charities Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Gary Henderson FCCA

Henderson & Co  
Chartered Certified Accountants  
15 Killuney Drive  
Armagh  
Co. Armagh  
BT60 1AY

20 December 2023