

Charity registration number NIC100561

Company registration number NI030447 (Northern Ireland)

AWARE DEFEAT DEPRESSION
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

AWARE DEFEAT DEPRESSION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Josephine Deehan Ms Marianne Downing Mr Joseph Mahon Mr Bernard McAnaney Ms Helen McDonnell Mr Robert Robinson Ms Alexandra Murdock Ms Sophy McFarlane	(Appointed 27 September 2023) (Appointed 30 April 2024)
Secretary	Mr Joseph Mahon	
Charity number	NIC100561	
Company number	NI030447	
Registered office	2 Crawford Square Derry/Londonderry BT48 7HR	
Auditor	Harbinson Mulholland 6th Floor East Tower Lanyon Plaza 8 Lanyon Place Belfast Co. Antrim Northern Ireland BT1 3LP	
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AWARE DEFEAT DEPRESSION

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AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2024

Reflecting on this year's annual report, I realised this would be my eighth as Chairperson; my first was for the 2016/17 report. A lot has changed since then, and yet some things haven't. Some of our team have moved on, and team AWARE NI has many new faces. There is a new senior management team, an almost new Board and new faces across the charity in Education and Training, Support Services, Community Outreach, Communications, and Income Generation.

What hasn't changed is the need for AWARE NI's services and support for those impacted by mental ill-health. At AWARE NI, we know only too well that the level of depression, bipolar disorder and anxiety has not decreased in our communities. Ironically, as the stigma around mental health rightly decreases, and as AWARE NI continues to play a leading role in that area, the demand for mental health services and support increases. Unfortunately, some might argue shamefully that statutory services are struggling and often failing to meet that demand due to the lack of sufficient funding for mental health services.

Against that background, it is worth remembering where we were in 2016/17. The Education and Training service had just begun the early stages of the Mindfulness programme, and Paws b had yet to be introduced to primary schools. Last year, over 1,500 primary school children participated in Paws b, and 34 teachers and classroom assistants received mindfulness training. In total, our suite of education and wellbeing programmes reached 19,000 people last year, an increase of just over 50% compared to the 2016/17 figure.

Support Services, particularly our mental health peer support groups, were badly affected during Covid. However, last year, there was clear evidence of recovery, with 5,594 people attending support groups. This is a 25% increase compared to 2016/17. The same period saw community outreach events increase from 85 to 197, reaching nearly 21,500 people compared to the 2016/17 total of 4,000 - an incredible fivefold increase.

Something else that hasn't changed is that AWARE NI continues to be the most widely followed local mental health charity in Northern Ireland across our website, Facebook, X (Twitter), Instagram, LinkedIn, YouTube and TikTok, thanks to the creativity of our Communications team. What has changed is the quality of our communication material; it continues to get better year on year.

Of course, none of the above would be possible without funding. In 2016/17, our total income was about £815k, whilst last year, it was nearly £1.8 million. Donations and gifts now represent 42.5% of our income, and when other non-statutory sources are included, that figure rises to 72%, a remarkable turnaround from 2016/17 when funding from the statutory bodies accounted for 53% of our income. It's now only 28%. Thanks in no small measure to our award-winning Fundraising Team.

As important as funding is though, volunteers, many with a lived experience of depression, are AWARE NI's heart and soul. Put simply the charity would not be the same without them.

Finally, another change worth mentioning is the change of address for our Derry office! Having outgrown the old office in Queen Street a good few years ago, we moved to the new Derry base in Crawford Square in September.

So what of the future? I don't possess a crystal ball, but we have AWARE NI's five-year strategic plan. The strategy is themed across four key areas – Connection, Change, Community and Finance and Fundraising. These themes emerged from an inclusive process involving a series of discussions and workshops with our staff, volunteers and many others who took the time to comment online. Collectively, we had a critical look at where we are now, assessed gaps and aspirations in our service provision, and discussed how we would move forward over the next five years. The targets are challenging, but I firmly believe the AWARE NI family will meet them.

The strategy, therefore, reflects an organisation that is not content to rest on its laurels but is determined to remain relevant to those who use our range of services.

As we look with confidence then to the future can I again thank our volunteers, staff, sessional workers and my fellow Trustees for all their support in what was yet another very busy and successful year.

AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT (CONTINUED) ***FOR THE YEAR ENDED 31 MARCH 2024***

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Mr Bernard McAnaney
Chairman

Date:

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's [governing document], the Companies Act 2006 and "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

Our Vision, Mission and Values

AWARE has been working since 1996 to support all those in Northern Ireland affected by depression, anxiety and bipolar disorder.

Our **Vision** is for a future where everyone can openly discuss their mental health, access services appropriate to their needs, and develop the skills and knowledge to maintain positive mental health.

Our **Mission** is:

- To promote emotional health and wellbeing.
- To help people build resilience and maintain positive mental health at every stage of their life journey.
- To ensure that individuals living with depression, anxiety, and bipolar disorder are aware of and have access to appropriate support.
- To advocate for policies that facilitate access to appropriate support across Northern Ireland.
- To increase public understanding of depression and reduce the stigma surrounding the illness.

Our **Values** are that, above all else, we value our service users. We will treat everyone with dignity, respect and compassion. We are transparent in all our work and accountable to our stakeholders.

- **Dignity, respect and empathy** - We will treat each other and our service users with dignity, respect and empathy.
- **Integrity, professionalism and transparency** - We are committed to the highest standards of professionalism, honesty and openness in all aspects of our work.
- **Innovation and Excellence** - We are committed to providing high-quality services and to being innovative for the benefit of people using our services.
- **Equality, diversity and inclusivity** - We are committed to championing equality, diversity and inclusivity in all aspects of our organisation, through an intersectional lens

User-Led

Those who best understand the challenges faced by people affected by depression, anxiety or bipolar disorder are those who have been affected by it themselves. Therefore, we promote a strong user-led, self-help approach, and the organisation's culture is based on the active involvement of its service users, staff, and volunteers.

Volunteering

We place a high value on the importance of our volunteers who give up their time without financial gain to support others. We actively promote and reward volunteering across the work of the organisation.

Clinical Standards

The clinical excellence of our programmes is paramount to our service delivery. Clinical governance of all our programmes and external messages is rigorous, ongoing and embedded within the organisational culture.

Partnership working

We are committed to working with a wide range of groups, including those based in local communities, those representing a particular community of interest and other sectoral organisations working with people experiencing mental health problems.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Our Behaviours

- We will respect everyone we come into contact with
- We will listen non-judgmentally
- We will be positive, polite and professional in our dealings with people
- We will do what we say we will do
- We will foster a culture that is caring and compassionate.
- We will lead by example.

As stated in the Memorandum of Association, the charity's objectives are to improve the quality of life of people with, or at risk, of depression and their carers in Northern Ireland. This is to be achieved by

- Relieving conditions of depression, bipolar and other mood disorders by the provision of mutual support, fellowship and counselling for persons who are or who have been suffering from such illnesses and their relatives.
- Educating the public regarding depressive illnesses by promoting and encouraging public awareness of such illnesses.
- Promoting research into the causes, treatment and prevention of depressive illnesses and the dissemination of the valuable results of such research
- Acting as a national organisation for all matters concerning the relief of sufferers of depression and manic depressive illnesses and their families.

AWARE NI was founded by people with personal experience of depression, its negative impact on their lives and the lack of understanding and support available in the community at the time. This user-led ethos remains a key driver of the charity's work.

The charity's work currently includes:

- Mental health peer support groups in most main towns in Northern Ireland
- Online support groups
- Telephone and email support services
- A wide range of free resources and literature on various mental health issues
- Free public talks and other events on mental health and related issues
- Information outreach events in communities across Northern Ireland
- Living Life to the Full, a unique life skills programme based on CBT concepts
- Mood Matters, an education programme delivered in schools, workplaces and community settings
- Mental Health First Aid training programme
- Mindfulness programmes, including Paws b and .breathe, delivered in schools
- My Mind & Me - a newly-developed primary school wellbeing programme based on the 'Take 5 Steps to Wellbeing' principles
- An interactive website offering information and resources

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance

Education and Training

AWARE NI's Education and Training department plays a vital role in raising awareness of common mental health issues and equipping people with tools to care for their emotional wellbeing. We have had a successful year expanding our programme offerings and reach. We developed our team, which now comprises six Education and Training Officers, one Corporate Outreach Worker and five administrative staff members.

During 2023/24, we achieved the following:

In schools

- Delivered 69 'Paws b' mindfulness programmes to 1,541 pupils in primary schools
- Introduced 49 'My Mind and Me' programmes for primary schools, reaching 1,135 pupils
- Conducted 30 '.breathe' mindfulness programmes for post-primary schools, reaching 464 pupils
- Delivered 473 'Mood Matters Young People' programmes to 9,379 young individuals in schools and other suitable settings
- Trained 29 teachers in an 8-week mindfulness programme
- Provided 'Paws b' training to 5 teachers and classroom assistants, enabling the integration of mindfulness practice into the school culture
- Organised two teacher focus groups to support teachers with 'Paws b' delivery in schools

In the community

- Conducted 63 'Living Life to the Full' programmes for over 642 participants in community settings
- Delivered 42 'Mental Health First Aid' programmes to over 402 participants
- Offered 48 mindfulness programmes to over 405 adults
- Delivered 51 'Mood Matters Adult' programmes for over 589 people in local communities
- Delivered 1 Mindfit programme to 11 participants
- Ran 73 'Mood Matters Parent and Baby' programmes for 446 parents and expectant parents
- Delivered 11 educational talks to 538 people

In workplaces

- Delivered 39 'Mental Health First Aid' programmes to workplaces
- Conducted 111 'Mood Matters in the Workplace' programmes for more than 1,561 employees
- Provided 20 'Supporting Employee Wellbeing' programmes to 218 people

Via e-learning

- We partnered with Strategic Thinking to support their healthcare staff of 500 via iAmAWARE
- We offered iAmAWARE mental health e-learning to our corporate partners, reaching 140 participants
- iAmAWARE Supporting Employee Wellbeing delivered to 2 participants

Our Education and Training programmes reached over 19,000 participants in 2023/24. While we conducted many community and workplace programmes via Zoom, we gradually resumed face-to-face delivery, a trend we anticipate will continue in the upcoming year. We have increased our e-learning offering, as three additional modules were developed for iAmAWARE, bringing the total number of mental health educational modules to four.

We took great pride in introducing new mindfulness programmes for adults, parents, and school pupils. The 'Mindful Parenting' programme for parents of 5–12-year-olds received fantastic feedback. We look forward to delivering more of these in the coming year. Additionally, we successfully provided the 4-week '.breathe' programme for 9-14-year-olds in 30 post-primary schools and secured funding to further expand and deliver this programme in 2024/25.

The team has been developing a new 'Feeling Good' programme, incorporating mindfulness practices and '5 Ways to Wellbeing' concepts. This single-session programme is for 11-14-year-olds. We look forward to finishing the programmes in the new financial year.

After last year's pilot delivery, we re-developed 'My Mind & Me', a programme designed for P3-P7 pupils, enhanced with engaging activities to help this age group understand concepts around mental health and emotional wellbeing. We delivered this to 49 schools.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

We successfully concluded the third year of The Community Foundation Mental Health Support project to provide our 'Back to Life, Back to Normality' programme, which consists of six weeks of 'Living Life to the Full' and six weeks of mindfulness. This project supports the five mental health leads in GP Federations across NI. Referrals are made by GP practices in these federations to help provide a service for those people on the current waiting list for services. We have built strong relationships with the GP Federation mental health leads and their respective teams, regularly meeting and sharing findings with them.

In collaboration with the Public Health Agency, we led the development of Northern Ireland's Mental Health First Aid Refresher programme and will be completing the development in the new financial year. AWARE NI will be involved in training up to 60 new Mental Health First Aid Refresher trainers. This increased capacity positions us well for future MHFA delivery and improves our portfolio of programmes.

Throughout the year, partnership work remained a prominent feature of our work. We collaborated with organisations such as ParentingNI, Tinylife, Diabetes UK, Macmillan Cancer, WRDA (Women's Resource Development Agency), and MAS (Maternal Advocacy Support) to develop and adapt our programmes and cater to their client groups. We continued to advocate for expectant and new parents by participating in steering and implementation groups focused on infant and maternal mental health. We guided health professionals supporting new and expectant parents through the specialist perinatal section of our website. Our perinatal mental health resource is in high demand and distributed in antenatal units and Sure Starts.

We trained 18 Tinylife staff and AWARE NI staff in Chris Williams' Enjoy your Baby CBT based programme. Our 'Supporting Employee Wellbeing' train the trainer took place in quarter 3, and delivery is proving popular. We also trained staff and sessional workers in our primary school programme 'My Mind & Me'.

The team worked hard this year to develop our workplace mental health training programme portfolio. We finalised the new half-day manager's programme, 'Supporting Employee Wellbeing', to educate managers and team leaders on supporting their employees during challenging and stressful times. We piloted the programme and reviewed and adapted it based on feedback.

Our suite of workplace programmes has evolved to meet the needs of the new hybrid way of working, offering face-to-face, online, and e-learning options. We believe this adaptability will enable businesses across Northern Ireland to invest in their staff's mental health and wellbeing.

In addition to our fundraising activities, the sales of our programmes, primarily to the business community, contribute significantly to AWARE NI's income. The Education and Training team plays a vital role in establishing connections with workplaces, cultivating relationships, and delivering training programmes. They work closely with our fundraising team to engage the business community and attract sponsorship, Charity of the Year initiatives, and general fundraising efforts. These endeavours raise awareness of mental health and the importance of mental wellbeing in the workplace. Notably, post-Covid-19, there has been a significant increase in interest and attention to mental health within workplaces, leading to higher programme sales and improved understanding of mental wellbeing.

In the 2023/24 period, AWARE NI generated £148,858.50 through programme sales, with the Mental Health First Aid and Mood Matters Workplace programmes contributing significantly to this income. These funds are used to expand and sustain our support groups and outreach services.

Support Services and Community Outreach

AWARE NI's Support Services department remains committed to providing essential and unique support to individuals affected by low mood, depression, anxiety, and bipolar disorder. This year, the support team welcomed a new staff member, Sam Pirone, who joined as an administrative assistant for the team. This has been an enormous asset to the team, and Sam's wealth of knowledge and 'can do' attitude has made a substantial impact in a short period of time.

We have continued to maintain and support our existing support groups throughout NI, focusing on those in more rural areas that need more promotion and input. We are delighted with the growing numbers attending and the feedback we receive on the difference this is making in people's lives. This year, we have noticed an increase in the complex needs of individuals attending our groups and the difference peer support has made in their mental health journey and recovery.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

We have been developing a Youth Strategy for AWARE NI by linking with other youth organisations for guidance and advice and holding focus groups with our younger service users to gather their feedback and views. We have merged our YA support groups with our established support groups to provide peer support to all individuals 18 plus. As a result of our active campaigns and following the recommendations from our younger members, we have noticed an increase in younger membership regionally. We have also been involved in a pilot project in Derry, providing our AWARE 'Mood Matters Young People' programme to young people in their own communities, followed by a peer support session on how to support each other during difficult times. This has been hugely successful, with extremely positive feedback and a wealth of learning for us to take forward as part of our Youth Strategy over the next 5-year plan.

As part of AWARE NI's support to the Maternal Mental Health Alliance with Everyone's Business Campaign for NI, we are delighted to advise that we have been continuing to campaign for a Mother and Baby Unit for NI with positive feedback and movement towards funding being secured for the build and revenue for this much-needed unit. We have also continued to campaign for the best perinatal care for our local mums, babies and families with priorities according to the voices of women with lived experience and feedback from our Everyone's Business Campaign members.

We commenced an additional service this year for our support group members, with two Independent Therapists being able to provide one-to-one support as appropriate. Whilst this is a limited service and for our known service users, it has been hugely valued and beneficial for our support group members who are struggling to access such one-to-one support locally.

This year has been the second year of our Ulster University Support Group Research Project, which has been progressing extremely well with very positive feedback from those attending. We are looking forward to findings and recommendations and how we can best take these forward into practice and publicise for our profile and future funding opportunities.

Our Volunteers remain at the heart of all we do in Support Services. We have supported over 70 volunteer facilitators this year as they provide life-changing support in our peer-led mental health support groups throughout NI. As the needs of our service users increase, we have introduced new supervision and support systems this year for our volunteer facilitators, with monthly online peer supervision sessions that also include an element of training. We have been delighted to welcome many new volunteers to our team this year and an increase in younger people keen to volunteer.

Our Outreach team continued to be extremely busy with events and promoting our services. This year, we saw increased demand to attend events and speak at team meetings with various organisations, from statutory organisations to those within the voluntary and community sector. Our outreach workers have been working closely with our volunteers to help us raise awareness, reduce stigma, and reach out to local people within their communities. We have delivered 197 information events and presentations, reaching a minimum of 21,424 participants and disseminating at least 40,000 information leaflets and factsheets.

The Support Services department's unwavering dedication and hard work have allowed us to continue providing crucial support, raising awareness, and fostering a supportive environment for those affected by mental health challenges. We remain committed to promoting wellbeing and improving the lives of individuals in Northern Ireland.

- We have 23 mental health peer support groups, including two online
- We held 1,001 support group meetings during this year
- We recorded 5,595 attendances at the support groups
- We responded to 1,659 support emails
- We answered 1,315 Support calls this year
- We delivered 197 Information Outreach events and presentations with an approximate reach of 21,424 participants, disseminating over 40,000 information leaflets and factsheets
- Our Community outreach workers provided one-to-one support to 43 members of the public when hosting an information stand
- We held four public talks throughout the year in Derry, Belfast, Enniskillen and Lurgan in partnership with The Royal College of Psychiatry. These events had different topics such as 'Mental Health and Living with Cancer', 'Mental Health and Early Intervention', 'Mental Health and ADHD', and 'Let's Talk About Bipolar'. We were supported by partner agencies such as Macmillan Cancer, Action for Children, ADD NI, and Bipolar UK. These public talks were well-attended, with highly encouraging feedback.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

- We held our annual Volunteer Celebration Event in the Omagh Folk Park with a tour followed by a lovely celebration lunch. This was attended by our volunteers from all over NI and a lovely opportunity to get together to recognise and thank all they do for us throughout the year. We also enjoyed some Christmas fun and celebrations with our volunteers at Christmas with events in both our Derry and Belfast offices.

Communications

Throughout the year, the Communications Team has been crucial in promoting AWARE NI's services and raising awareness about mental health, as our online platforms act as an extension of our support services and mental health education. As a result, AWARE NI has experienced significant growth in public profile and brand recognition. This progress is reflected in the charity's increased website traffic, social media engagement, and press coverage. These accomplishments further solidify AWARE NI's status as an industry leader as we continue to be the most widely-followed mental health charity in Northern Ireland.

The Communications Team's dedication and hard work have been pivotal in supporting AWARE NI's mission to promote mental health and wellbeing and reduce the stigma surrounding mental illness.

We have undertaken various successful campaigns throughout the year to generate awareness. During Blue Monday of this year, we launched our 'I Am Found' short film, which represented a new way to advertise our mental health support groups. As a mental health charity, it is challenging to portray the personal impact of our services whilst protecting the identity of those accessing them. Through this short film, we wanted to communicate creatively and symbolically real-life testimonials of how our support groups have changed lives. This video has now been watched almost 45,000 times, which is incredible. We are so thankful to our sea swim fundraisers who helped make this video a reality.

The Communications Team also launched our Courage, Dear Heart merchandise line to reach more people about our services. The message behind the line is one of hope and recovery. At AWARE NI, we believe that it is not the absence of mental illness that makes someone 'strong'; instead, it takes incredible strength to live with mental illness, seek support and embark on a road to recovery. All profits from this line go directly to our support services.

During Maternal Mental Health, we launched a campaign highlighting our Mood Matters Parent and Baby programme. We created a video highlighting the importance of looking after your mental health as a parent, with figures highlighting the prevalence of antenatal and postnatal depression for both mums and dads, alongside some educational tips on how to maintain positive mental health. This video was shared with all antenatal units, with positive feedback from Health Trusts, highlighting its helpful and informative nature. Additionally, we redesigned our 'Mood Matters Parent and Baby' training programme to have fresh, updated visuals in line with our current branding with greater inclusion of content relating to Dads. We also redesigned our 'Looking After the Mental Health of You and Baby' booklet and created and designed a booklet in collaboration with Tiny Life titled 'Caring for the Mental Health of You and Your Premature Baby'. These efforts aimed to highlight the importance of perinatal mental health for parents and their children and create free and accessible educational resources.

We worked with Vinny Hurrell, one of our brand ambassadors, as part of the BBC Charity Broadcast Appeal to highlight our services. We have also launched newly designed billboards which have been appearing across Northern Ireland. Both campaigns are ways for AWARE NI to reach new audiences, increase brand awareness, and advertise our services across Northern Ireland.

Overall, during 2023-24:

- Our website had 258,101 page views and 69,080 users
- Our network of Facebook followers has reached 27,491
- We now have 9,649 followers on Twitter
- Our Instagram community reached 6,995 followers
- Our YouTube channel was viewed 9,483 times
- AWARE appeared in 500 online & press articles
- We were featured in 5 radio & TV interviews
- Our LinkedIn following has reached 3,168 follows, with 1,532 Newsletter subscribers
- AWARE NI is growing steadily on TikTok with 650 followers and 1,353 likes

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Income Generation

In 2023/24 AWARE NI's fundraising efforts reached new heights, raising £751,000. This impressive achievement marks an increase of £213,450 (40%) from the previous year, underscoring the success and impact of our dedicated fundraising strategies and the generous support of the local community.

We experienced substantial participation and enthusiasm for our AWARE NI challenge events. Our calendar was packed with a variety of activities, each contributing uniquely to our overall fundraising success. The Giant Steps coastal walk doubled in size, with over 400 walkers trekking routes of 26, 13, and 7 miles, and they collectively raised a phenomenal £65,000. Our first Santa Abseil at the Europa Hotel was a festive and daring event that captured the Christmas spirit. Participants abseiled down the iconic hotel, attracting considerable attention and support from spectators and donors alike. This event added a fun and seasonal twist to our fundraising efforts which resulted in fundraising of £50,000. We held a number of other events, including a Viking Boat Race and Sea Splashes in Benone and Ballyholme. Events were attended by both employees from our corporate partners as well as individuals and groups of friends and families.

Corporate partnerships played a pivotal role in our fundraising success in 2023/24. We extend our deepest gratitude to all our partners for their unwavering dedication and commitment to promoting positive mental health in their workplaces. We continued our existing partnerships with Danske Bank, Maxol, FinTrU, MacBlair, Hastings Hotels and Rutledge Group, amongst others. Unfortunately, it was the final year of our partnerships with both Maxol and Danske Bank who have been an asset to AWARE NI for the past 3 years. We were delighted to work with a number of new corporate partners including Todd's Insurance, KPMG, Wilson Nesbitt, Urban HQ, Fleet Financial and Lava Group. The total income generated through corporate fundraising was £236,213.

We witnessed an extraordinary outpouring of passion and effort from individuals, groups, and schools across Northern Ireland, culminating in an impressive Community Fundraising total of £296,095. We were delighted to roll out our new school fundraising campaign, 'Shine Bright, Glow Yellow', encouraging participation in fundraising activity to mark Mental Health Awareness Day in October. Students, teachers, and parents came together to host various fundraising activities, ranging from bake sales and fun runs to non-uniform days. Overall fundraising from schools totalled £21,000. Fundraising from individual supporters was truly amazing. It was heartwarming to see so many people set themselves personal challenges in the name of mental health awareness and support. We saw many people participate in marathons, cold water dips, cycle challenges, skydives, mountain treks and more!

We are deeply grateful for the ongoing support we receive from schools, universities, churches, various community organisations, and sports clubs across Northern Ireland. Their fundraising efforts and generous donations are invaluable to our cause. We also extend our heartfelt thanks to those who faithfully support us through monthly donations, those who donate in memory of a loved one, and those who graciously include AWARE NI in their Will, thus helping safeguard future generations' mental health.

Our income from Trusts and Foundations in 2023/24 totalling £404,894. This includes income from:

- Enkalon Foundation
- Ulster Garden Villages
- Community Foundation
- Sir Jules Thorn Charitable Trust
- St James Place
- Garfield Weston
- Inner City Trust
- B&Q
- Clanmill Housing
- Radius Housing
- D'Oyly Carte Foundation

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

We are deeply grateful for our donors' unwavering support and incredible efforts. Their passion, creativity, and hard work are the lifeblood of our organisation, enabling us to continue providing essential local mental health support services.

Looking to the future, we aim to further enhance our fundraising initiatives and aim to encourage even more individual and group efforts. Together, we can build on this year's success and continue to make a significant impact.

Thank you to every supporter, participant, and volunteer who has contributed to our fundraising efforts in 2023/24. Your dedication makes a real difference in the lives of many, and we look forward to achieving even greater heights together and continuing to positively impact mental wellbeing in Northern Ireland.

Financial review

Total Income – £1,795,084

Comprising:

- Donations & Gifts – £762,124
- Grant Funding – £495,321
- Trusts & Foundations – £404,894, Workshops & Courses – £130,665
- Investments - £2,080

Total Expenditure – £1,709,426

Comprising:

- Charitable Activities – £1,355,027
- Raising Funds – £354,399

The spend on charitable activities was 79.62% of the total spend.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Reserves

At 31st March 2024 AWARE NI holds total reserves of £941,341. During 2023/24 we made use of reserves to the value of £270,182. This was spent on the development of the following key areas as planned:

- £42,488 for additional programme delivery staffing costs and £27,354 on additional administration support.
- £10,185 for the additional delivery of community-based mental health awareness programmes, which include our 'Mood Matters' and 'Living Life to the Full' Programmes for schools, communities and workplaces.
- £67,450 to provide support groups which had no statutory funding stream.
- £24,705 for the development of the Salesforce CRM system.
- £11,000 for communications activity to support promotion and access to services, campaigning, and positive mental health messaging.
- £30,000 on the installation of disability access and set-up costs associated with the move to a new facility in Derry/ Londonderry.
- £57,000 to support our office running costs.

The use of reserves was replenished in year, and we ended the year with a surplus of £85,658.

This surplus has been designated within the 2024/25 budget to produce a balanced budget position for the year alongside challenging fundraising targets.

The Trustees consider it prudent to hold monies in reserve if unforeseen circumstances lead to financial difficulties that might jeopardise the future of its employment capacity, users' wellbeing and general charitable work.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. The Trustees define free reserves as unrestricted income funds freely available for use as the charity determines and excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

Based on 2024/25 budgeted expenditure (excluding depreciation) and the Board update to our reserves policy, the target level of unrestricted reserves is £469,453 to £938,907.

Of our current reserves of £941,341 this includes £129,842 of redundancy contingency and £304,339 other designated reserves. Designated reserves have been allocated to enable the following:

- £57,132 for unfunded support groups
- £28,500 for additional programme delivery
- £28,732 for communications activity including campaigns and Investors in Mental Health
- £9,000 for research and evaluation
- £7,700 on further development of our e learning products
- £30,000 on infrastructure development (CRM)
- £98,700 for office running costs
- £22,079 for corporate costs
- £22,496 on capital investments

We have designated reserves totalling £434,181 leaving free reserves of £507,160.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Plans for future periods

We have just developed and approved our new strategic plan for 2024-2029. We have identified key themes as follows:

1. Connection
2. Change
3. Community
4. Finance & Fundraising

We have identified several priorities for this year within this for the year:

- Strengthening further our Support Group network and outreach services
- Exploring opportunities for digital development
- Embedding our workplace services and opportunities for practice sharing
- Giving greater attention to diversity and inclusion in all aspects of our work
- Focusing on our engagement with volunteers

We will maintain our focus structurally on

1. Investing in our staff and volunteers: regularly reviewing our staffing structure, capacity and needs in order to deliver on our strategic and operational plans
2. Developing further our CRM to support with stakeholder engagement and communications, programme monitoring and review and finance/ fundraising management
3. Diversifying further our income generation to drive fundraising to meet the needs of our service users.

Structure, governance and management

Aware Defeat Depression (trading as AWARE) is a company limited by guarantee and accepted as charitable by HMRC under reference XR 11534. The company was incorporated on 7th February 1996. The company was established under a Memorandum of Association, which established the objects and powers of the company and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr Owen Crilly (Resigned 12 September 2024)

Dr Josephine Deehan

Ms Marianne Downing

Dr Maria Kee

(Resigned 30 April 2024)

Mr Joseph Mahon

Mr Bernard McAnaney

Ms Helen McDonnell

Dr Patrick McKeon

(Resigned 12 September 2024)

Ms Nicola Naughton

(Resigned 17 October 2023)

Mr Malachai O'Hara

(Resigned 27 September 2023)

Mr Robert Robinson

Ms Alexandra Murdock

(Appointed 27 September 2023)

Ms Sophy McFarlane

(Appointed 30 April 2024)

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

The Trustees meet every 2 months as a full Board. We have subcommittees for Clinical Governance and Finance. These subcommittees meet quarterly. The terms of reference and chair of these groups are reviewed periodically.

Recruitment and Appointment of the Trustees

The charity Trustees are also Directors of the company. A Trustee is initially elected for a term of three years in accordance with the Memorandum and Articles of Association. Trustees may be re-elected if they are so willing and accepted by the Board, serving up to a maximum of 9 years.

Corporate and Clinical Governance

The Board ensures the organisation complies with the relevant legislation and good practice. The Board supports a clinical governance and finance support group to support this. The Board also engages service users directly through our Locality Planning structures. The Locality Planning groups meet regularly to review activities in local areas and with the staff team to suggest and explore development opportunities. The Board has a schedule for the regular review of all programmes of work, policies and procedures, including an ethical policy regarding our fundraising initiatives and partnerships. We have a schedule of all organisational policies reviewed on a 3-yearly cycle.

Organisational Structure

The Board of Trustees is responsible for the administration of the charity and meets on a bi-monthly basis. The Board has appointed a Chief Executive to manage the charity's day-to-day operations. Within the terms of delegated approval, the Chief Executive has delegated authority for operational matters, including employment, project delivery and budgetary management.

Directors' Induction and Training

All new Directors are given an induction by the Chairperson and Chief Executive and provided with an induction pack which includes the following documents:

- Strategic Plan
- Descriptions of the role of Directors and/or Office Bearers
- Profile of the charity
- Charity literature
- Staff profiles and biographies

In addition, Directors are offered additional training in, for example, committee skills, finance management, child protection, data protection, strategic planning and other relevant areas. During 2023/24 we delivered specific training for the Board on Keeping Children & Adults Safe, Understanding Charity Finances and Understanding our Governing document. The Board also led on the process for development of a new Strategic Plan 2024-2029.

Risk Management

In accordance with good practice, the charity has developed a Risk Management Policy and procedure and regularly completes risk assessments in relevant areas. A Corporate Risk Register has been drawn to prioritise the risks requiring action. The Risk Register is reviewed and updated bi-annually by the Board and quarterly within the senior management team or as soon as a potential threat is identified. Analysis for each risk is detailed in the Risk Register, with the controls currently in place to mitigate the risk and the further actions required to minimise the risk. We have a streamlined Risk Action Plan, which the SMT reviews monthly to ensure action on priority tasks. This year, we have specifically updated the policy and training on Lone Working.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Aware Defeat Depression for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditor

In accordance with the company's articles, a resolution proposing that Harbinson Mulholland be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to the auditor

Each of the Trustees has confirmed that there is no information they are aware of that is relevant to the audit but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and establish that the auditor is aware of it.

The Trustees' report was approved by the Board of Trustees.

Mr Bernard McAnaney
Trustee

18 December 2024

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Opinion

We have audited the financial statements of Aware Defeat Depression (the 'Charity') for the year ended 31 March 2024 which comprise the statement of financial activities, the statement of financial position, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Responsibilities of Trustees

As explained more fully in the statement of Trustees' responsibilities, the Trustees, who are also the directors of the Charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustees are responsible for assessing the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2008 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and/or senior management, and from our commercial knowledge and experience of the sector;

We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including Companies Act 2006, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation

- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations;

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 2 were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions;

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with HMRC and the company's legal advisors;

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Use of our report

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Angela Craigan (Senior Statutory Auditor)
for and on behalf of Harbinson Mulholland

Chartered Accountants
Statutory Auditor

18 December 2024
6th Floor East Tower
Lanyon Plaza
Belfast
Co. Antrim
Northern Ireland
BT1 3LP

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds	Designated funds	Restricted funds	Total	Total
	Notes	2024 £	2024 £	2024 £	2024 £	2023 £
Income from:						
Donations and legacies	3	762,124	-	419,292	1,181,416	728,121
Charitable activities	4	130,665	-	480,923	611,588	553,085
Investments	5	2,080	-	-	2,080	254
Total income		<u>894,869</u>	<u>-</u>	<u>900,215</u>	<u>1,795,084</u>	<u>1,281,460</u>
Expenditure on:						
Raising funds	6	354,399	-	-	354,399	370,290
Charitable activities	7	221,814	212,098	921,115	1,355,027	1,322,814
Total expenditure		<u>576,213</u>	<u>212,098</u>	<u>921,115</u>	<u>1,709,426</u>	<u>1,693,104</u>
Net income/(expenditure)		318,656	(212,098)	(20,900)	85,658	(411,644)
Transfers between funds		(544,008)	544,008	-	-	-
Net movement in funds		<u>(225,352)</u>	<u>331,910</u>	<u>(20,900)</u>	<u>85,658</u>	<u>(411,644)</u>
Reconciliation of funds:						
Fund balances at 1 April 2023		732,512	102,271	20,900	855,683	1,267,327
Fund balances at 31 March 2024		<u>507,160</u>	<u>434,181</u>	<u>-</u>	<u>941,341</u>	<u>855,683</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2024

		2024		2023	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	12		26,637		33,326
Current assets					
Debtors	13	113,530		93,442	
Cash at bank and in hand		927,603		786,019	
		1,041,133		879,461	
Creditors: amounts falling due within one year	14	(126,429)		(57,104)	
Net current assets			914,704		822,357
Total assets less current liabilities			941,341		855,683
The funds of the Charity					
Designated funds			434,181		102,271
Restricted income funds	15		-		20,900
Unrestricted funds			507,160		732,512
			941,341		855,683

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024, although an audit has been carried out under section 65 of the Charities Act (NI) 2008 .

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 18 December 2024

Mr Joseph Mahon
Trustee

Mr Bernard McAnaney
Trustee

Company registration number NI030447 (Northern Ireland)

AWARE DEFEAT DEPRESSION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	19		147,760		(442,388)
Investing activities					
Purchase of tangible fixed assets		(8,255)		(16,366)	
Investment income received		2,080		254	
Net cash used in investing activities			(6,175)		(16,112)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			141,585		(458,500)
Cash and cash equivalents at beginning of year			786,018		1,244,518
Cash and cash equivalents at end of year			927,603		786,018

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Aware Defeat Depression is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Crawford Square, Derry/Londonderry, BT48 7HR.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	20% straight line
Computers	20% straight line
Motor vehicles	33.33% straight line
Office equipment	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	762,124	-	762,124	537,550	-	537,550
Grants for core activities	-	14,398	14,398	-	28,794	28,794
Trusts and Foundations	-	404,894	404,894	-	161,777	161,777
	<u>762,124</u>	<u>419,292</u>	<u>1,181,416</u>	<u>537,550</u>	<u>190,571</u>	<u>728,121</u>
Donations and gifts						
Donations	17,000	-	17,000	37,365	-	37,365
Events	469,712	-	469,712	321,293	-	321,293
Corporate	253,407	-	253,407	178,694	-	178,694
Schools	500	-	500	198	-	198
Legacies	21,505	-	21,505	-	-	-
	<u>762,124</u>	<u>-</u>	<u>762,124</u>	<u>537,550</u>	<u>-</u>	<u>537,550</u>
Grants for core activities						
Department of Health	-	14,398	14,398	-	28,794	28,794
	<u>-</u>	<u>14,398</u>	<u>14,398</u>	<u>-</u>	<u>28,794</u>	<u>28,794</u>
Trusts and Foundations						
Community Foundation	-	62,394	62,394	-	47,433	47,433
Inner City Trust	-	5,000	5,000	-	5,000	5,000
Belfast City Council	-	-	-	-	640	640
AW Harvey Charitable Trust	-	-	-	-	3,000	3,000
Victoria Homes	-	-	-	-	2,500	2,500
Groundwork UK	-	-	-	-	5,000	5,000
B&Q	-	10,000	10,000	-	-	-
Garfield Weston	-	20,000	20,000	-	-	-
Ulster Garden Villages	-	14,000	14,000	-	-	-
Housing Associations	-	4,000	4,000	-	-	-
Other	-	289,500	289,500	-	98,204	98,204
	<u>-</u>	<u>404,894</u>	<u>404,894</u>	<u>-</u>	<u>161,777</u>	<u>161,777</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

4 Charitable activities

	Education and training 2024 £	Support services 2024 £	Total 2024 £	Education and training 2023 £	Support services 2023 £	Total 2023 £
Workshops and courses	130,665	-	130,665	139,757	-	139,757
Performance related grants	371,184	109,739	480,923	309,526	103,802	413,328
	<u>501,849</u>	<u>109,739</u>	<u>611,588</u>	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>
Analysis by fund						
Unrestricted funds	130,665	-	130,665	139,757	-	139,757
Restricted funds	371,184	109,739	480,923	309,526	103,802	413,328
	<u>501,849</u>	<u>109,739</u>	<u>611,588</u>	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>
Performance related grants						
Public Health Agency	234,372	-	234,372	206,569	-	206,569
National Lottery Community Fund	25,060	-	25,060	29,470	-	29,470
Maternal Mental Health Alliance	4,130	-	4,130	4,130	-	4,130
Western Health and Social Care Trust	27,704	34,811	62,515	18,522	33,706	52,228
Belfast Health and Social Care Trust	15,083	20,792	35,875	19,514	23,379	42,893
Southern Health and Social Care Trust	12,530	26,304	38,834	2,016	25,187	27,203
South Eastern Health and Social Care Trust	2,200	27,832	30,032	12,655	21,530	34,185
Clear Project	31,600	-	31,600	10,600	-	10,600
Other	11,830	-	11,830	6,050	-	6,050
	<u>371,184</u>	<u>109,739</u>	<u>480,923</u>	<u>309,526</u>	<u>103,802</u>	<u>413,328</u>

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>2,080</u>	<u>254</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising and publicity		
Staging fundraising events and seeking donations, grants and legacies	65,585	73,201
Fundraising central premises costs	24,200	14,458
Fundraising central office costs	15,182	17,849
Other fundraising staff costs	8,583	6,313
Advertising	440	5,103
Staff costs	220,553	231,535
Depreciation and impairment	4,483	3,987
Support costs	15,373	17,844
	<u>354,399</u>	<u>370,290</u>

Costs allocated to raising funds represents salaries and wages to staff involved in staging fundraising events and seeking donations, grants and legacies and other associated costs.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

7 Charitable activities

	Education and training 2024 £	Support services 2024 £	Communication and campaign 2024 £	Service development 2024 £	Total 2024 £	Total 2023 £
Staff costs	510,606	196,387	78,555	-	785,548	715,459
Depreciation and impairment	10,460	-	-	-	10,460	9,304
Other staff costs	4,968	300	240	-	5,508	9,690
Sessional workers	47,341	-	-	-	47,341	47,226
External trainers fees	143,820	1,440	-	-	145,260	170,526
Training resources	21,697	-	-	-	21,697	13,064
Room hire	1,612	22,528	99	-	24,239	22,354
Hospitality	1,932	4,843	270	-	7,045	13,191
Evaluation and quality assurance	13,314	9,000	-	-	22,314	4,000
Volunteers' travel and expenses	-	13,283	76	-	13,359	13,590
Marketing and publicity	1,915	1,931	14,325	-	18,171	27,954
External consultants fees	11,457	7,001	2,864	-	21,322	46,475
Staff travel	5,422	11,603	150	-	17,175	13,245
Printing costs	9,087	6,641	1,550	-	17,278	16,480
Central premises costs	32,266	19,718	8,067	-	60,051	35,876
Central office costs	13,904	8,497	3,476	-	25,877	34,228
Sundry expenses	10,282	5,013	1,621	-	16,916	23,936
	<u>840,083</u>	<u>308,185</u>	<u>111,293</u>	<u>-</u>	<u>1,259,561</u>	<u>1,216,598</u>
Share of support costs (see note 8)	40,994	40,994	5,124	-	87,112	101,116
Share of governance costs (see note 8)	6,768	3,931	491	-	8,354	5,100
	<u>887,845</u>	<u>353,110</u>	<u>116,908</u>	<u>-</u>	<u>1,355,027</u>	<u>1,322,814</u>
Analysis by fund						
Unrestricted funds	221,814	-	-	-	221,814	536,463
Designated funds	212,098	-	-	-	212,098	171,952
Restricted funds	453,933	353,110	116,908	-	921,115	614,399
	<u>887,845</u>	<u>353,110</u>	<u>116,908</u>	<u>-</u>	<u>1,355,027</u>	<u>1,322,814</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

7 Charitable activities

(Continued)

For the year ended 31 March 2023

	Education and training £	Support services £	Communication and campaign £	Service development £	Total 2023 £
Staff costs	270,957	176,491	77,088	190,923	715,459
Depreciation and impairment	9,304	-	-	-	9,304
Other staff costs	436	127	465	8,662	9,690
Sessional workers	31,420	-	-	15,806	47,226
External trainers fees	47,142	-	-	123,384	170,526
Training resources	2,423	-	-	10,641	13,064
Room hire	160	19,854	114	2,226	22,354
Hospitality	3,952	2,939	6,076	224	13,191
Evaluation and quality assurance	-	3,000	-	1,000	4,000
Volunteers' travel and expenses	72	13,436	31	51	13,590
Marketing and publicity	5,084	10,060	9,645	3,165	27,954
External consultants fees	22,775	8,567	8,519	6,614	46,475
Staff travel	3,253	9,378	358	256	13,245
Printing costs	3,944	4,642	5,394	2,500	16,480
Central premises costs	11,245	11,780	4,819	8,032	35,876
Central office costs	8,725	14,152	5,119	6,232	34,228
Sundry expenses	9,670	5,389	5,873	3,004	23,936
	430,562	279,815	123,501	382,720	1,216,598
Share of support costs (see note 8)	23,792	47,583	5,948	23,793	101,116
Share of governance costs (see note 8)	1,200	2,400	300	1,200	5,100
	455,554	329,798	129,749	407,713	1,322,814
Analysis by fund					
Unrestricted funds	172,370	128,332	-	235,761	536,463
Endowment funds - [description]	-	-	-	171,952	171,952
Restricted funds	283,184	201,466	129,749	-	614,399
	455,554	329,798	129,749	407,713	1,322,814

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

8 Support costs

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Staff costs	82,833	-	82,833	82,284	-	82,284
Other staff costs	1,062	-	1,062	1,281	-	1,281
Central premises costs	5,378	-	5,378	3,213	-	3,213
Central office costs	3,194	-	3,194	3,493	-	3,493
Marketing and publicity	98	-	98	1,134	-	1,134
IT Support	1,367	-	1,367	960	-	960
Volunteers' travel and expenses	841	-	841	341	-	341
External consultants fees	1,909	-	1,909	1,667	-	1,667
Room hire	66	-	66	46	-	46
Hospitality	180	-	180	89	-	89
Other general support costs	5,557	-	5,556	24,452	-	24,452
Audit fees	-	6,000	6,000	-	6,000	6,000
Legal and professional	-	3,827	3,828	-	1,680	1,680
	<u>102,485</u>	<u>9,827</u>	<u>112,312</u>	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>
Analysed between						
Fundraising	15,373	1,474	16,847	17,844	2,580	20,424
Charitable activities	87,112	8,354	95,466	101,116	5,100	106,216
	<u>102,485</u>	<u>9,828</u>	<u>112,313</u>	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

10 Employees

The average monthly number of employees during the year was:

2024 Number	2023 Number
<u>33</u>	<u>32</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

10 Employees

(Continued)

Employment costs	2024 £	2023 £
Wages and salaries	975,139	907,788
Social security costs	84,346	85,512
Other pension costs	29,449	35,978
	<u>1,088,934</u>	<u>1,029,278</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024 £	2023 £
Aggregate compensation	<u>260,154</u>	<u>214,172</u>

11 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

12 Tangible fixed assets

	Fixtures and fittings £	Computers £	Motor vehicles £	Office equipment £	Total £
Cost					
At 1 April 2023	57,606	157,759	1,600	18,472	235,437
Additions	4,015	4,102	-	138	8,255
At 31 March 2024	<u>61,621</u>	<u>161,861</u>	<u>1,600</u>	<u>18,610</u>	<u>243,692</u>
Depreciation and impairment					
At 1 April 2023	52,619	129,954	1,066	18,472	202,111
Depreciation charged in the year	2,444	11,938	534	28	14,944
At 31 March 2024	<u>55,063</u>	<u>141,892</u>	<u>1,600</u>	<u>18,500</u>	<u>217,055</u>
Carrying amount					
At 31 March 2024	<u>6,558</u>	<u>19,969</u>	<u>-</u>	<u>110</u>	<u>26,637</u>
At 31 March 2023	<u>4,987</u>	<u>27,805</u>	<u>534</u>	<u>-</u>	<u>33,326</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

13 Debtors

	2024	2023
	£	£
Amounts falling due within one year:		
Other debtors	106,897	85,661
Prepayments and accrued income	6,633	7,781
	<u>113,530</u>	<u>93,442</u>

14 Creditors: amounts falling due within one year

	2024	2023
	£	£
Other taxation and social security	23,560	22,205
Trade creditors	36,553	18,899
Accruals and deferred income	66,316	16,000
	<u>126,429</u>	<u>57,104</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	As restated	Movement in funds		
	Balance at 1 April 2023	Incoming resources	Resources expended	Balance at 31 March 2024
	£	£	£	£
Public Health Agency	13,350	234,372	(247,722)	-
National Lottery Community Fund	7,550	25,060	(32,610)	-
Western Health and Social Care Trust	-	62,515	(62,515)	-
Belfast Health and Social Care Trust	-	35,875	(35,875)	-
Southern Health and Social Care Trust	-	38,834	(38,834)	-
South Eastern Health and Social Care Trust	-	36,707	(36,707)	-
Department of Health	-	14,398	(14,398)	-
Clear Project	-	31,600	(31,600)	-
Trusts and Foundations	-	404,894	(404,894)	-
Other	-	15,960	(15,960)	-
	<u>20,900</u>	<u>900,215</u>	<u>(921,115)</u>	<u>-</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

(Continued)

Nature of restricted funds

Public Health Agency

Funding for the provision of education and training workshops and courses

National Lottery Community Fund

Funding for the provision for education and training workshops and courses in partnership with TinyLife

Western Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Belfast Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Southern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

South Eastern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Department of Health - Core

Funding for the salary of the charity's Chief Executive

Clear Project

Funding for the provision of education and training workshops and courses

Trust and Foundations

Funding received to enable the charity to enhance its educational services and support services.

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
Redundancy fund	102,271	-	(212,098)	239,669	129,842
Service expansion	-	-	-	304,339	304,339
General fund	732,512	894,869	(576,213)	(544,008)	507,160
	<u>834,783</u>	<u>894,869</u>	<u>788,311</u>	<u>-</u>	<u>941,341</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Unrestricted funds

(Continued)

Previous year:	At 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2023 £
Staff recruitment fund	87,000	-	-	(87,000)	-
Redundancy fund	105,000	-	-	(2,729)	102,271
Service expansion fund	214,110	-	(171,952)	(42,158)	-
General fund	829,817	677,561	(906,753)	131,887	732,512
	<u>1,235,927</u>	<u>677,561</u>	<u>1,078,705</u>	<u>-</u>	<u>834,783</u>

Redundancy fund - as a result of the current factors impacting the charitable section, the Trustees consider it necessary to set aside funds should the charity have to adapt a substantially different operating model to ensure its future sustainability.

Service expansion fund - the Trustees have designated funds for specific purposes to support service expansion for 2024/25. This includes:

- £57,132 for unfunded support groups
- £28,500 for additional programme delivery
- £28,732 for communications activity, including campaigns and Investors in Mental Health
- £9,000 for research and evaluation
- £7,700 on further development of our e-learning products
- £30,000 on infrastructure development (CRM)
- £98,700 for office running costs
- £22,079 for corporate costs
- £22,496 on capital investments

17 Analysis of net assets between funds

As restated

	Unrestricted funds 2024 £	Designated funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
Fund balances at 31 March 2024 are represented by:					
Tangible assets	26,637	-	-	26,637	33,326
Current assets/(liabilities)	480,523	434,181	-	914,704	822,356
	<u>507,160</u>	<u>434,181</u>	<u>-</u>	<u>941,341</u>	<u>855,682</u>

18 Analysis of changes in net funds

The Charity had no material debt during the year.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

19	Cash generated from operations	2024 £	2023 £
	Surplus/(deficit) for the year	85,658	(411,644)
	Adjustments for:		
	Investment income recognised in statement of financial activities	(2,080)	(254)
	Depreciation and impairment of tangible fixed assets	14,944	13,291
	Movements in working capital:		
	(Increase) in debtors	(20,088)	(33,408)
	Increase/(decrease) in creditors	69,326	(10,375)
	Cash generated from/(absorbed by) operations	<u>147,760</u>	<u>(442,390)</u>