

S.T.E.P.S. Mental Health (Suicide-Talking-Education-Prevention-Support)

Northern Ireland · Charity number 106830

Details

Known as Mental Health S.T.E.P.S.

Status Received

Registered 2017-11-06

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

Contact

Address 30 Moykeeran Drive
Draperstown
Magherafelt
Bt45 7at
BT45 7AT

Phone 07821119367

Email mentalhealthsteps@gmail.com

Website www.facebook.com/steps.mental.health

Activities

Purposes: S.T.E.P.S. Mental Health promotes community driven supportive approaches to raise awareness and reduce stigma surrounding Suicide and Mental Health. S.T.E.P.S. Mental Health will endeavour to tackle the issue of Suicide and Mental Health with the inhabitants of Draperstown and Mid Ulster Council Area without distinction of sex, race or political, religious or other opinions by (1) To raise awareness through education and prevention strategies of Suicide and Mental Health in the Draperstown and Mid Ulster Council Area (2) To reduce stigma by having a community wide presence that encourages talking about Suicide and Mental Health (3) To facilitate communities to enable them to access a range of supports to improve and maintain Mental Health (4) To understand and value the connection between physical and mental health by taking a preventative approach (5) To actively build a network of partners who share S.T.E.P.S. vision.

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, Human rights/equality, Rural development, Volunteer development

Who the charity helps: Adult training, Carers, General public, Men, Mental health, Older people, Sexual orientation, Voluntary and community sector, Volunteers, Women, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£161,601	£98,563	£0	1

Trustees

Name	Role	Appointed
Anne Marie		
Clare		
Mr William Nicholson		
Mrs Donna Marie English		
Mrs Margaret Mc Guigan		
Mrs Natalie Patricia Mc Cullagh		
Paul		
Rob		

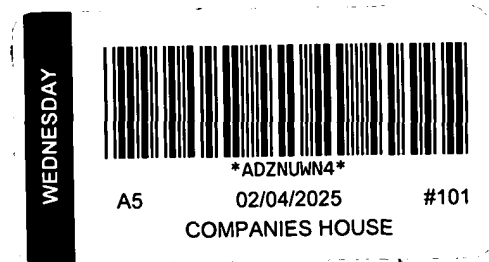
S.T.E.P.S. Mental Health (Suicide-Talking-Education-Prevention-Support)

Northern Ireland - Charity number 106830

Accounts

REGISTERED COMPANY NUMBER: NI696412 (Northern Ireland)
REGISTERED CHARITY NUMBER: NIC106830

Report of the Trustees and
Unaudited Financial Statements for the Period 18 April 2023 to 31 March 2024
for
S.T.E.P.S Mental Health
(Suicide.Talking.Education.Prevention.Support.)



W McGillian & Co Ltd
Unit A2
5-7 Tobermore Road
Draperstown
Derry
BT45 7AG

Contents of the Financial Statements
for the Period 18 April 2023 to 31 March 2024

	Page
Report of the Trustees	1 to 2
Independent Examiner's Report	3 to 4
Statement of Financial Activities	5
Balance Sheet	6 to 7
Notes to the Financial Statements	8 to 11
Detailed Statement of Financial Activities	12 to 13

Report of the Trustees
for the Period 18 April 2023 to 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the period 18 April 2023 to 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

INCORPORATION

The charitable company was incorporated on 18 April 2023 and commenced trading on the same date.

FINANCIAL REVIEW

Financial position

Total funds for the Charity at 31 March 2024 were £63,038 (Restricted reserves £31,600 Unrestricted reserves £31,438)

Net income for the period ended 31 March 24 was £63,038.

Funds are in a good financial position.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

NI696412 (Northern Ireland)

Registered Charity number

NIC106830

Registered office

The Community Hub
50 High Street
Draperstown
Derry
BT45 7AD

Trustees

C Devlin (appointed 18.4.23)
D English (appointed 18.4.23)
A M Lagan O' Reily (appointed 18.4.23)
R Lawlor (appointed 18.4.23)
N McCullagh (appointed 18.4.23)
M McGuigan (appointed 18.4.23)
W A Nicholson (appointed 18.4.23)
P McCallion (appointed 18.4.23)

Company Secretary

P McCallion

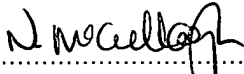
Report of the Trustees
for the Period 18 April 2023 to 31 March 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

W McGillian
W McGillian & Co Ltd
Unit A2
5-7 Tobermore Road
Draperstown
Derry
BT45 7AG

Approved by order of the board of trustees on 10th March 2025 and signed on its behalf by:



.....
N McCullagh - Trustee

Independent Examiner's Report to the Trustees of
S.T.E.P.S Mental Health (Suicide.Talking.Education.Prevention.Support.)

I report on the accounts of the company for the period 18 April 2023 to 31 March 2024, which are set out on pages five to eleven.

Respective responsibilities of charity trustees and examiner

As the charity's trustees (and also the directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, 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 Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of the independent examiner's report

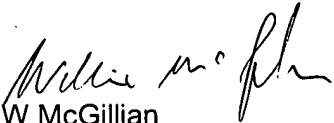
I have examined your charity accounts as required under Section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act. The examination included a review of the 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 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of Section 396 of the Companies Act 2006 and with the methods and principles of the 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
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.

 01.04.25
W McGillian
The Institute of Financial Accountants

W McGillian & Co Ltd
Unit A2
5-7 Tobermore Road
Draperstown
Derry
BT45 7AG

Independent Examiner's Report to the Trustees of
S:T:E:P:S Mental Health (Suicide.Talking.Education.Prevention.Support.)

Date: 01. 04. 25

S.T.E.P.S Mental Health (Suicide.Talking.Education.Prevention.Support.)

Statement of Financial Activities
for the Period 18 April 2023 to 31 March 2024

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies		55,689	-	55,689
Charitable activities				
Charitable Activities		<u>36,211</u>	<u>69,701</u>	<u>105,912</u>
Total		<u>91,900</u>	<u>69,701</u>	<u>161,601</u>
EXPENDITURE ON				
Raising funds		61,199	33,606	94,805
Charitable activities				
Charitable Activities		<u>1,304</u>	<u>2,454</u>	<u>3,758</u>
Total		<u>62,503</u>	<u>36,060</u>	<u>98,563</u>
NET INCOME				
Transfers between funds	7	<u>29,397</u> <u>2,041</u>	<u>33,641</u> <u>(2,041)</u>	<u>63,038</u> <u>-</u>
Net movement in funds		<u>31,438</u>	<u>31,600</u>	<u>63,038</u>
TOTAL FUNDS CARRIED FORWARD		<u>31,438</u>	<u>31,600</u>	<u>63,038</u>

The notes form part of these financial statements

S.T.E.P.S Mental Health (Suicide.Talking.Education.Prevention.Support.)

Balance Sheet
31 March 2024

	Notes	£
FIXED ASSETS		
Tangible assets	4	2,024
CURRENT ASSETS		
Prepayments and accrued income		-
Cash at bank and in hand		<u>62,473</u>
		62,473
CREDITORS		
Amounts falling due within one year	5	(1,459)
		<u>61,014</u>
NET CURRENT ASSETS		<u>61,014</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>63,038</u>
NET ASSETS		<u>63,038</u>
FUNDS	7	
Unrestricted funds		31,438
Restricted funds		<u>31,600</u>
TOTAL FUNDS		<u>63,038</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) Complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The notes form part of these financial statements

S.T.E.P.S Mental Health (Suicide.Talking.Education.Prevention.Support.)

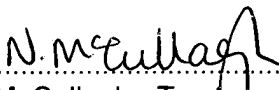
Balance Sheet - continued

31 March 2024

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

The financial statements were approved by the Board of Trustees and authorised for issue on

.....10th March 2025..... and were signed on its behalf by:



.....
N McCullagh - Trustee

Notes to the Financial Statements
for the Period 18 April 2023 to 31 March 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

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.

Taxation

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

Fund accounting

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

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

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

Notes to the Financial Statements - continued
for the Period 18 April 2023 to 31 March 2024

2. NET INCOME/(EXPENDITURE)

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

Depreciation - owned assets	£ <u>17</u>
-----------------------------	----------------

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the period ended 31 March 2024.

4. TANGIBLE FIXED ASSETS

	Freehold property £
COST	
Additions	<u>2,041</u>
DEPRECIATION	
Charge for year	<u>17</u>
NET BOOK VALUE	
At 31 March 2024	<u>2,024</u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Trade creditors	538
Social security and other taxes	66
Accrued expenses	<u>855</u>
	<u>1,459</u>

Notes to the Financial Statements - continued
for the Period 18 April 2023 to 31 March 2024

6. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund £	Restricted fund £	Total funds £
Fixed assets	2,024	-	2,024
Current assets	30,873	31,600	62,473
Current liabilities	<u>(1,459)</u>	<u>-</u>	<u>(1,459)</u>
	<u>31,438</u>	<u>31,600</u>	<u>63,038</u>

7. MOVEMENT IN FUNDS

	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds			
General fund	29,397	2,041	31,438
Restricted funds			
Grants Restricted	33,641	(2,041)	31,600
	<u>63,038</u>	<u>-</u>	<u>63,038</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	91,900	(62,503)	29,397
Restricted funds			
Grants Restricted	69,701	(36,060)	33,641
	<u>161,601</u>	<u>(98,563)</u>	<u>63,038</u>

8. RELATED PARTY DISCLOSURES

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

S.T.E.P.S Mental Health (Suicide.Talking.Education.Prevention.Support.)

Detailed Statement of Financial Activities
for the Period 18 April 2023 to 31 March 2024

£

INCOME AND ENDOWMENTS

Donations and legacies

Donations 55,689

Charitable activities

Grants 77,922

Yoga Classes 2,500

Pilates Classes 4,700

Transfer from STEPSAssociation 20,790

105,912

Total incoming resources

161,601

EXPENDITURE

Raising donations and legacies

Counselling / Treatment Fees 67,355

Wages & Salaries 13,226

Staff Pension Costs 192

--- Yoga classes 5,265

Pilates classes 4,880

Workshops 1,400

Hillwalker Gifts 400

Volunteer costs 760

Training 603

Printing and stationery 581

Travel 143

94,805

Support costs

Governance costs

Insurance 1,160

Light and heat 943

Telephone 188

Sundries 381

Accountancy fees 480

Clothing 379

Bank charges 210

Freehold property 17

3,758

This page does not form part of the statutory financial statements

S.T.E.P.S Mental Health (Suicide.Talking.Education.Prevention.Support.)

Detailed Statement of Financial Activities
for the Period 18 April 2023 to 31 March 2024

	<u>£</u>
Total resources expended	<u>98,563</u>
Net income	<u><u>63,038</u></u>

This page does not form part of the statutory financial statements

S.T.E.P.S. Mental Health (Suicide-Talking-Education-Prevention-Support)

Northern Ireland - Charity number 106830

Accounts

J.E. Irwin & Co.

With Compliments

AUDITORS *&* ACCOUNTANTS

J.E. IRWIN & CO. 50 St. Patrick Street, Draperstown, Co. Derry, BT45 7AL T: 028 7962 8671 F: 028 7962 8205 E: jeirwinandco@aol.com

STEPS MENTAL HEALTH

C/o 12 Cordarragh Heights

Draperstown

Co Derry

BT45 7JE

Income and Expenditure for the period 8th July 2022 to 18th April 2023.

Income	37549
<u>Less Expenses</u>	
Registration, Training & Courses etc	58917
Stationery	162
Heat/Light	480
Provisions	88
Insurance	1051
Bank Charges	<u>120 60818</u>
Deficit	-23269

Opening balance @ 08/07/2022 £43653

Add

18/04/2023 Deficit -£23269

Closing balance @ 18/04/2023 £20384

We have prepared the foregoing accounts from the books, records and information given to us and we certify that they are in accordance therewith.


J E Irwin and Co

Auditors and Accountants

50 St Patricks Street

Draperstown.

BT45 7AL

S.T.E.P.S. Mental Health (Suicide-Talking-Education-Prevention-Support)

Northern Ireland - Charity number 106830

Annual report

STEPS Annual Report 2022 – 23

- November 2022 – Amanda from Happy Minds Grateful Hearts was back providing resilience workshops for primary school aged children and their parents. Amanda has also been providing adult meditation classes, we have found since the pandemic there are high levels of anxiety in all age groups. STEPS hillwalkers were back out on the mountain this month. STEPS were invited to do an information stand at the Dry Arch Centre in Dungiven, it is good to be back out speaking to the community. A donation of £500 was received from Carina Quigg who ran the Dublin marathon and raised funds for our counselling service. In response to the community audit we ran taster sessions of Pilates with Aoibhinn Mc Glone to see if there would be an interest.
- December 2022 – The latest figures released by NISRA make for stark reading, NI has the highest rate of Suicide in the UK, even with the re classification of how suicides are recorded here. STEPS Hillwalking group were back out on the hills and have set up a whatsapp group to stay in touch between walks. Amanda from Happy Minds Grateful Hearts has been back to continue adult meditation classes. Donations have been received from Heron Bros., South Derry Solicitors Association, DTL Construction, Sperrin Scaffolding, Sole Touch and Specialist Group. We say goodbye to another challenging year for STEPS but thanks to the generosity of the community we are managing to keep the doors open to offer support to those most in need
- January 23 – Good to get classes back up and running but the joys of being a rural community we had to cancel a number of nights due to the weather. The safety of both our participants and tutor is paramount. Amanda was back to finish a number of adult meditation classes. A donation of £242.50 was made by the old Chinese towards our counselling service. STEPS have been reminding the community of the wealth of support available locally from St Vincent De Paul to AA it is so important people know there is always someone to turn to.
- February 23 – The hillwalkers had their first walk of 2023 on the 5.2.23. STEPS are linking in with the local foodbank to signpost anyone who may need to avail of the service in the strictest of confidence. The counselling team has been made aware of the referral process. Moyola Angling Club offered a few places on the introduction day at the lake at Tobermore, all attendees really enjoyed the day. STEPS have been promoting Workspaces warm Wednesday group and trying to encourage people to attend.
- March 23 – The hillwalkers were out on the 5.3.23. The class of 85/86 from St Pius's Magherafelt made a donation to STEPS and The Mary Anderson Foundation following their reunion. Cora Corry chair of Mid Ulster Council chose STEPS and Womens Aid as her chosen charity for her term in office and it culminated with a Seisun Mor in the Seamus Heaney Homeplace. Yoga and

Pilates are back and we are trying to promote greater Attendance within the community. STEPS were invited to do an information stand at the Irish National Teachers Organisation Conference in Limavady, it was a good opportunity to raise awareness of our service and hear from teachers the pressures they have been facing since covid and the cuts to the education budget. Karen attended the Safeguarding and Promoting the Welfare of Children and Adults run by SPWCA and organised by The Volunteer Centre.

- April 23 – The Hillwalkers were out on the 2.4.23. Following on from STEPS workshops with the pupils from St Colms, we were back today with Catriona from BOI to deliver a workshop on managing your finances that the pupils requested. Some the team from Tourettes Support NI delivered training to some of STEPS Committee, STEPS Counselling team and members of Draperstown Celtic and Glasgowbury also attended, it was very informative. STEPS have applied to Brackagh Wind Farm for funding towards our counselling service. Fiona Henry raised £1900 towards our counselling service from organising a raffle for a day at Galgorm Ballymena. Mairead Sheridan donated £1808.39 from a charity day and raffle she organised to support our counselling service. STEPS hillwalkers joined the annual Tirgan Community Associations Big Walk on the 30.4.23. Delighted to finally say we are registered with Companies House, it was a frustrating process with forms having to be submitted 9 times, we have made a suggestion that their processes need amending. Two groups, one from Sinc Kitchens and the other a group of local men are running the Belfast Marathon to raise awareness and funds for our counselling service.
- May 23 – Continuing to promote the foodbank as we know so many families are going through a tough time. STEPS did an information stand at the Womens Wellbeing Fair organised by Causeway Womens Aid, it was a great opportunity to remind everyone of our services. \The hillwalkers were out on the 21.5.23 STEPS took the opportunity on what was our 11th birthday to announce that we have been successful in securing funding from The Lottery, Community Fund. The committee have put in alot of work behind the scenes to get this application accepted. Changing from an unincorporated charity to an incorporated charity has meant many changes, such as re-registering with the Charities Commission, changing accountants, changing from a constitution to a memorandum and articles of association. Changes to policies and procedures, Changing our mandate with the bank and satisfying the obligations to funders. Our committee can not be praised enough.
- June 23 – Cora Corry donated £1000 to STEPS as one of her chosen charities from her term in office as Chair of Mid Ulster Council. The Plumbridge Players donated £500 from their annual show, they also donated the same amount to 11 other charities. The group of local runners who took part in the Belfast marathon

raised £2022.70 towards our counselling service. Christchurch Womens Fellowships donated towards our counselling service. STEPS and Workspace in partnership ran a Health and Wellbeing Fair to remind everyone in the community of the wealth of help and support available locally. A big thank you went to the pupils from St Colms who helped out on the day and to Draperstown Celtic who covered the cost of the health checks carried out by O Kanes chemist. A great day was had by all. Darren Mc Kinney with great support from his wife Danielle took on a mammoth challenge to motorbike the length of Ireland and back in 24 hrs. Darren faced horrendous weather conditions but kept going to raise awareness of STEPS and to show when the going gets tough having great support around you will get you through. Darren raised an amazing £3510 The hillwalkers were out on the 25.6.23. Gerard from Sperrin Scaffolding has donated scaffolding boards to be used as raised beds in developing the new community garden at the polytunnel.

- July 23 - On the 1st July we had a good turn out from the community helping develop the new community gardening space. Funding from Deloitte and the generosity of local businesses we want this to be an inclusive space for all. Jackie and Sean Mc Ananey held an open garden on Sunday 2nd July and raised £2322.75 & 2 euro towards our counselling service. Sinc Kitchens who took part in the Belfast marathon and our local branch of AA made donations towards our counselling service. As a committee we are gutted to lose Sinead and Bronagh as valued pupil representatives as they head on to university but thank them for their time, enthusiasm and energy they brought to our table. They were like a breath of fresh air and provided a strong voice for young people in what STEPS should be doing for their age group. Both girls were excellent at getting stuck into any situation from ideas at meetings to helping at events and engaging all age groups when helping out. The committee want to wish both Sinead and Bronagh the very best of good luck for their future endeavours. In July we had to put out a public message about our counselling service as people were not responding to messages or simply not showing up for appointments. As a voluntary run service with a continuous waiting list this is very frustrating. At STEPS we are continually trying to find ways to advertise our services in a bid to improve class numbers.
- August 23 – Massive Thank you to the staff and residents at Manor Nursing Home who made a donation in memory of Tony Woods their regional Maintenance manager. Pilates has been advertised again and so far uptake has been very positive. Thomas an employee of NFU nominated STEPS as one of the businesses chosen charities for the year. STEPS along with Marie Curie, Brain Injury and Larne Foodbank received £3221.50 each. STEPS donation will go towards the counselling service. Thanks to the lottery funding we could now advertise for the Project Coordinator Role. As STEPS is run by volunteers,

Georgina at Workspace agreed that their branch MYM Recruitment would handle the whole process. The job was advertised on the 21.8.23. Harry and Claire from HK Joinery and Building Contractors LTD made a donation of £1000 towards our counselling service. Martin Donnelly and all who attended the Captains day at the Manor Golf Club Kilrea, donated £210 towards our counselling service. On the 30th August we were delighted to announce that STEPS are now fully re-registered as an incorporated charity with the Charities Commission NI. Our new charity number is NIC 109688.

- September 23 – Sean from Copelands delivered a cheque for £600 from their staff health and wellbeing day, in which STEPS did a number of awareness raising workshops. STEPS Counselling team are continuing to work with Dolores at Sperrin Foodbank to ensure vulnerable families are not going hungry. On the 11th September the hillwalkers were out on the hills. Due to the many changes the charity has been through this year we advertised to encourage a new co chair to join the board, we asked for a submission of CV's and hope to incorporate the new person at our AGM. Barbara from the Volunteer Centre generously agreed to call to the hub to process the Access NI form for the Counselling team and our volunteers. After the independent recruitment process Karen Mc Guigan has been offered the role of Project Coordinator. The generosity in our town knows no bounds, when our Hoover recently stopped working we got 3 prices of hoovers for a committee decision but on returning to the local business Sperrin Electronics they donated the new Hoover. It may seem like a small gesture but it makes a massive impact on us as volunteers.

S.T.E.P.S. Mental Health (Suicide-Talking-Education-Prevention-Support)

Northern Ireland - Charity number 106830

Annual return

J.E. Irwin & Co.

With Compliments

AUDITORS *&* ACCOUNTANTS

J.E. IRWIN & CO. 50 St. Patrick Street, Draperstown, Co. Derry, BT45 7AL T: 028 7962 8671 F: 028 7962 8205 E: jeirwinandco@aol.com

STEPS MENTAL HEALTH

C/o 12 Cordarragh Heights

Draperstown

Co Derry

BT45 7JE

Income and Expenditure for the period 8th July 2022 to 18th April 2023.

Income	37549
<u>Less Expenses</u>	
Registration, Training & Courses etc	58917
Stationery	162
Heat/Light	480
Provisions	88
Insurance	1051
Bank Charges	<u>120 60818</u>
Deficit	-23269

Opening balance @ 08/07/2022 £43653

Add

18/04/2023 Deficit -£23269

Closing balance @ 18/04/2023 £20384

We have prepared the foregoing accounts from the books, records and information given to us and we certify that they are in accordance therewith.


J E Irwin and Co

Auditors and Accountants

50 St Patricks Street

Draperstown.

BT45 7AL

S.T.E.P.S. Mental Health (Suicide-Talking-Education-Prevention-Support)

Northern Ireland - Charity number 106830

Accounts

STEPS MENTAL HEALTH


The Community Hub
50 High Street
Draperstown
BT45 7AD

Income and Expenditure for the year ended 7th July 2022

Income		72701
<u>Less Expenses</u>		
Registration, Training & Courses etc	67329	
Provisions	400	
Internet/Communication	2595	
Stationery	30	
Heat/Light	1163	
Insurance	1029	
Bank Charges	196	72742
Deficit		-41

Opening Balance @ 08/07/2021	£43694
<u>Add</u>	
07/07/2022 Deficit	£ -41
Closing Balance @ 07/07/2022	<u>£43653</u>

We have prepared the foregoing accounts from the books, records and information given to us and we certify that they are in accordance therewith.


J.E. Irwin and Co
Auditors and Accountants
50 St Patrick's Street
Draperstown
BT45 7AL

J. E. IRWIN & CO. <i>Auditors & Accountants Tax Specialists, Mortgages, Finance, HP/Leasing</i>
50 St. Patrick's Street DRAPERSTOWN, Co Derry BT45 7AL Tel: 028 796 28671 Fax: 028 796 29205

S.T.E.P.S. Mental Health (Suicide-Talking-Education-Prevention-Support)

Northern Ireland - Charity number 106830

Annual report

STEPS Annual Report 2021 – 2022

- November 2021 – A donation of £1722 was made in memory of Paul Mc Keever. The family ran a ‘Light up the pitch for Paul’ over the month of September at Roger Casements GAC Portglenone. Everyone at STEPS was saddened by the sudden bereavement of the late Hugh Mc Williams owner of H&A. Hugh was always a great supporter our charity and a man of the community. Hugh helped many people and organisations over the years. The Mc Williams family and employees and suppliers of H&A ran the Belfast Marathon in memory of Hugh and donated an AMAZING £20,000 towards our counselling service. It is testament to the high esteem in which Hugh was held and we can never thank the family enough for their generosity. November saw us break new ground with funding from Brackagh Wind Farm and produced by Glasgowbury we did a series of podcasts raising awareness of Suicide and Mental Health. A massive thank you has to go to Malachy, Seamus, Rachel and our counselling team who all stepped out of their comfort zones in the hope of raising awareness of Suicide and Mental Health.
- December 2021 - A donation of £2000 was made from Ballinascreen GAC who organised a ‘Round the world challenge’ which created a great buzz in the community and some healthy competition in people competing to see how many miles they could clock up walking around the newly refurbished walk way at the club. Anne Marie Lagan O Reilly organised a Tropic Pamper Night for STEPS committee and donated £70 and had an anonymous donation of £20 towards our counselling service, a lovely night was had by all. So many of our younger children are still being impacted by the changes brought about by covid, thanks to Draperstown Celtic who did a fundraiser and allowed us to use the monies to bring in Amanda from Happy Minds Grateful Hearts to do resilience workshops and meditation with primary school children and their parents. STEPS second podcast has been released explaining how our counselling service works. This was funded by Brackagh Wind Farm and produced by Glasgowbury. Once we have been overwhelmed by the generosity of local businesses supporting our counselling service we have had donations from Heron Bros - £1967.35, MDC Tiles and two anonymous donations of £100. As we say goodbye to another tough year due to covid we are hoping for better next year.
- January 2022 – Sent Thank you letters to all the businesses who donated to STEPS in December. A donation of £200 was made from the Corner bar & La Bodega Wines Castledawson. STEPS joined a community vigil on the 14.1.23 in memory of Aisling Murphy and to campaign for an end to violence against women and girls. A donation of £135 was received from SINC Kitchens from their Christmas Jumper Day. A donation of £200 was received from Tony Higgins. STEPS released their third podcast explaining more about the counselling

service and why our counsellors became counsellors. A donation was received of £260 from Topglass following a successful coffee morning with staff. After the vandalism at the polytunnel, Workspace have now secured the site and we are trying to secure people to do the groundworks to make the area more accessible. Our counselling team are very busy and we are linking in with a number of schools to support children back into education.

- February 2022 – A donation of £200 was received from our local branch of AA. Met with Aileen and Ann from Network Personnel to promote their work amongst the committee and the counselling team, so we can signpost anyone we think may be suitable. Happy Minds Grateful Hearts were back in for another block of resilience training with primary school age children and their parents. A number of anonymous donations have been made towards the counselling service of £30, £1000, £50, £100 and £150.
- March 2022 – A donation of £274.21 was received from the old Chinese towards our counselling service. We had a number of people enquire of the history of our second counselling office, The Soup Kitchen (courtesy of Workspace) so we linked in with Ballinascreen Historical Society to provide the information. A donation of £300 was received from Katy Murray who did a snow angel in her swimming suit. Our hillwalking group were back out on the mountain this month.
- April 2022 – Members of STEPS committee, volunteers, tutors, counsellors and coaches from Draperstown Celtic attended training delivered by The Rainbow Project, it is good to raise awareness of the pressures facing the LGBTQIA community. STEPS were asked to judge an Easter bonnet competition by the Mistits, Propertits and friends who meet to take part in cold water swimming at Splash in Monerymore. A lovely day was had by all and we raised awareness of Suicide and Mental Health and the role we play in the community. Booby from Splash donated £100. Had a meeting with Flo and Issac from the local branch of AA to see how our two organisations could support each other.
- May 2022 – STEPS hillwalking group were back out on the 1.5.22. Tomas Polak climbed the Atlas mountains to raise funds for STEPS Counselling service. Conor Gribben ran the Toronto half marathon to raise funds for STEPS. Hannah and Katie (two P7's) organised a coffee morning and Hannah got her hair cut and donated it to the Princess trust, in total they raised £1430.20. The Mistits, Propertits and friends raised a total of £4073.05 from their cold water swim and Easter bonnet competition. To raise awareness during Mental Health Week, STEPS linked in with Draperstown Celtic and TAMHI to organise a morning of football encouraging more girls and women into the activity. It was a really good mornings craic. Thanks to Workspace STEPS have now moved premises to the new Workspace Community Hub, massive thank you to our committee and workspace for helping with the move. STEPS fourth podcast has been launched,

funded by Brackagh Wind Farm and produced by Glasgowsbury. STEPS Hillwalkers were out again tackling Banagher Dam for their recent hillwalk.

- June 2022 – To celebrate STEPS being 10 years old, we wanted an event to bring the community together but keep it a low cost event for families. STEPS worked with all local schools and organisations and ran a Family Fun Day. We had great support from local businesses who donated refreshments and Glasgowsbury and Ballinascreen Historical Society who showcased their services on the day. A special mention has to go to the staff at St Marys Primary School they helped the whole event run like clockwork. A donation was received from Ballinascreen GAC towards our counselling service. STEPS hillwalking group were back on the hills this month. A donation was received from the P7 class at St Colmcilles in Caludy a total of £487.50 was raised. Glenn White from Wild.life took on the challenge of climbing the equivalent of Everest by climbing up and down local mountain Carntogher. On the 27.6.22 it was the official opening of the Workspace Community Hub.
- July 2022 – A donation was received of £100 from Steve King. A donation of £200 was received from our local AA branch. A donation was made by Shannon Mc Kaigue and Emmett Doyle in lieu of favours for their wedding. STEPS are now officially out of unit B1 and moved across to the new Workspace Community Hub, thanks to everyone who helped with the move. STEPS fifth and final podcast covering Depression and Anxiety has been launched, funded by Backagh Wind Farm and produced by Glasgowsbury.
- August 2022 - Draperstown Celtic were able to run the Damien Mc Grogan Memorial Cup and donated £500 towards our counselling service, we also had anonymous donations of £500 and £50. A donation was received from Mary Mc Cullagh and Oisin Rodgers who donated £120 in lieu of wedding favours. A donation of £150 was received from Lacie Mc Elhattan who made Derry bands and sold them to her family, friends and neighbours. STEPS secured a small pot of funding from CWSAN to bring Happy Minds Grateful Hearts back in for resilience workshops for primary school age children and their parents. Shauna Donnelly reflexologist for STEPS organised a summer sunrise walk on the 28.8.22.
- September 2022 - STEPS carried out a community audit and focus groups to see what the community wanted post covid. Amanda from Happy Minds Grateful Hearts has been back doing introductory adult meditation classes as a direct result from the feedback from the community audit. A donation of £100 was received from Colm and Shea Heron. A donation of £280 was received from Ballinascreen camogie who held and underage tournament.

- October 2022 – To mark World Mental Health Day, Cathy Mc Guigan organised a Self care event providing treatments and raised £130. STEPS AGM was held on the 19.10.22.

It was another difficult year for STEPS as the effects of the pandemic are still being felt. All age groups are struggling and it was why the committee took the decision to bring in Happy Minds Grateful Hearts to provide resilience workshops for primary school aged children and their parents. Some children need the one to one therapy and some children who need connection and want to learn how to make friends and communicate more easily small groups work better for them. There were a number of big events this year in that STEPS is now 10 years old. It was lovely to bring the community together in a day of fun and celebration. Another big change has been moving premises, as with all change it can be unsettling but we have had great support with the move. Our counselling team continue to tackle the waiting list and we endeavour to always run a safe and ethical practice.

S.T.E.P.S. Mental Health (Suicide-Talking-Education-Prevention-Support)

Northern Ireland - Charity number 106830

Annual return

STEPS MENTAL HEALTH


The Community Hub
50 High Street
Draperstown
BT45 7AD

Income and Expenditure for the year ended 7th July 2022

Income		72701
<u>Less Expenses</u>		
Registration, Training & Courses etc	67329	
Provisions	400	
Internet/Communication	2595	
Stationery	30	
Heat/Light	1163	
Insurance	1029	
Bank Charges	196	72742
Deficit		-41

Opening Balance @ 08/07/2021	£43694
<u>Add</u>	
07/07/2022 Deficit	£ -41
Closing Balance @ 07/07/2022	<u>£43653</u>

We have prepared the foregoing accounts from the books, records and information given to us and we certify that they are in accordance therewith.


J.E. Irwin and Co
Auditors and Accountants
50 St Patrick's Street
Draperstown
BT45 7AL

J. E. IRWIN & CO. <i>Auditors & Accountants Tax Specialists, Mortgages, Finance, HP/Leasing</i>
50 St. Patrick's Street DRAPERSTOWN, Co Derry BT45 7AL Tel: 028 796 28671 Fax: 028 796 29205