

A Safe Space To Be Me Ltd
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2023

SIXMILE ACCOUNTANCY

Certified Public Accountants
22B Market Square
Antrim
Northern Ireland
BT41 4AW

A Safe Space To Be Me Ltd

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2023

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A Safe Space To Be Me Ltd

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

Reference and administrative details

Registered charity name A Safe Space To Be Me Ltd

Charity registration number NIC107789

Company registration number NI668165

Principal office and registered office 22 Market Square
Antrim
BT41 4DT

The trustees

L Marks
S Murphy
C Tailford

Independent examiner Sixmile Accountancy
22B Market Square
Antrim
Northern Ireland
BT41 4AW

Structure, governance and management

A Safe Space To Be Me is a company limited by guarantee and is governed by its articles of association which were adopted 04 March 2020. It is recognised as a charity by the HMRC, number NI00895 and by the Charity Commission (NI) number NIC107789

The company's articles of association require that the number of trustees be not less than three but no more than twelve. All trustees are given guidelines on their responsibilities and on how meetings are conducted.

Objectives and activities

The Charity's objectives and principal objectives are:

1. To relieve suffering and promote the preservation and protection of mental health of individuals and their families. 2. To advance any other exclusively charitable purpose as the directors/trustees may from time to time, decide in accordance with the law of Northern Ireland. The trustees confirm that the charity has complied with the public interest statutory guidance issued under section 4 of the Charities (Northern Ireland) Act 2008.

A Safe Space To Be Me Ltd

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Achievements and performance

The past year has had many achievements including welcoming service users old and new back into the hub as we slowly but surely started to emerge from the pandemic.

Our Crumlin Hub is now seen as a one-stop shop with a range of services to meet the needs of the community. Our wraparound service continues whether it is for practical needs such as food, money management or benefits advice or emotional health and wellbeing needs that require a listening ear, support or talking therapy. We also looked to bringing the community together and ran a range of activities to suit all ages to help tackle loneliness and isolation.

Our Nurture café continued to support individuals working on a donation-based principle, as well as providing free meals to those most in need. It also provided the perfect opportunity for our volunteers to get to know the service users, as well as enabling the sharing of information regarding the services provided by the charity.

Our community larder has grown in both size and usage, with donations coming from major retailers as well as the local community. With the growing awareness of individuals wishing to do what they can to protect the environment through reducing food waste, combined with the ongoing Cost-of-Living Crisis, the number of users who visit the larder frequently has grown. We are very aware that there are those who use it to supplement their income and help keep food costs down, to enable payment of other essentials such as electricity, oil or gas.

Various appeals ran throughout the year, such as the Uniform Scheme and Christmas Toy and Hamper Appeal. These were extremely successful as we received generous donations from the community, including those from individuals, local schools, churches and businesses. Requests for help from the schemes have also grown, highlighting that while we may be emerging from the pandemic, there are still so many struggling due to the rising cost of school uniforms, especially those in secondary education.

Events throughout the year were well attended including a Summer Scheme that was neurodivergent friendly, providing opportunities for many children and young people to engage with their peers over the space of several weeks. Our Christmas festival incorporated intergenerational work with children from local schools and the older members of our community through our senior citizens Christmas Dinner, as well as activities for the whole family, all themed around the festive period.

Our counselling service has continued to support the most vulnerable in our communities. We are now the only provider of free counselling in Antrim town and recognise that, if we did not continue to provide this free service, there are many individuals who simply cannot afford to pay privately. The waiting lists on statutory services continue to lengthen and this can have a detrimental effect on the health and wellbeing of individuals. We see ourselves as another option to those waiting lists and are recommended by GP's and other statutory services to those enquiring about talking therapies.

We continue as a placement provider for local training providers, colleges and universities, ensuring that our students have opportunities to complete their learning, as well as get a grass-roots view how to meet a variety of the need's potential clients might have, be it through talking therapy, signposting to our wraparound service or a specialised service that can meet that need.

We continue to serve the Antrim and Newtownabbey Borough area and have been well supported by the council, it's members and the community.

In January 2023 we received a Pride of Place Award for the island of Ireland in the Community Wellbeing Initiative Category. We were also nominated in the GNI Magazine Awards for Charity of the Year.

We know that none of this would be possible without the staff and volunteers. Their dedication and passion to help others continues and, as always, we are forever grateful to them as individuals and as a team.

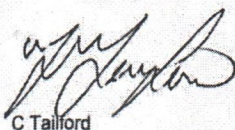
Financial Review

Total income decreased from £171,352 to £125,661. This was from funding for Covid projects no longer in operation. As a result expenditure also fell in the year from £175,532 to £139,746. However our own running costs have been effected by the cost of living crisis. With the amount of funding available still greatly reduced and the applicants for the same increased, we continue to do what we can with regards to self-funding and also monitor how we could reduce costs where necessary.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 11th December 2023 and signed on behalf of the board of trustees by:



C Tailford