

REPORT OF THE TRUSTEES
for the Year Ended 31 MARCH 2025

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

Confidential and emotional support

The Charity provides confidential emotional support to those who are experiencing feelings of distress or despair, including those who may be at risk of suicide, with the aim of improving their emotional health and reducing the incidence of suicide. The Charity operates a telephone helpline which is open 24 hours a day; 365 days a year, where such individuals can speak to trained volunteers. Telephone calls are not time restricted and end when the individual wishes to, allowing enough time and space for individuals to explore difficult feelings. Recognising the difficulty and anxiety some individuals face when speaking to others about the problems they face, individuals can contact the Charity by phone/email/SMS. The Charity also offers a drop-in service where individuals can visit the branch.

Promoting a better understanding of suicide

The Charity works with Samaritans Central Charity to promote a better understanding in society of suicide, suicidal behaviour and the value of expressing feelings which may otherwise lead to suicide or impaired emotional health and providing members of the community with the tools to deal with life events helps them in both the immediate and long-term to support themselves and others. This includes support for and participation in organisation-wide initiatives as well as activities at a local level.

Collaborating with and supporting Samaritans Central Charity and its affiliating branches in fulfilling these objects. Samaritans Central Charity has developed organisation-wide strategies in furtherance of the aim of responding to the needs of those in distress which the Charity actively supports and engages with. Examples of this are the recently implemented free-to-caller help-line number ('Freecall'), the Connect project, the Listener Scheme and the SCC's partnership with Network Rail.

Public benefit

The direct benefits which flow from the Charity's first purpose include promotion of individual and emotional well-being and feelings of self-worth encouraging the development of personal confidence and self-esteem with the alleviation of distress, suffering, despair and suicidal thoughts. This encourages beneficiaries to be open about their feelings and reach a better understanding of their situation and the options open to them to make their own decisions and find their own solution. This further upholds and supports high risk groups, family life, improves relationships and stimulates community. The direct benefit which flows from the Charity's second purpose includes the promotion of the understanding, awareness and knowledge of suicide including suicidal thoughts and behaviour to reduce the number of suicides and alleviate suffering and distress, influence public policy and raise awareness of the challenges of reducing suicide. The direct benefits which flow from the Charity's third purpose includes the promotion and encouragement of compassion and emotional support for others engendering a caring and supportive society as a whole; the increased benefits of knowledge sharing through collaborative working with the Central Charity and other branches ensuring best practice and continual improvement of services to beneficiaries; providing evidence for research carried out by Central Samaritans so that the Samaritans as a whole can provide a tailored range of interventions for specific settings and vulnerable groups. Benefits are evidenced through feedback from the beneficiaries and stakeholders and conclusions and recommendations reached by research commissioned by the Samaritans Central Charity about the measurable impact of Samaritans' services as a whole. For example, the SCC regularly commissions independent research into the impact of the services provided and the needs of callers. The proper fulfilment of the purposes does not give rise to any harm. However, there are risks of possible detriment or harm and these have been addressed below. The beneficiaries are those experiencing feelings of distress or despair, including those who may be at risk of suicide in the UK. Personal benefits may arise from the programme of ongoing training that volunteers (including trustees) receive to enable them to provide the Charity's services and to ensure that the Charity is well managed. Through this training, volunteers (including trustees) may gain skills and experience which are transferable to other settings. These skills are incidental and necessary to ensure the benefit is provided to the beneficiaries.

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FINANCIAL REVIEW

Financial position

The results for the year ended 31 March 2025 are set out on pages 4 and 5 of the financial statements. The total income for the year ended 31 March 2025 amounted to £15,458 (2024 - £15,052). During the year to 31 March 2025 the charity generated a deficit of £7,247 (2024 - deficit £5,388). The majority of income received in both years was donations received. The charity held £47,155 in cash reserves at the year end 31 March 2025 (2024 - £54,433).

Reserves Policy

It is the policy of the Charity that reserves that have not been designated for a specific purpose should be maintained at a level equivalent to 12 months expenditure. The Charity considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue some activities however this would be on a reduced scale.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is controlled by its governing document, a Memorandum and Articles of Association and constitutes a limited company, limited by guarantee, as defined by the companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

NI644083 (Northern Ireland)

Registered Charity number

106764

Registered office

30 Campsie Crescent
Omagh
Co. Tyrone
BT79 0AD

Trustees

R Fox
P O'Kane
M Rutherford (resigned 19.10.24)
E Ternan
A McCaffrey
K Hunt (appointed 12.3.25)
P O'Reilly (appointed 12.3.25)

Independent Examiner

Patton Rainey Stenson Limited
Chartered Accountants
6 East Bridge Street
Enniskillen
Co. Fermanagh
BT74 7BT

Approved by order of the board of trustees on 15 October 2025 and signed on its behalf by:



E Ternan - Trustee