

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.

## **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

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**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