

Suicide Awareness and Support Group

Northern Ireland · Charity number 107987

Details

Status	Received
Registered	2020-08-10
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	209 Falls Road Belfast BT12 6fb BT12 6FB
Phone	02890 239967
Email	m.walker@suicideawareness.co.uk
Website	www.suicideawareness.co.uk

Activities

Purposes: The overall aim of the Suicide Awareness & Support Group is; "To relieving the need of families bereaved, supporting individuals in times of suicidal crisis, Raising Suicide Awareness, Endeavouring to Create a Suicide Safer Community where Suicide Prevention is Everyone's Business." The objects of the Association which will operate in West Belfast and its environs (hereinafter called "area of benefit") shall be to: - Work for assistance of persons who are suicidal, despairing or in distress and thus reduce the incidence of suicide by providing or assist in providing support, Information and appropriate services and referral to treatment from professionals to enable such person to receive immediate help, compassion and friendship. - Alleviate distress and offer assistance to people who have suffered loss through suicide by loved ones, in particular the development of support systems within the community. - Promote the fostering of positive mental health and to improve the emotional wellbeing of people residing in the area of benefit. - Advance the education of the public into, and raise awareness of, the causes and effects of suicide and into the matters related to the nature of grieving, bereavement and the treatment and rehabilitation of individuals who attempt suicide.

What the charity does: 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, Counselling/support, Education/training

Who the charity helps: Addictions (drug/solvent/alcohol abuse), Children (5-13 year olds), General public, Homelessness, Mental health, Older people, Specific areas of deprivation, Victim support, Voluntary and community sector, Volunteers, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£248,028	£277,572	£0	3

Trustees

Name	Role	Appointed
Mr David Bell		
Mr Thomas Holland		
Mr Tim Attwood		
Mrs Grainne Woods		
Ms Deborah Kelly		
Ms Esther Meighan		
Ms Margaret Walsh		

Suicide Awareness and Support Group

Northern Ireland - Charity number 107987

Accounts

Draft
16.10.25

Report of the Directors and

Unaudited Financial Statements for Year Ended 31st March 2025

SUICIDE AWARENESS

CHARITY NUMBER: XR 99481

SUICIDE AWARENESS
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

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Draft
16.10.25

SUICIDE AWARENESS
MANAGEMENT COMMITTEE INFORMATION
FOR THE YEAR ENDED 31 MARCH 2025

MANAGEMENT COMMITTEE INFORMATION

COMMITTEE:

Tommy Holland - Chair
Tim Attwood - Vice Chair
Deborah Kelly - Secretary
Esther Meighan - Treasury
Margaret Walsh - Member
Conor Doran - Member
Grainne Woods - Member

REGISTERED OFFICE:

209 Falls Road
Belfast
Co Antrim
BT12 6FB

REGISTERED CHARITY NUMBER:

XR 99481

ACCOUNTANTS:

Tomans Accountancy Services Ltd
Unit HF9, Twin Spires Complex
Howard Buildings
155 Northumberland Street
Belfast
Antrim
BT13 2JF

SUICIDE AWARENESS
REPORT OF TRUSTEES AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

Trustees' Annual Report

The Trustees, who are also the directors for the purposes of company law, have pleasure in presenting their annual report together with the financial statements of the charity for year ended 31st March 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act 2006 purposes. The Trustees confirm that the financial statements comply with the requirements of Charities Act (Northern Ireland) 2008 and Accounting and

preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1st January 2015)

Reference & Administrative Details

Reference and administrative details are shown in the schedule of members and professional advisers on Page 1 of financial statements.

The charity is limited by guarantee not having a share capital

Plans for Future Periods

The charity will continue to provide all services currently in operation into the foreseeable future

Directors and Trustees

The directors of the charitable company are its trustees for purpose of charity law.

Accountants

The accountants, Toman Accountancy Services Ltd, have indicated their willingness to continue in office in accordance with the provisions of Section 485 of Companies Act 2006.

Structure, Governance & Management

Governing Document

The charity is a company limited by guarantee and does not have a share capital. It is a company incorporated under Companies Act 2006. It is a charity registered with Charities Commission (NI).

The charity is managed and under control of the Board of Trustees.

Objectives and Activities

Objectives :

Main Activities:

Governing Document

The above report has been prepared in accordance with the special provisions relating to small companies within Part 15 of Companies Act 2006.

16.6.25

SUICIDE AWARENESS
REPORT OF TRUSTEES AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

Trustees' Annual Report

Reserves Policy

Unrestricted funds are needed to provide funds which can be applied to specific projects and to enable these projects to be undertaken at short notice and to cover the running costs of the Charity for a limited period, should there be a significant shortfall in projected income.

Accountants

A resolution to re-appoint the accountants, Toman Accountancy Services Ltd, will be proposed at the Annual General Meeting

Small company exemption

This report has been prepared in accordance with the special provisions for small companies under Part 15 of Companies Act 2006.

Responsibilities of the Trustees

The Trustees, who are also the directors for the purposes of company law, are responsible for preparing the Trustees Report and the Financial statements in accordance with the applicable law and regulations

Company Law requires the directors to prepare financial statements for each financial year. The trustees present their report and the financial statements of the charity for the year ended 31st March 2025. The Trustees confirm that they comply with the requirements of the Charities Act (Northern Ireland) 2008 and the Accounting and Reporting by Charities: Statement of recommended Practice which applies to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in UK and Republic of Ireland (FRS 102) effective 1st January 2015.

Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102)
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the Trustees:



Trustee

Date:

SUICIDE AWARENESS
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

STATEMENT OF ACCOUNTING POLICIES

Accounting convention and Basis of Accounting

The financial statements have been prepared under the historical cost convention. These financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts the Financial Reporting Standard which applies to UK and Republic of Ireland (FRS 102) (effective 1st January 2015) - (Charities SORP (FRS 102)), and the Companies Act 2006.

Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the Trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102, the restatement of comparative items was required. No restatements were required

Income Recognition

Income is recognised when the charity has the entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable the income will be received and the amount measured reliably.

Interest Receivable

Interest on the funds held when receivable and the amount can be measured reliably; this is normally upon notification of the interest paid or payable by the bank.

Resources Expended

All expenditure is accounted for on an Accruals basis and is classified under headings that aggregate all costs related to that category.

Fundraising costs include the costs of advertising, producing publications, printing and mailing fundraising material and staff costs in these areas.

Costs of charitable activities include direct expenditure incurred through operational activities.

Governance costs represent the costs associated to the governance arrangements of the charity which relate to the general running of the charity as opposed to those costs associated with fundraising or charitable activity

Fixed Assets

All tangible fixed assets are recorded at cost

SUICIDE AWARENESS
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

STATEMENT OF ACCOUNTING POLICIES (Continued)

Depreciation

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rates:

Computer equipment	25% reducing balance
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Repairs and renewals

All repairs and renewals are written off as incurred

Debtors and Prepayments

Trade debtors and other debtors are recognised at the settlement amount due after any discount offered.

Prepayments are valued at the amount prepaid net of any discounts due.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probale result in the transfer of funds to a third party and the amount due to settle the obligation can be measure relaiably

Financial instruments

The charity only has financial instruments and financial liabilities of a kind that qualify as a basic financial instrument. Basic financial instruments are initially recognised at transaction value and subsequently measure at their settlemnt value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

SUICIDE AWARENESS
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

STATEMENT OF ACCOUNTING POLICIES (Continued)

Fund accounting

Unrestricted funds comprise donations and other income that are available for the use at the Trustees' discretion in furtherance of the objectives of the Charity.

Designated funds may be used as unrestricted funds set aside by the trustees for specific future purposes

Restricted funds represent income received which is subject to specific purposes, the use of which is restricted to that area or purpose

The income received from funders depends on the charity meeting detailed criteria on the expenses plans.

Grants given under such conditions are also subject to them being obtained for in connection with the furtherance of the charity's aims and objectives.

Such income can be repayable to the funder if such expenses plans and criteria are not met.

Such income can only be deferred if the donor specifies that the grant/donation must only be used in future accounting periods; of the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned as the related goods/services are provided.

Grant income included in this category provides funding to support funding activities and is recognised where there is entitlement, certainty of receipt and the amount can be measure reliably.

Income is deferred when: fees/ performance related grants are received in advance of the performance/event to which they relate.

Reserves Policy

Unrestricted funds are needed to provide funds which can be applied to specific projects and to enable these projects to be undertaken at short notice and to cover the running costs of the Charity for a limited period, should there be a significant shortfall in projected income.

The Trustees consider it prudent that unrestricted reserves should be sufficient to avoid the necessity of realising fixed assets held for the Charity's use.

Draft

SUICIDE AWARENESS
CHARITY NUMBER: XR 99481
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2025

	£
INCOME	248,028
Administrative Expenses	<u>277,572</u>
OPERATING DEFICIT and DEFICIT ORDINARY ACTIVITIES BEFORE TAXATION	- 29,544
Tax on deficit on ordinary activities	<u>-</u>
DEFICIT FOR THE FINANCIAL YEAR	- 29,544

CONTINUING OPERATIONS

None of the Charity's Activities were acquired or discontinued during the current year or previous period.

TOTAL RECOGNISED GAINS AND LOSSES

The charity has no recognised gains or losses other than the deficit for the current year.

SUICIDE AWARENESS
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2025

Note	2025 £	2024 £
INCOME		
Restricted Funds - Grants Received	195,835	188,766
Unrestricted Funds - Generated funds	52,193	68,234
TOTAL INCOME	248,028	257,000
EXPENDITURE	2025 £	2024 £
Wages	100,400	68,515
Wages (Subcontracted) - Crisis management	19,740	20,320
Rates & water	-	656
Insurance	1,278	1,178
Light & heat	4,110	4,112
Telephone	5,633	4,313
Printing, Postage, Photocopying & Stationery	1,096	2,370
Marketing & distribution	12,069	3,364
Equipment repairs/renewals & health/safety	9,237	7,765
Household & Cleaning	2,520	-
Project Costs and materials	32,222	27,601
Counselling	51,836	48,564
Therapists	22,743	20,185
Sundry	-	330
Finance Assistant	2,600	2,400
Supervision	1,200	1,200
Reception/Administration	-	16,922
Training & Development	2,000	-
Professional fees & subscriptions	3,212	2,160
Accountancy	1,750	1,962
Hospitality	1,445	1,292
Staff Travel	1,247	1,296
Bank charges	855	649
Donations	360	446
Depreciation	19	25
TOTAL EXPENDITURE	277,572	237,625
SURPLUS/(DEFICIT) FOR THE YEAR	- 29,544	19,375

SUICIDE AWARENESS
BALANCE SHEET AS AT 31 MARCH 2025

	Note	2025 £	2024 £
FIXED ASSETS			
Tangible assets	2	56	75
CURRENT ASSETS			
Sundry debtors and prepayments	5	55	2,878
Cash at bank	6	225,040	253,422
		<u>225,151</u>	<u>256,375</u>
CURRENT LIABILITIES			
Creditors (Amounts falling due within one year)	7	9,776	11,456
		<u>9,776</u>	<u>11,456</u>
NET ASSETS		<u>215,375</u>	<u>244,919</u>
REPRESENTED BY:			
Reserves balance brought forward as at 1 April 2024		244,919	225,544
Surplus/(deficit) for the year		- 29,544	19,375
		<u>215,375</u>	<u>244,919</u>
Reserves balance carried forward as at 31 March 2025		<u>215,375</u>	<u>244,919</u>

Thomas Hall Chairperson

Esliken Mugh Committee Member

Dated:

26/11/25

SUICIDE AWARENESS
BALANCE SHEET
AS AT 31ST MARCH 2025

	NOTES	2025 £	2024 £
FIXED ASSETS			
Tangible assets	2	56	75
CURRENT ASSETS			
Debtors	5	55	2,878
Cash at bank	6	225,040	253,422
		-	-
		225,095	256,300
CURRENT LIABILITIES			
Creditors (Amounts falling due within one year)	7	9,776	11,456
		9,776	11,456
NET CURRENT ASSETS/(LIABILITIES)		215,319	244,844
TOTAL ASSETS LESS CURRENT LIABILITIES		215,375	244,919
Creditors: amounts falling due after more than one year		-	-
TOTAL NET ASSETS/(LIABILITIES)		215,375	244,919
REESERVES			
Reserves balance brought forward as at 1 April 2024		244,919	225,544
Restricted Surplus/(deficit) for the year		-	29,544
Reserves balance carried forward as at 31 March 2025		215,375	244,919

APPROVED BY THE COMMITTEE:

Thomas Ho

CHAIRPERSON

DATE

26/11/25

Esther Meijer

COMMITTEE MEMBER

DATE

26/11/25

SUICIDE AWARENESS
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

1. INCOME RECEIVED	Restricted Funds £	Unrestricted Funds £	2025 £	2024 £
DONATIONS & SPONSORSHIPS				
General Donations		25,392	25,392	19,014
CAFGY Donation		19	19	91
Just Giving Donation		3,963	3,963	11,193
Pieta House	17,453		17,453	27,054
Charities Trust		1,600	1,600	800
Football Con Ltd - Altrimham		200	200	200
Much Loved		601	601	3,997
Hoy Donation		1,000	1,000	-
Patrick McBride Donation		7,680	7,680	-
Roisin Walsh Donation		2,488	2,488	-
SM Campbell Donation		5,500	5,500	-
James Anthony McCo Donation		1,050	1,050	-
BIA Loch - Sponsorship		400	400	-
Albert St community - Sponsorship		300	300	-
Value Cabs - Sponsorship		250	250	-
Kolormaster - Sponsorship		250	250	-
Arro Group - Sponsorship		250	250	-
M&D Crawford's Spar - Sponsorship		250	250	-
CM Curran - Sponsorship		1,000	1,000	-
Parish of St John		-	-	1,360
I Donate - Pieta Anne McKeever		-	-	720
Michelle Doherty		-	-	100
Cherese Bates		-	-	280
A Pecular Tea		-	-	1,360
R McKeever		-	-	45
Black Box Trust		-	-	1,020
Crawferds Spar		-	-	1,000
			-	-

INCOME FROM CHARITABLE ACTIVITIES	Restricted Funds £	Unrestricted Funds £	2025 £	2024 £
PHA FUNDING	133,772		133,772	110,145
BHSCT	904		904	904
BELFAST CITY COUNCIL FUNDING	23,706		23,706	25,606
BIG LOTTERY FUND	20,000		20,000	-
BLACKIE RIVER COMM			-	200
GROUNDWORK			-	2,500
ACNI LOTTERY FUNDING			-	3,146
CFNI			-	46,263
ALBERT STREET COMMUNITY			-	-
			-	-
	195,835	52,193	248,028	257,000

2. TANGIBLE FIXED ASSETS

	Land & Buildings £	Play Area Equipment F&F £	Computer Equipment £	Total £
COST				
As at 1st April 2024	-	-	1,500	1,500
Additions	-	-	-	-
Disposals	-	-	-	-
As at 31st March 2025	-	-	1,500	1,500
DEPRECIATION				
As at 1st April 2024	-	-	1,425	1,425
Charge for year	-	-	19	19
Eliminated on disposal	-	-	-	-
As at 31st March 2025	-	-	1,444	1,444
Net book value 31st March 2025	-	-	56	56
Net book value 31st March 2024	-	-	75	75

SUICIDE AWARENESS
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

3. EXPENDITURE

	Restricted Expenses £	Unrestricted Expenses £	2025 £	2024 £
EXPENDITURE ON CHARITABLE ACTIVITIES				
Wages	95,929		95,929	66,996
Crisis Management	19,740		19,740	20,320
Postage, Photocopying & Stationery	1,096		1,096	2,370
Marketing & printing	12,069		12,069	3,364
Equipment repairs & maintenance & Health/Safety		9,237	9,237	7,765
Household & Cleaning		2,520	2,520	-
Programme costs		32,222	32,222	27,602
Professional fees & subscriptions		3,212	3,212	2,160
Counselling	17,275	34,561	51,836	48,364
Therapists	7,200	15,543	22,743	20,185
Sundry		-	-	330
Admin Assistant - Finance		2,600	2,600	2,400
Reception & Administration			-	16,922
Supervision	720	480	1,200	1,200
Staff Training	2,000		2,000	-
Hospitality		1,445	1,445	1,293
Staff Travel	1,247		1,247	1,296
Donations		360	360	446
Depreciation		19	19	25
Prior Year Adjustment (PYA)	-	1,628	1,628	25
			-	
	157,276	100,571	257,847	223,063

4. SUPPORT COSTS & GOVERNANCE COSTS

	Restricted Expenses £	Unrestricted Expenses £	2025 £	2024 £
Telephone	5,633		5,633	4,314
Light & heat	4,110		4,110	4,113
Rates & water			-	656
Insurance	1,278		1,278	1,178
Accountancy	1,750		1,750	1,806
Bank charges		855	855	649
	12,771	855	13,626	12,716

TOTAL INCOME ON CHARITABLE ACTIVITIES

170,047	101,426	271,473	235,779
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SUICIDE AWARENESS
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

5. DEBTORS & PREPAYMENTS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
	-	-
Groundwork	-	250
Belfast City Council	-	1,000
PHA Funding	-	1,628
Social Security & other tax	55	-
Prepaid Wages	-	-
	<u>55</u>	<u>2,878</u>

6. BANK AND CASH

	2025	2024
	£	£
Bank Account No 1 - 193 Account	175,874	207,432
Bank Account No 2 - 003 Account	49,166	45,990
	<u>225,040</u>	<u>253,422</u>

7. ACCRUALS

	2025	2024
	£	£
PAYE		21
NET PAY	955	-
Accruals: Accountancy YE 31.03.22	1,864	1,806
Rates	-	336
Heat & Light	187	325
Printing, Postage & Stationery	-	1,901
Counselling	3,260	5,070
Therapist	740	840
Project costs	900	609
Travel & subsistence	-	460
Bank interest & charges	107	88
HMRC - PAYE (Mth 12)	1,763	-
Prepaid Funding Received		
CFNI (Received 21/22 but relates to 22/23)		-
Big Lottery (Received 21/22 but relates to 22/23)		-
	<u>9,776</u>	<u>11,456</u>

8. SALARY COSTS AND EMOLUMENTS

	2025	2024
	£	£
Total staff costs were as follows		
Wages and salaries - key management personnel	95,929	66,141
Wages and salaries - Crisis management	-	-
Employer social security costs - key management personnel	9,471	6,519
Employer social security costs - Employment Allowance	(5,000)	(5,000)
	<u>100,400</u>	<u>67,660</u>

9. RESERVES

	2025	2024
	£	£
Reserves balance brought forward as at 1 April 2024	243,291	225,544
Surplus/(deficit) for the year	- 29,544	17,747
Prior Year Adjustment	1,628	
Reserves balance carried forward as at 31 March 2025	<u>215,375</u>	<u>243,291</u>

SUICIDE AWARENESS
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

INCOMING RESOURCES	GENERAL FUND £	TOTAL UNRESTRICTED £	TOTAL RESTRICTED £	FIRST TRUST 193 Account £	FIRST TRUST 003 Account £	Debtors/Accruals/ JNLs & Adjustments £	TOTAL FUNDS £
			-				-
General Donations	25,392	25,392	-	25,392			25,392
CAFGY Donation	19	19	-	19			19
Just Giving Donation	3,963	3,963	-	3,963			3,963
Pieta House		-	17,453	17,453			17,453
Charities Trust	1,600	1,600	-	1,600			1,600
Football Con Ltd - Altrincham	200	200	-	200			200
Much Loved	601	601	-	601			601
Hoy Donation	1,000	1,000	-	1,000			1,000
Patrick McBride Donation	7,680	7,680	-	7,680			7,680
Roisin Walsh Donation	2,488	2,488	-	2,488			2,488
SM Campbell Donation	5,500	5,500	-		5,500		5,500
James Anthony McCo Donation	1,050	1,050	-	1,050			1,050
BIA Loch - Sponsorship	400	400	-	400			400
Albert St community - Sponsorship	300	300	-	300			300
Value Cabs - Sponsorship	250	250	-	250			250
Kolormaster - Sponsorship	250	250	-	250			250
Arro Group - Sponsorship	250	250	-	250			250
M&D Crawford's Spar - Sponsorship	250	250	-	250			250
CM Curran - Sponsorship	1,000	1,000	-	1,000			1,000
Blackie River Comm		-	-				-
Groundwork		-	-	250		(250)	-
BHSCT	904	904	-		904		904
Belfast City Council	23,706	23,706	-	24,706		(1,000)	23,706
Big Lottery Fund	20,000	20,000	-	20,000			20,000
CFNI		-	-				-
Public Health Agency Funding	133,772	133,772	-	135,400		(1,628)	133,772
	230,575	230,575	17,453	244,502	6,404	(2,878)	248,028

RESOURCES EXPENDED

Wages		-	95,929			95,929	95,929
Crisis Management		-	19,740			19,740	19,740
Rates & water		-	-				-
Insurance		-	1,278	1,278			1,278
Light & heat		-	4,110	4,247	-	137	4,110
Telephone		-	5,633	5,633			5,633
Printing, Postage, Photocopying & Stationery		-	1,096	2,997	-	1,901	1,096
Marketing & printing		-	12,069	12,069			12,069
Repairs & maintenance	7,233	7,233	-	7,233			7,233
Household & Cleaning	2,520	2,520	-	2,520			2,520
Health & Safety	2,004	2,004	-	2,004			2,004
Programme costs	32,222	32,222	-	31,931		291	32,222
Counselling	34,561	34,561	17,275	40,686	12,960	1,810	51,836
Therapists	15,543	15,543	7,200	20,203	2,640	100	22,743
Sundry		-	-				-
Admin Assistant - Finance	2,600	2,600	-	2,600			2,600
Supervision	480	480	720	480	720		1,200
Reception & Administration		-	-				-
Professional fees & subscriptions	3,212	3,212	-	3,212			3,212
Accountancy		-	1,750	1,750			1,750
Hospitality	1,445	1,445	-	1,445			1,445
Staff Travel		-	1,247		1,247		1,247
Staff Training		-	2,000		2,000		2,000
Bank charges	855	855	-	728	108	19	855
Donations	360	360	-	360			360
Depreciation	19	19	-			19	19
Prior Year Adjustment			(1,628)		-	1,628	-
	103,054	103,054	168,419	141,376	19,675	110,422	271,473

Suicide Awareness and Support Group

Northern Ireland - Charity number 107987

Accounts

Registered Office: Unit 9 Howard Buildings, 155 Northumberland Street Belfast. BT13 2JF

Report of the Directors and

Unaudited Financial Statements for Year Ended 31st March 2024

SUICIDE AWARENESS

CHARITY NUMBER: XR 99481

SUICIDE AWARENESS
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

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Annual Trustees Report (including the Statement of Directors Responsibilities in respect of Financial Statements)	2 -3
Statement of Accounting Policies	4 -6
Statement of Financial activities (incorporating the income and expenditure 7 - 9 accounts)	
Balance Sheet	10
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SUPPLEMENTARY INFORMATION
NOT COVERED BY THE REPORT OF ACCOUNTANTS

SUICIDE AWARENESS

Detailed Statement of Financial Activities

14

MANAGEMENT COMMITTEE INFORMATION FOR THE YEAR ENDED 31 MARCH 2024

MANAGEMENT COMMITTEE INFORMATION

COMMITTEE:

Grainne Woods - Chair

Tommy Holland - Vice Chair

Deborah Kelly - Secretary

Esther Meighan - Treasury

Margaret Walsh - Member

David Bell - Member

Tim Attwood - Member

Deborah Kelly - Member

REGISTERED OFFICE:

209 Falls Road

Belfast

Co Antrim

BT12 6FB

REGISTERED CHARITY NUMBER:

XR 99481

ACCOUNTANTS:

Tomans Accountancy Services Ltd

Unit HF9, Twin Spires Complex

Howard Buildings

155 Northumberland Street

Belfast

SUICIDE AWARENESS

Antrim

BT13 2JF

REPORT OF TRUSTEES AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

Trustees' Annual Report

The Trustees, who are also the directors for the purposes of company law, have pleasure in presenting their annual report together with the financial statements Of the charity for year ended 31st March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act 2006 purposes. The Trustees confirm that the financial statements comply with the requirements of Charities Act (Northern Ireland) 2008 and Accounting and

preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1st January 2015)

Reference & Administrative Details

Reference and administrative details are shown in the schedule Of members and professional advisers on Page 1 of financial statements.

The charity is limited by guarantee not having a share capital

Plans for Future Periods

The charity will continue to provide all services currently in operation into the foreseeable future

Directors and Trustees

The directors of the charitable company are its trustees for purpose of charity law.

Accountants

The accountants, Toman Accountancy Services Ltd, have indicated their willingness to continue in office in accordance with the provisions of Section 485 of Companies Act 2006.

Structure, Governance & Management

Governing Document

The charity is a company limited by guarantee and does not have a share capital. It is a company incorporated under Companies Act 2006. It is a charity registered with Charities Commission (NI).

The Charity is managed and under control of the Board of Trustees.

Objectives and Activities

Objectives :

Main Activities:

SUICIDE AWARENESS

Governing Document

The above report has been prepared in accordance with the special provisions relating to small companies within Part 15 Of Companies Act 2006.

REPORT OF TRUSTEES AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

Trustees' Annual Report

Reserves Policy

Unrestricted funds are needed to provide funds which can be applied to specific projects and to enable these projects to be undertaken at short notice and to cover the running costs of the Charity for a limited period, should there be a significant shortfall in projected income.

Accountants

A resolution to re-appoint the accountants, Toman Accountancy Services Ltd, will be proposed at the Annual General Meeting

Small company exemption

This report has been prepared in accordance with the special provisions for small companies under Part 15 Of Companies Act 2006.

Responsibilities of the Trustees

The Trustees, who are also the directors for the purposes of company law, are responsible for preparing the Trustees Report and the Financial statements in accordance with the applicable law and regulations

Company Law requires the directors to prepare financial statements for each financial year. The trustees present their report and the financial statements Of the charity for the year ended 31st March 2024. The Trustees confirm that they comply with the requirements of the Charities Act (Northern Ireland) 2008 and the Accounting and Reporting by Charities: Statement of recommended Practice which applies to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in UK and Republic of Ireland (FRS 102) effective 1st January 2015.

Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit Of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102)
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position Of the company 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order Of the Trustees:

SUICIDE AWARENESS

Esther Mingle

Trustee

Date: 10/10/24

SUICIDE AWARENESS
FINANCIAL STATEMENTS
FOR YEAR 31ST MARCH 2024
THE ENDED

STATEMENT OF ACCOUNTING POLICIES

Accounting convention and Basis of Accounting

The financial statements have been prepared under the historical cost convention. These financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts the Financial Reporting Standard which applies to UK and Republic of Ireland (FRS 102) (effective 1st January 2015) - (Charities SORP (FRS 102)), and the Companies Act 2006.

Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the Trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102, the restatement of comparative items was required. No restatements were required

Income Recognition

Income is recognised when the charity has the entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable the income will be received and the amount measured reliably.

Interest Receivable

Interest on the funds held when receivable and the amount can be measured reliably; this is normally upon notification of the interest paid or payable by the bank.

Resources Expended

All expenditure is accounted for on an Accruals basis and is classified under headings that aggregate all costs related to that category.

Fundraising costs include the costs of advertising, producing publications, printing and mailing fundraising material and staff costs in these areas.

Costs of charitable activities include direct expenditure incurred through operational activities.

Governance costs represent the costs associated to the governance arrangements of the charity which relate to the general running of the charity as opposed to those costs associated with fundraising or charitable activity

SUICIDE AWARENESS
FINANCIAL STATEMENTS

FOR YEAR 31ST MARCH 2024

Fixed Assets

All tangible fixed assets are recorded at cost

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024

STATEMENT OF ACCOUNTING POLICIES (Continued)

Depreciation

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rates:

Computer equipment	25% reducing balance
--------------------	----------------------

Repairs and renewals

All repairs and renewals are written off as incurred

Debtors and Prepayments

Trade debtors and other debtors are recognised at the settlement amount due after any discount offered.

Prepayments are valued at the amount prepaid net of any discounts due.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probale result in the transfer of funds to a third party and the amount due to settle the obligation can be measure relaiably

Financial instruments

The charity only has financial instruments and financial liabilities of a kind that qualify as a basic financial instrument. Basic financial instruments are initially recognised at transaction value and subsequently measure at their settlemnt value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

FOR THE YEAR ENDED 31ST MARCH 2024

STATEMENT OF ACCOUNTING POLICIES (Continued)

Fund accounting

Unrestricted funds comprise donations and other income that are available for the use at the Trustees' discretion in furtherance of the objectives of the Charity.

Designated funds may be used as unrestricted funds set aside by the trustees for specific future purposes

SUICIDE AWARENESS
FINANCIAL STATEMENTS

FOR YEAR 31ST MARCH 2024

Restricted funds represent income received which is subject to specific purposes, the use of which is restricted to that area or purpose

The income received from funders depends on the charity meeting detailed criteria on the expenses plans.

Grants given under such conditions are also subject to them being obtained for in connection with the furtherance of the charity's aims and objectives.

Such income can be repayable to the funder if such expenses plans and criteria are not met. Such income can only be deferred if the donor specifies that the grant/donation must only be used in future accounting periods; if the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned as the related goods/services are provided.

Grant income included in this category provides funding to support funding activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured reliably.

Income is deferred when: fees/ performance related grants are received in advance of the performance/event to which they relate.

Reserves Policy

Unrestricted funds are needed to provide funds which can be applied to specific projects and to enable these projects to be undertaken at short notice and to cover the running costs of the Charity for a limited period, should there be a significant shortfall in projected income.

The Trustees consider it prudent that unrestricted reserves should be sufficient to avoid the necessity of realising fixed assets held for the Charity's use.

SUICIDE AWARENESS
CHARITY NUMBER: XR 99481 INCOME
AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2024

INCOME	255,372
--------	---------

Administrative Expenses	237,625
-------------------------	---------

OPERATING SURPLUS and SURPLUS ORDINARY ACTIVITIES BEFORE TAXATION	17,747
---	--------

Tax on deficit on ordinary activities	-
---------------------------------------	---

SURPLUS FOR THE FINANCIAL YEAR	17,747
--------------------------------	--------

CONTINUING OPERATIONS

None of the Charity's Activities were acquired or discontinued during the current year or previous period.

TOTAL RECOGNISED GAINS AND LOSSES

The charity has no recognised gains or losses other than the surplus for the current year.

INCOME AND EXPENDITURE ACCOUNT FOR
THE YEAR ENDED 31 MARCH 2024

	2024	2023
Note		
INCOME		
Resricted Funds - Grants Received	214,192	180,370
	40,437	41,180
Bank Interest Received		
	255,372	220,807
TOTAL INCOME		

		2024	2023
	<u>SUICIDE AWARENESS</u>		
EXPENDITURE			64,647
		68,515	20,790
Wages		20,320	281
Wages (Subcontracted) - Crisis management		656	1,164
Rates & water		1,178	2,343
Insurance		4,112	4,653
Light & heat		4,313	1
Telephone		2,370	,529
Printing, Postage, Photocopying & Stationery		3,364	10,296
Marketing & distribution		7,765	8,
Equipment repairs/renewals & health/safety		27,601	135
Project Costs and materials		48 ,	19,635
Counselling		20,185	23,015
Therapists		330	12,575
Sundry		2,400	552
Finance Assistant		1,200	
Supervision		16,922	980
Reception/Administration			16,548
Training & Development		2,160	
Professional fees & subscriptions		1,962	1,980
Accountancy		1,292	1,452
Hospitality		1 ,296	402
Staff Travel		649	1,090
Bank charges		446	510
Donations		25	360
Depreciation			33
		237,625	195,464
TOTAL EXPENDITURE			
		17,747	25,343
SURPLUS/(DEFICIT) FOR THE YEAR			

BALANCE SHEET AS AT 31 MARCH 2024

		2024	2023
	Note		
FIXED ASSETS			
Tangible assets	2	75	100
CURRENT ASSETS			
Sundry debtors and prepayments	5	1,250	32,018
Cash at bank	6	253,422	200,025

232, 143

SUICIDE AWARENESS

CURRENT LIABILITIES

Creditors (Amounts falling due within one year) 7

11,456 6,599

11,456 6,599

NET ASSETS

243,291 225,544

REPRESENTED BY:

Reserves balance brought forward as at 1 April 2023

Surplus/(deficit) for the year

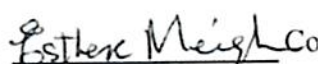
225,544 200,201

17,747 25,343

Reserves balance carried forward as at 31 March 2024

243,291 225,544

 Ch Chairperson

 Committee Member

Dated:

10/0/4

BALANCE SHEET
AS AT 31ST MARCH 2024

2024 2023

NOTES

FIXED ASSETS

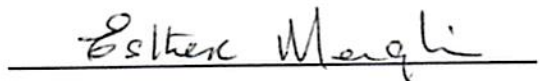
Tangible assets

2 75 100

<u>SUICIDE AWARENESS</u>			
CURRENT ASSETS			
Debtors	5		
Cash at bank	6	1,250	32,018
		253,422	200,025
		254,672	232,043
CURRENT LIABILITIES			
Creditors (Amounts falling due within one year)	7	11,456	6,599
		11,456	6,599
NET CURRENT ASSETS/(LIABILITIES)		243,216	225,444
TOTAL ASSETS LESS CURRENT LIABILITIES		243,291	225,544
Creditors: amounts falling due after more than one year			
TOTAL NET ASSETS/(LIABILITIES)		243,291	225,544
REESERVES			
Reserves balance brought forward as at 1 April 2023		225,544	200,201
Restricted Surplus/(deficit) for the year		17,747	25,343
Reserves balance carried forward as at 31 March 2024		243,291	225,544

APPROVED BY THE COMMITTEE:





10

CHAIRPERSON

COMMITTEE
MEMBER

DATEDATE

SUICIDE
NOTES TO
THE
AWARENESS
THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31ST MARCH 2024

1. INCOME RECEIVED	19,014	19,014	22,419
	91	91	268
	11,193	11,193	8,220
DONATIONS	1,360	1,360	-
General Donations			
CAFGY Donation Just Giving Donation	27,054	27,054	-
parish of St John Pieta House	720	720	-
I Donate - Pieta Anne MCKeever			
Michelle Doherty	100	100	-
Charities Trust			
Cherese Bates	800	800	-
A Pecular Tea			
Football Con Ltd - Altnmham	280	280	-
R McKeever			
Black Box Trust Much Loved	1,360	1,360	-
Crawfords Spar	200	200	-
Cecilia Mulholland Donation			
Kirsten Elizabeth Donation	1,020		
GK austen Donation	1,020		
Divis Joint Development Donation			
BOI Begm together Donation	3,997		
William Coates Ltd Donation C Clarke Donation	3,997		

INCOME FROM CHARITABLE ACTIVITIES

	-	2,400
	-	1,750
PHA FUNDING	-	3,080
BLACKIE RIVER COMM	-	1,000
GROUNDWORK	9	
BHSCT	0	
BELFAST CITY COUNCIL FUNDING	-	
ACM LOTTERY FUNDING	-	
ALBERT STREET COMMUNITY	0	
BIG LOTTERY FUND	2	
	0	
	0	
	2	
	0	
	0	

2. TANGIBLE FIXED ASSETS

	Land & Buildings	Restricted Funds	Unrestricted Funds	2024	2023
COST					
As at 1st April 2023		108,517		108,517	104,807
		200		200	
Additions					-
Disposals		2,500		2,500	
		25,606		25,606	5,000
As at 31st March 2024		3,146		3,146	4,560
		46,265		46,265	54,255
DEPRECIATION					
As at 1st April 2023				-	10,000
Charge for year		214,192	41,180	255,372	220,807
Eliminated on disposal					

As at 31st March 2024

Net book value 31st March 2024

Net book value 31st March 2023

Restricted Unrestricted

Funds Funds 2024 2023

Play Area
Equipment Computer
F&F Equipment Total

3. EXPENDITURE

page 13

4. SUPPORT COSTS & GOVERNANCE COSTS

	Restricted Expenses	Unrestricted Expenses	2024	2023
Telephone				
Light & heat	4,314			
Rates & water	4,113		4,314	4,653
Insurance	656		4,113	2,343
Accountancy	1,178		656	281
Bank charges	1,806		1,178	1,164
		649	1,806	1,452
			649	510

TOTAL INCOME ON CHARITABLE ACTIVITIES

AWARENESS
TIIF, FINANCIAL STATEMENTS
FOR YEAR ENDED 31ST MARCH 2024

12,067	649	12,716	10,403
199,367	36,387	235,754	195,465

5. DEBTORS & PREPAYMENTS: AMOUNTS FALLING DUE WITHIN ONE YEAR 2024 2023

			£
			-
Groundwork	250 Belfast City Council	1,000	-
PHA Funding			27,195
Social Security & other tax			2,502
Prepaid Wages			2,321

	1,250	32,018
6. BANK AND CASH	2024	2023
Bank Account No 1 - 193 Account	207,432	186,538
Bank Account No 2 - 003 Account	45,990	13,487
	253,422	200,025
	2024	2023
7. ACCRUALS	21	3,890
PAYE	1,806	1,452
	336	113
	325	
Accruals: Accountancy YE 31.03.22	1,901	1,050
Rates	5,070	
Heat & Light	840	
Printing, Postage & Stationery	609	70
Counselling		24
Therapist		
Project costs	88	
Travel & subsistence		
Bank Interest & charges		
Prepaid Funding Received		
CFNI (Recieved 21/22 but relates to 22/23)		
Big Lottery (Recieved 21/22 but relates to 22/23)		
	11,456	6,599
8. SALARY COSTS AND EMOLUMENTS	2024	2023
Total staff costs were as follows		
Wages and salaries - key management personnel		
Wages and salaries - Crisis management	66,141	63,103
Employer social security costs - key management personnel	6,519	6,544
Employer social security costs - Employment Allowance	(5,000)	(5,000)
	67,660	64,647
9. RESERVES	2024	2023
Reserves balance brought forward as at 1 April 2023 Surplus/(deficit) for the year		
Reserves balance carried forward as at 31 March 2024	225,544	200,201
	1,747	25,343
	243,291	225,544

SUICIDE NOTES TO AWARENESS THE FINANCIAL STATEMENT FOR THE F.N.D.F.D 31ST MARCH 2023							
GENERAL FUND	TOTAL UNRESTRICTED	TOTAL RESTRICTED	FIRST TRUST 193 Account	FIRST TRUST 003 Account	DebtorsJ AccrualsJ JNLs & Adjustments	TOTAL FUNDS	
INCOMING RESOURCES							
		£					
		-					
		-					
General Donations	19,014	-				19,014	19,014
	19,014	-					
CAFGY Donation	91	-				91	91
	91	-					
Just Giving Donation 11,193 11,193 11,193 11,193 Parih of St John 1,360 1,360 1,360		-	1,360				
Pieta House	27,054	-				27,054	27,054
	27,054	-					
I Donate - Pieta Anne McKeever	720	-				720	720
	720	-					
Michelle Doherty	100	-				100	100
	100	-					
Charities Trust 800 800 800 Chrese Bates 280 280 280 280		-					
A Pecular Tea	1,360	1,360	-	1,360			1,360
Football Con Ltd - Altrimham	200	-				200	200
	200	-					
R McKeever	45	-	4545				45
Black BOX Trust 1,020 1,020 1,020 1,020 Much Loved 3,997		-	3,997				
Crawfords Spar	1,000	-	1,000				1,000
		-					
Blackie River Comm200		-	200				200
Groundwork2,500		-	2,250		250		2,500
BHSCT		-					
Belfast Ciuty Council25,606		-	24,606		1,000		25,606
ACNI Lottery3,146		-	3,146				3,146
CFNI46,265		-	46,265				46,265
Public Health Agency Funding108,517		-		135,712	(27,195)		108,517
	68,234	68,234	187,138	144,701	136,616	(25,945)	255,372
RESOURCES EXPENDED							
		68,515					
Wages		20,320					
Crisis Management		-			68,515		68,515
Rates & water		-					20,320
Insurance Light & heat	656	656	-		337		656
Telephone	1,178	1,178	-	319			1,178
Printing. Postage. Photocopying & Stationery	4,112	4,112	-	1,178	20,320		4,112
Marketing & printng	4,313	4,313	-	3,900		212	4,313
Repairs & maintenance	2,370	2,370	-	4,313		1,901	2,370
Health & Safety	3,364	3,364	-	469			3,364
Programme costs	6,892	6,892	-	3,364			6,892
Counseling	873	873	-	6,892			
Therapists	27,601	27,601	-		609		27,601
Sundry	48,564	48,564	-	26,992	3,820		48,564
Admin Assistant - Finance	20,185	20,185	-	42,174	840		20,185
Supervision	330	330	-	19,345			330
Reception & Administration	2,400	2,400	-	330			2,400
Professional fees & subscriptions	1,200		-	2,400			1,200
Accountancy	16,922	16,922	-	480		369	16,922
Hospitality	2,160	2,160	-	7,055	720		2,160
Staff Travel	1,962	1,962	-	2,160	9,498	354	1,962
Bank charges	1,292	1,292	-	1,608			1,292
Donations	1,296	1,296	-	1,205		390	1,296
Depreciation	649	649	-	49	87	64	649
	25	25	-	479	857		446
			-	446	106	25	25
	148,790	148,790	88,835	126,031	34,158	77,436	237,625

Annual report

CY22



SUICIDE AWARENESS AND SUPPORT GROUP

2023/24

Annual General Meeting Report

A report on the activities, interventions and outcomes of the
Suicide Awareness and Support Group.

MISSION STATEMENT

To create a safer and healthier community by preventing suicide and supporting those affected through the provision of awareness raising, crisis intervention and family support services.

OBJECTIVES

- To provide effective advice and support to people who are experiencing a period of suicide crisis.
- To work with community and statutory partners to enhance people's access to appropriate mental health and community services and ensure that clear 'care pathways' are created for those affected by poor mental health.
- To raise public awareness of the causes and consequence of suicide for individuals, families and society.
- To enhance the lives of individuals and families who have been bereaved or affected by suicide.
- To organize, and campaign for effective community and statutory based response services for those affected by suicidal crisis or suicidal bereavement.
- To provide confidential, professional and responsive community-based services which are effectively monitored and evaluated.

Chairpersons Foreword

Another year has passed, and the families, staff and volunteers of the SA&SG have continued to show their extraordinary passion in raising suicide awareness and striving to help those most desperately in need.

The Centre continues to deliver many services which are invaluable to our community. Service's such as Family Support, Counseling, Complimentary Therapies, One to One sessions and support group meetings. They continue to raise awareness through the publication and distribution of support booklets which we have found on many occasions are an invaluable resource to those in suicidal distress and the families struggling to find answers to cope with the grief of losing a loved one to suicide. The group continues to raise awareness in the local media, getting involved in public events and lobbying government at a local level to ensure the voice of families and community is being heard.

Staff continue to deliver the ASIST workshop which is a world-renowned prevention educational tool enabling people within our community to provide Suicide First Aid Intervention when someone maybe in suicidal distress. The safe TALK training also provides the skills to become Suicide Alert and therefore help keep our communities safer from suicide. This is an extraordinary complex and vast amount of work which is being delivered by a dedicated team of people, sometimes under difficult circumstances, and they should be commended for all their efforts in achieving what they have achieved in the past year.

I would also like to thank all those who have supported the group in 2023/24 in the various fundraising and awareness events that have been held. I would like to particularly thank Lamh Dearg GAA Club and the Hannah town Community for choosing our organization to partner with Pieta House for the "Walk of Darkness into Light" which has raised a considerable amount of money and has also promoted an amazing amount of awareness for anyone affected by suicide. Your support has undoubtedly helped in delivering this much needed community service. This is still ongoing for the year of 2025 which we will always be grateful for.

We were able to celebrate our Mass of Hope and Christmas tree memorial this year and continues to be important events for families in allowing them to come together to share in their loss of their loved ones. Also, to raise awareness within our local community, that suicide is everyone's business and that we need to continue to raise awareness to ensure prevention and intervention are at the forefront of both the community and statutory sectors.

Many families have continuously raised funds and awareness by organizing annual events such as Cycles, Marathons, Football matches, Golfing, Boxing, Dancing and many more innovative ideas. Although these events are to raise funds the amount of awareness that is raised is phenomenal. This is greatly appreciated in enabling SASG to continue to maintain and sustain the day to day running of the Centre. We also continue to receive support from several local shops and bars, who display our collection boxes in their businesses.

A lot of this work would not be possible without the dedication and passion from our team of volunteers, who is the foundation of this organization. This is made up of families bereaved, families affected by

suicide, committee members, therapist and the local community, who give up their time freely and willingly.

All in all, it has been a very constructive year which I know will be built upon in 2024/25. The group has continued to help those most vulnerable either directly or indirectly through the services and support it provides ranging from a more hybrid approach of face to face, telephone, zoom which enable the person receiving the support is meeting their needs.

We must be under no illusion that the year ahead will be a difficult one with a looming climate of economic difficulty; we may need to support the community even more than ever. Even when we are faced with our own financial challenges, we must keep to the fore our aim of supporting families through their journey of suicidal grief, reaching out to those at risk and creating awareness of suicide within our community and beyond.

Thanks for your support.

Grainne Woods
SA&SG Chairperson

A Drop in the Ocean

“We ourselves feel that what we are doing is just a drop in the ocean. But if that drop was not in the ocean, I think the ocean would be less because of that missing drop.”

Mother Teresa

Centre Managers Report

2023/24

“Reaching out is a strength.”

I am privileged to be presenting our Annual Report. Although a lot of what is being presented has stayed the same, we still are able to provide a blended approach for our service users to avail of telephone, zoom or face to face sessions. Even though the foundation of this organization was working with families bereaved by suicide and individuals presenting in suicidal distress or crisis. In previous years we have also seen the need for supporting families living with a loved one contemplating suicide. However last year we were also able to go out into the local community and educate people on the importance of early Intervention to prevent Postvention. Therefore, the organization has evolved by increasing capacity in order to deliver this vital service. These changes demonstrate how our organization is determined to work at every level to ensure our community is safer from suicide.

I am delighted we have achieved all our targets outlined by Public Health agency (PHA) to date. By achieving these targets, this proves that the structures and systems in place within our organization, has been successful in meeting the needs of our community. This could not have happened without the determination, compassion and dedication of our team who worked tirelessly throughout the year. It is worth recognizing that this was a challenge for all staff and volunteers working with limited resources and the ever-increasing need for our services.

Also with additional funders supporting our work such as Belfast City Council, Community Foundation N.I, Wesley-Ann, Big lottery we were able to provide additional support for families and individuals and offer them a wrap around service which enhanced their emotional health and wellbeing.

It is with much appreciation that I would like to commend our management committee, staff, volunteers and members for their loyalty and support throughout the year. I would like to take this opportunity to thank you all for the dedication, commitment, time and energy that you have given effortlessly to Suicide Awareness and Support Group this past year. Without your help there are many events, lobbying and campaigning which would not have been possible without your involvement. I hope this will continue.

From Suicide Awareness and Support Group's conception in May 2000, it is evident of how much we have evolved from a peer support group, who have experienced many trials and tribulations along their journey to a recognized Community organization in the heart of West Belfast, specifically working under the three conceptual frameworks of suicide prevention, intervention and postvention. We continue to provide a holistic service to those affected by suicide. We have an open-door policy which does not discriminate against disability, religion, gender, age, sexuality, color or ethnic minorities.

I have encouraged the staff and volunteers to access additional training to enhance their skills and empower them with knowledge to enhance the services we provide within the organization

The staff has evolved significantly this year. This includes the Centre Manager, Family Support Worker, a Triage Team, Counselors and Complimentary Therapists. It is paramount for all volunteers and staff to

be provided with regular line management, and staff to receive external supervision on a continual basis, as this is important whilst working under the three conceptual frameworks. This also ensures working within the guidelines of good practice. Whilst working within this field it is necessary to be aware of the importance of self-care, boundaries and limitations, to help us to continue to work in a professional and ethical manner.

In conclusion I would again like to thank the staff, volunteers, management committee, group members and especially the community who have worked in a diligent, compassionate and dedicated manner, to support my role as a Centre Manager of Suicide Awareness & Support Group. I am hopeful that the remainder of this report will highlight for you the tremendous work carried out by all those involved in helping to keep our community safer from suicide.

Family Support / Triage Department

This family support department has evolved since its conception in 2013 to become more significant in the work we do supporting families and individuals affected by suicide. The changes to the organization have been working effectively, and below the following statistics demonstrate not only the need for our service, but also the range of services needed to support people.

- 86 Families who were bereaved who received one to one support.
- 138 Clients who engaged with Triage support.
- 455 Complimentary therapies Sessions delivered.
- 881 Counseling sessions delivered.

- Suicide Awareness & Support Group have delivered the Applied Suicide Intervention Skills Training (ASIST) Program 3 for 60 people
- Safe TALK training 13 sessions 150 people availed of this

Family foundation Group is attended every Monday and Tuesday night.with arts and crafts, Education, self care activities

POSTVENTION

Suicide is very complex with various causes and no straightforward explanations but is a personal tragedy for those touched by a suicidal death. When the death is from suicide the grieving process is complicated by the very nature of the death. While trying to cope with their sudden loss, the bereaved can be overwhelmed by their feelings of sadness and the questions of “WHY” begin. Bereaved families feel the emotions that death always brings; adding to their suffering is the shock of a sudden, unexpected death that families are not prepared for.

The news of the death of a loved one to suicide comes abruptly without warning, suddenly they are gone, and you are faced with the news of a death like no other. It is an utterly devastating and traumatic experience, and it is coupled with mixed emotions and feeling such as shock, numbness, denial, anger, intense pain, guilt, shame, confusion, disbelief, betrayal, relief, abandonment. The grieving process has begun from the moment from the news of the death has been announced.

“I went to Suicide Awareness & Support Group a few months after I lost my grandson. I never spoke for weeks, I just sat and listened. When I was ready to talk I felt that I was heard and the other families showed me compassion and love and for that I will be forever grateful. I still get my bad days but I know when it is his Anniversary or Birthday I can just make a call and support will be put into place for me.

Suicide is a death like no other, and those who are left behind to struggle with it must confront a pain like no other. They are left with the shock and the unending “What if’s “. They are left with anger and guilt, and now and again a terrible sense of relief for some people. They are left with a host of questions from others, asked and unasked, about why they are left to the silence of others, who are horrified, embarrassed, or unable to offer words of condolence or even an embrace, or a kind comment. They are left with the assumption by others or themselves that more could have been done and the judgment commences, and the stigma imposed on those bereaved.

INTERVENTION

“Success is failure turned inside out, the silver tint of the clouds of doubt, and you never can tell how close you are, it may be near when it seems so far. So, stick to the fight when your hardest hit, it is when things seem worst, that you must not quit.” ANON

Bereaved family members of the Suicide Awareness and Support Group in 2000 hoped that they could raise the issues associated with suicide, despite their own personal grief, they did successfully. It was the dedication of families bereaved who continually paved the way for community discussions, as they campaigned for improved services especially at intervention level for those contemplating suicide.

Individual Experience

“I phoned suicide awareness and support group looking for help for my sister who was contemplating on ending her life, I just felt so lost and didn’t know where to turn. We got an appointment for that day and the service we received was amazing. Not only did they do a safety plan with my sister they included me and also offered me support in how to help her. This service saved my sisters life and also give us a toolkit on how to manage and sustain our own mental health.

Intervention has become an important component of our work. We increasingly intervene and provide immediate support for those at risk of suicide. We have gained substantial experience within the field of suicide intervention and we continue to learn and develop our structures by establishing working relationships with other key stakeholders working at suicide intervention level. However, we have learned and know our own limitations regarding intervention. At times however we are required to act very quickly and move the person onto the appropriate services for their specific needs.

When someone at risk of suicide presents themselves to the office or via telephone or through friends or family, they will be seen immediately or given the next available appointment according to their risk. The individual will receive an initial assessment, the person’s risk is deescalated, and a safe plan put into place. Sometimes further support is required, and this is offered in-house were we have the capacity to meet the need. At other times, the person will be sign posted to the specific services they require. The level of intervention activity is reflected in the amount of additional support, Counseling or Complimentary Therapies.

The fact that those at risk of suicide are reaching out for support is always an encouraging sign. By doing so they are availing of services which could effectively save their lives. We have learned about our organizations limitations and are very aware that there are some individuals who present in severe suicidal distress or with mental health issues that cannot be helped at community level. Therefore, their needs are best catered for by professionals within statutory services. They will be given an initial appointment but will be advised to contact their GP or other health professionals.

PREVENTION

“We may run, walk, stumble, sit, drive, or fly but let us never lose sight of the reason for the journey or miss a chance to see a rainbow on the way.” G. Gaither

According to the World Health Organization suicide is an underestimated community health problem and this has been particularly evident in our community of West Belfast. Preventing suicide requires the collective efforts of all Statutory, Community and Voluntary agencies.

A key part of prevention practice at SA&SG is the need for suicide first aid training for all those who regularly encounter people at risk. Therefore, we have embraced the various training tools designed by Living Works to enhance our prevention ethos. For over thirty years, Living Works Education has been providing evidence-based suicide first aid training programs. The Applied Suicide Intervention Model are core contribution to suicide prevention.

At Suicide Awareness & Support Group we have delivered the program to Community groups, youth workers, health professionals, and front-line medical staff we have found that there is an increasing demand for ASIST workshops, and we continue to cater for this demand.

The ethos behind the Canadian educational model is to bring ASIST workshops to the local community and the standardized model is delivered by local trainers. ASIST is a two-day workshop designed for all caregivers from community, voluntary and statutory sectors. The workshop enhances the skills of caregivers to intervene when someone is in suicidal crisis until the immediate risk of suicide is reduced, or additional life assistance resources can be found. With suicide first aid training, participants learn skills to intervene when someone is in suicidal crisis.

The following are some quotes from some of the ASIST workshops.

“I feel more comfortable talking about suicide.”

“Every one should do this training.”

“Suicide prevention can help save lives”

- S. Stigma associated with suicide is a mark of shame
- T. Taboos create misconceptions and prevent us talking openly about suicide
- I. Imagine a community where stigma surrounding suicide is reduced and understood
- G. Get informed! The best way to counteract suicidal stigma is to get the facts.
- M. Move towards a more tolerant and informed view of suicide

A. Awareness and information are necessary requirements for understanding Suicide

We continue to be Partners with Kids in Control (KIC) to promote awareness with the young people within our community about the importance of looking after their mental health. We have been successful in securing funding for this year to:

- Raise awareness of SA&SG and other services that support youth who are concerned or experiencing mental health issues.
- Reducing stigma of mental health issues among young people
- To strengthen resilience within young people

This has proven how important partnership working is to instill hope within our communities

“It’s ok not to be ok and it is absolutely ok to ask for help”.





ASIST



safeTALK





**Suicide Awareness &
Support Group**

**INVITE YOU
MA
OF H**

**SUNDAY
12TH NOVEMBER 2023
3PM**

CLONARD

WRITTEN BY

cubb mccullough

WITH HEARTFELT THANKS TO ALL WHO TOOK PART

TERRY SHARPE & PAT GRIBBEN (THE ADVENTURES)
 JAMES PEARCE (JOHNNY DREAD) (JOHN CULLEN)
 MARTY FAY JOHN RAFFERTY MAGGIE TOAL
 JOHNNY BRADY DAVY MAGUIRE
 MAIREAD ROONEY JO-ANNA LINDSAY-KELLY
 DRU CHAPMAN JIM THE KING BROWN
 TOMMY MCCARTHY (EBU & WBC CHAMP)
 JOEY FOX JIM McNALLY
 ROBBIE McKEE NIAL CONNOLLY JOHN McCANN
 (THE REGULARS)
 JOE SWAIL (SNOOKER STAR) PEARSE ELLIOT (PLAY WRITE)
 JOHN MALLON (BEAUTY ON OUR DOORSTEP)

PRODUCED BY
 BOG'S RECORDING STUDIO

ARRANGEMENT
 JAMES CONOR PAT GRIBBEN CUBB MCCULLOUGH

IN AID OF
 SA & SG - WEST WELLS Lighthouse
 CHARITIES



If Only

INCLUDES BONUS TRACK
 GEMAS LIKE YESTERDAY

IF ONLY

INCLUDING BONUS TRACK





Reaching Out is a Strength

Lifeline 0808 808 8000

Suicide Awareness & Support Group

028 90239967



ACKNOWLEDGEMENTS

The Management Committee would like to take this opportunity to thank our funders; Public Health Agency (PHA), Belfast City Council (B.C.C) Big Lottery Community Foundation N.I Wesleyann

We would like to acknowledge the many people who have volunteered, fundraised and donated money so that SA&SG can continue to provide support to families affected by suicide within our community and enable us to continue to raise awareness and help in postvention, intervention and prevention, for future generations. We would like to thank all of them for their continued support and generosity. Whilst there are too many to name individually, we hope that this acknowledgement goes some way to showing our appreciation for their committed support.

Management Committee:

Grainne Woods (Chairperson)

Tommy Holland (Vice Chair

Deborah Kelly (Secretary

Esther Meighan (Treasurer)

David Bell

Margaret Walsh

Tim Attwood

Conor Doran



Are you or is someone you know feeling down or suicidal?



Recognise the signs

Feelings

Agitated
Hopeless
Worthless
Sad
Withdrawn
Feeling unloved

Physical

Lack of interest in appearance
Disturbed sleep
Change/loss of appetite

Actions

Withdrawn
Misuse of alcohol or drugs
Impulsive behaviour

Listen

- It's important to listen, it shows you care. A problem shared is a problem halved.
- Don't promise to keep secrets. If you have and you're concerned, it's OK to ask someone for help and is very important for you to have support

"I just can't think straight anymore"

"I can't do anything right"

"All my problems will end soon"

"I just can't take it anymore"

Talk - Talking is key!

- Engage in open and direct talk
- Don't be afraid to use the word suicide

Get help - Support is available locally

Lifeline - Available 24/7 - 0808 808 8000

Samaritans - 116 123

Suicide Awareness and Support Group - 02890 239967

Barnardos - 02890 672366

Childline - 0800 1111

Reaching out is a strength, not a weakness



Suicide Awareness & Support Group

209 Falls Road, Belfast BT12 6FB

Tel: 90239967 –
m.walker@suicideawareness.co.uk



Public Health
Agency

Annual return

T.A.S

Toman Accountancy Services Ltd
Unit 9 Howard Buildings
155 Northumberland Street
Belfast
BT13 2 JF
•rel 02890 319173 Fax: 02890 247295 e-mail:
paul.toman@tomanaccountancy.co.uk

The Charity Commission for Northern Ireland 257 Lough Road Lurgan Craigavon Co
Armagh
BT66 6NQ

03rd October 2024

Independent examiner's report to the charity trustees of Suicide Awareness for the year
ended 31st March 2024.

Respective responsibilities of charity trustees and examiner.

As the charity's trustees you are responsible for the preparation of the accounts in accordance
with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

1. Examine the accounts under section 65 of the Charities Act
2. Follow the procedures laid down in the general Directions given by the Commission
under section 65 (9) (b) of the Charities Act.
3. State whether matters have come to my attention.

Basis of independent examiners 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. My 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 63 of the Charities Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
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.

Toman Accountancy Services Ltd

Toman accountancy Services Ltd

Unit 9 Howard Building
Twin Spires
155 Northumberland Street
Belfast
BT13 2JF

Date: 03.10.2024

Suicide Awareness and Support Group

Northern Ireland - Charity number 107987

Accounts

Report of the Directors and

Unaudited Financial Statements for Year Ended 31st March 2023

SUICIDE AWARENESS

CHARITY NUMBER: XR 99481

SUICIDE AWARENESS

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

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Statement of Accounting Policies	4 -6
Statement of Financial activities (incorporating the income and expenditure 7 - 9 accounts)	
Balance Sheet	10
Notes to Financial statements	11-13

SUPPLEMENTARY INFORMATION
NOT COVERED BY THE REPORT OF ACCOUNTANTS

SUICIDE AWARENESS

MANAGEMENT COMMITTEE INFORMATION FOR THE YEAR ENDED 31 MARCH 2023

MANAGEMENT COMMITTEE INFORMATION

COMMITTEE:

Grainne Woods - Chair

Tommy Holland - Vice Chair

Deborah Kelly - Secretary

Esther Meighan - Treasury

Margaret Walsh - Member

David Bell - Member

Tim Attwood - Member

Conor Doran - Member

REGISTERED OFFICE:

209 Falls Road

Belfast

Co Antrim

BT12 6FB

REGISTERED CHARITY NUMBER:

XR 99481

ACCOUNTANTS:

Tomans Accountancy Services Ltd

Unit HF9, Twin Spires Complex

Howard Buildings

155 Northumberland Street

Belfast

Antrim

BT13 2JF

REPORT OF TRUSTEES AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

Trustees' Annual Report

The Trustees, who are also the directors for the purposes of company law, have pleasure in presenting their annual report together with the financial statements of the charity for year ended 31 st March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act 2006 purposes. The Trustees confirm that the financial statements comply with the requirements of Charities Act (Northern Ireland) 2008 and Accounting and

preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1st January 2015)

Reference & Administrative Details

Reference and administrative details are shown in the schedule of members and professional advisers on Page 1 of financial statements.

The charity is limited by guarantee not having a share capital

SUICIDE AWARENESS

Plans for Future Periods

The charity will continue to provide all services currently in operation into the foreseeable future

Directors and Trustees

The directors of the charitable company are its trustees for purposes of charity law.

Accountants

The accountants, Toman Accountancy Services Ltd, have indicated their willingness to continue in office in accordance with the provisions of Section 485 of Companies Act 2006.

Structure, Governance & Management

Governing Document

The charity is a company limited by guarantee and does not have a share capital. It is a company incorporated under Companies Act 2006. It is a charity registered with Charities Commission (NI).

The charity is managed and under control of the Board of Trustees.

Objectives and Activities

Objectives :

Main Activities:

Governing Document

The above report has been prepared in accordance with the special provisions relating to small companies within Part 15 of Companies Act 2006.

REPORT OF TRUSTEES AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

Trustees' Annual Report

Reserves Policy

Unrestricted funds are needed to provide funds which can be applied to specific projects and to enable these projects to be undertaken at short notice and to cover the running costs of the Charity for a limited period, should there be a significant shortfall in projected income.

Accountants

A resolution to re-appoint the accountants, Toman Accountancy Services Ltd, will be proposed at the Annual General Meeting

Small company exemption

This report has been prepared in accordance with the special provisions for small companies under Part 15 of Companies Act 2006.

SUICIDE AWARENESS

Responsibilities of the Trustees

The Trustees, who are also the directors for the purposes of company law, are responsible for preparing the Trustees Report and the Financial statements in accordance with the applicable law and regulations

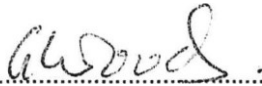
Company Law requires the directors to prepare financial statements for each financial year. The trustees present their report and the financial statements of the charity for the year ended 31st March 2023. The Trustees confirm that they comply with the requirements of the Charities Act (Northern Ireland) 2008 and the Accounting and Reporting by Charities: Statement of recommended Practice which applies to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in UK and Republic of Ireland (FRS 102) effective 1st January 2015.

Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102)
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the Trustees:

..........

Trustee

Date:

SUICIDE AWARENESS
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

STATEMENT OF ACCOUNTING POLICIES

Accounting convention and Basis of Accounting

The financial statements have been prepared under the historical cost convention.

These financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts the Financial Reporting Standard which applies to UK and Republic of Ireland (FRS 102) (effective 1st January 2015) - (Charities SORP (FRS 102)), and the Companies Act 2006.

Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the Trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102, the restatement of comparative items was required. No restatements were required

Income Recognition

Income is recognised when the charity has the entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable the income will be received and the amount measured reliably.

Interest Receivable

Interest on the funds held when receivable and the amount can be measured reliably; this is normally upon notification of the interest paid or payable by the bank.

Resources Expended

All expenditure is accounted for on an Accruals basis and is classified under headings that aggregate all costs related to that category.

Fundraising costs include the costs of advertising, producing publications, printing and mailing fundraising material and staff costs in these areas.

Costs of charitable activities include direct expenditure incurred through operational activities.

Governance costs represent the costs associated to the governance arrangements of the charity which relate to the general running of the charity as opposed to those costs associated with fundraising or charitable activity

Fixed Assets

All tangible fixed assets are recorded at cost

SUICIDE AWARENESS
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023
~~FOR THE YEAR ENDED 31ST~~ ~~2023~~

STATEMENT OF ACCOUNTING POLICIES (Continued)

Depreciation

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives at the following rates:

Computer equipment	25% reducing balance
--------------------	----------------------

Repairs and renewals

All repairs and renewals are written off as incurred

Debtors and Prepayments

Trade debtors and other debtors are recognised at the settlement amount due after any discount offered.

Prepayments are valued at the amount prepaid net of any discounts due.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probale result in the transfer of funds to a third party and the amount due to settle the obligation can be measure relaiably

Financial instruments

The charity only has financial instruments and financial liabilities of a kind that qualify as a basic financial instrument. Basic financial instruments are initially recognised at transaction value and subsequently measure at their settlemnt value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Subsequent Events

Subsequent to the year end, COVID-19 has caused significant disruption to the economic activity of many charity groups and their activities, this disruption has been worldwide.

The charity has set robust cost containment measures to enable the group to continue to operate.

STATEMENT OF ACCOUNTING POLICIES (Continued)

Fund accounting

Unrestricted funds comprise donations and other income that are available for the use at the Trustees' discretion in furtherance of the objectives of the Charity.

Designated funds may be used as unrestricted funds set aside by the trustees for specific future purposes

SUICIDE AWARENESS
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023
~~FOR THE YEAR ENDED 31ST~~ ~~2023~~

Restricted funds represent income received which is subject to specific purposes, the use of which is restricted to that area or purpose

The income received from funders depends on the charity meeting detailed criteria on the expenses plans.

Grants given under such conditions are also subject to them being obtained for in connection with the furtherance of the charity's aims and objectives.

Such income can be repayable to the funder if such expenses plans and criteria are not met.

Such income can only be deferred if the donor specifies that the grant/donation must only be used in future accounting periods; if the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned as the related goods/services are provided.

Grant income included in this category provides funding to support funding activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured reliably.

Income is deferred when: fees/ performance related grants are received in advance of the performance/event to which they relate.

Reserves Policy

Unrestricted funds are needed to provide funds which can be applied to specific projects and to enable these projects to be undertaken at short notice and to cover the running costs of the Charity for a limited period, should there be a significant shortfall in projected income.

The Trustees consider it prudent that unrestricted reserves should be sufficient to avoid the necessity of realising fixed assets held for the Charity's use.

SUICIDE AWARENESS

CHARITY NUMBER: XR 99481 INCOME AND
EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2023

INCOME	220,807
Administrative Expenses	195
OPERATING SURPLUS and SURPLUS ORDINARY ACTIVITIES BEFORE TAXATION	25,343
Tax on deficit on ordinary activities	-
SURPLUS FOR THE FINANCIAL YEAR	25,343

CONTINUING OPERATIONS

None of the Charity's Activities were acquired or discontinued during the current year or previous period.

TOTAL RECOGNISED GAINS AND LOSSES

The charity has no recognised gains or losses other than the surplus for the current year.

INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2023

	2023	2022
Note		
INCOME		
Resricted Funds - Grants Received 180,370 126,003 Unrestricted Funds - Generated funds 40,437 50,693		
Bank Interest Received		
TOTAL INCOME	220,807	176,696
EXPENDITURE		
Wages	64,647	63,952
Wages (Subcontracted) - Crisis management	20,790	19,090
Rates & water	281	265
Insurance	1 164	1,027

SUICIDE AWARENESS

Light & heat	2,343	2,061
Telephone	4,653	4,997
Printing, Postage, Photocopying & Stationery	1,529	891
Marketing & distribution	10,296	1,177
Equipment repairs/renewals & health/safety	8,135	5,486
Project Costs and materials	19,635	11,007
Counselling	23,015	23,600
Therapists	12,575	5,400
Sundry	552	350
Admin Assistant	2,494	1,638
Supervision	980	860
Reception/Administration	16,548	10,200
Training & Development	-	1,300
Professional fees & subscriptions	1,980	1,680
Accountancy	1,452	1,452
Hospitality	402	206
Staff Travel	1,090	1,020
Bank charges	510	507
Donations	360	562
Depreciation	33	44

TOTAL EXPENDITURE

25,343	17,924
195,464	158,772

SURPLUS/(DEFICIT) FOR THE YEAR

BALANCE SHEET AS AT 31 MARCH 2023

	Note	2023	2022
FIXED ASSETS			
Tangible assets	2	100	133
CURRENT ASSETS			
Sundry debtors and prepayments	5	32,018	1,825
Cash at bank	6	200,025	256,829
		232,143	258,787

SUICIDE AWARENESS

CURRENT LIABILITIES

Creditors (Amounts falling due within one year)	7	6,599	58,586
		6,599	58,586

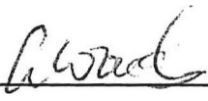
NET ASSETS		225,544	200,201
------------	--	---------	---------

REPRESENTED BY:

Reserves balance brought forward as at 1 April 2022

Surplus/(deficit) for the year		200,201	182,277
		25,343	17,924

Reserves balance carried forward as at 31 March 2023		225,544	200,201
--	--	---------	---------

 Chairperson

 Committee Member

Dated: 21/11/23

BALANCE SHEET AS AT 31ST MARCH 2023

		2023	2022
FIXED ASSETS	NOTES		
Tangible assets	2	100	133

SUICIDE AWARENESS

CURRENT ASSETS

Debtors	5		
Cash at bank	6	32,018	1,825
		200,025	256,829

		232,043	258,654
--	--	---------	---------

CURRENT LIABILITIES

Creditors (Amounts falling due within one year)	7		
		6,599	58,586

		6,599	58,586
--	--	-------	--------

NET CURRENT ASSETS/(LIABILITIES)

		225,444	200,068
--	--	---------	---------

TOTAL ASSETS LESS CURRENT LIABILITIES

		225,544	200,201
--	--	---------	---------

Creditors: amounts falling due after more than one year

TOTAL NET ASSETS/(LIABILITIES)

		200,201	182,277
--	--	---------	---------

		25,343	17,924
--	--	--------	--------

		225,544	200,201
--	--	---------	---------

		225,544	200,201
--	--	---------	---------

REESERVES

Reserves balance brought forward as at 1 April 2022

Restricted Surplus/(deficit) for the year

Reserves balance carried forward as at 31 March 2023

APPROVED BY THE COMMITTEE:

G. Ward

D. Kelly

SUICIDE AWARENESS

CHAIRPERSON

COMMITTEE MEMBER

DATE (_____) I 23 _____ DATE 2L 23

SUICIDE
NOTES TO THE
FOR THE YEAR

180,370	40,437	220,807	176,696
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As at 31st March 2023	-	-	1,500	1,500
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As at 31st March 2023	-	-	1,400	1,400
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SUICIDE
NOTES TO THE
FOR THE YEAR

Net book value 3 1st March 2023

-	-	<u>100</u>
---	---	------------

100

SUICIDE
NOTES TO THE
FOR THE YEAR

	Funds	Funds	2023	2022
DONATIONS				
General Donations		22,419	22,419	15,348
CAFGY Donation		268	268	244
Just Giving Donation		8,220	8,220	13,307
Cecila Mulholland Donation		2,400	2,400	
Kirsten Elizabeth Donation		1,750	1,750	
GK austen Donation		3,080	3,080	
Divis Joint Development Donation		1,000	1,000	
BOI Begin together Donation		900	900	
William Coates Ltd Donation		200	200	
C Clarke Donation		200	200	1,990
POL College				8,275
Norman Donnell			-	4,500
Liam Toner				2,715
Co-Op Ireland			-	4,314
Charities Trust			-	
INCOME FROM CHARITABLE ACTIVITIES			-	
			-	
			-	
PHA FUNDING	104,807		104,807	100,834
ALBERT STREET COMMUNITY	844		844	-
BHSC	904		904	-
BELFAST CITY COUNCIL FUNDING	5,000		5,000	4,688
ACNI LOTTERY FUNDING	4,560		4,560	4,250
BIG LOTTERY FUND	10,000		10,000	-
CFNI	54,255		54,255	-
PIETA HOUSE			-	16,231

2. TANGIBLE FIXED ASSETS

	Land & Buildings	Play Area Equipment F&F	Computer Equipment	Total
COST				
As at 1st April 2022			1 500	1,500
Additions				
Disposals				
DEPRECIATION				
As at 1st April 2022			1,367	1,367
Charge for year			33	33
Eliminated on disposal				

AWARENESS
FINANCIAL STATEMENTS
ENDED 31ST MARCH 2023

3. EXPENDITURE

Restricted Unrestricted

	Expenses	Expenses	2023	2022
EXPENDITURE ON CHARITABLE ACTIVITIES				
Wages	64,647		64,647	63,952
Crisis Management	20,790		20,790	19,740
Postage, Photocopying & Stationery		1,529	1,529	891
Marketing & printing		10,296	10,296	1,177
Equipment repairs & maintenance & Health/Safety	215	7,920	8,135	5,486
Programme costs	12,933	6,703	19,636	11,007
Professional fees & subscriptions		1,980	1,980	1,680
Counselling	23,015		23,015	22,950
Therapists	12,575		12,575	5,400
Sundry		552	552	350
Admin Assistant - Finance		2,494	2,494	1,638
Reception & Administration	16,548		16,548	10,200
Supervision	720	260	980	860
Training & Development				1,300
Hospitality	254	148	402	206
Staff Travel	1,090		1,090	1,020
	152,787	32,275	185,062	148,463
Donations		360	360	562
Depreciation		33	33	44
4. SUPPORT COSTS & GOVERNANCE COSTS				
Telephone				
Light & heat		3,903	4,653	4,997
Rates & water	750	814	2,343	2,061
Insurance	1,529	281	281	265
Accountancy		664	1,164	1,027
Bank charges	500	967	1,452	1,452
	485	510	510	507
	3,264	7,139	10,403	10,309
TOTAL INCOME ON CHARITABLE ACTIVITIES				
	156,051	39,414	195,465	158,772
AWARENESS			Social Security & other tax	
FINANCIAL STATEMENTS			Prepaid	
ENDED 31ST MARCH 2023			Wages	

5. DEBTORS & PREPAYMENTS: AMOUNTS FALLING DUE WITHIN ONE YEAR**6. BANK AND
CASH**

PHA Funding

SUICIDE
NOTES TO THE
FOR THE YEAR

Bank Account No I - 193 Account	186,538	222,176
Bank Account No 2 - 003 Account	13,487	34,653
	200,025	256,829

7. ACCRUALS

	2023	2022
PAYE		
Accruals: Accountancy YE 31.03.22		
Heat & Light	3,890	870
Counselling	1,452	1,452
Travel & subsistence	113	
Bank Interest & charges	1,050	
	70	
Prepaid Funding Received	24	
CFNI (Recieved 21/22 but relates to 22/23)		46,264
Big Lottery (Recieved 21/22 but relates to 22/23)		10,000
	6,599	58,586

8. SALARY COSTS AND EMOLUMENTS

Total staff costs were as follows	2023	2022
Wages and salaries - key management personnel		
Wages and salaries - Crisis management		
Employer social security costs - key management personnel	63,103	61,856
Employer social security costs - Employment Allowance	6,544	6,096
	(5,000)	(4,000)
	64,647	63,952

9. RESERVES

2023	2022		2023	2022
		Reserves balance brought forward as at 1 April		
27,195		2022 Surplus/(deficit) for the year		
2,502			200,207	182,277
2,321	1,825	Reserves balance carried forward as at 31 March 2023	1	17,924
32,018	1,825		25,343	4
			225,544	200,201
2023	2022			

AWARENESS
FINANCIAL STATEMENTS
ENDED 31ST MARCH 2023

	GENERAL FUND	TOTAL UNRESTRICTED	TOTAL RESTRICTED	FIRST TRUST 193 Account	FIRST TRUST 003 Account	Debtors/Accruals/ JNLs & Adjustments	TOTAL FUNDS
INCOMING RESOURCES							
General Donations	22,418	22,418		22,418			22,418
CAFGY Donation	268	268		268			268
Just Giving Donation	8,220	8,220		8,220			8,220
Cecila Mulholland Donation	2,400	2,400		2,400			2,400

SUICIDE
NOTES TO THE
FOR THE YEAR

Kirsten Elizabeth Donation	1,750	1,750	1,750	1,750
GK austen Donation	3,080	3,080	3,080	3,080
Divis Joint Development Donation	1,000	1,000	1,000	1,000
BOI Begin together Donation	900	900	900	900
William Coates Ltd Donation	200	200	200	200
C Clarke Donation	200	200	200	200

Albert Street Community		844		844
BHSCT		904	904	904
Belfast City Council Funding		5,000	5,000	5,000
ACNI Lottery		4,560	4,560	4,560
Big Lottery fund		10,000		10,000
CFNI		54,255	7,990	46,265
Public Health Agency Funding		104,807	77,612	27,195
Less: Deferred Income				

	40,436	40,436	180,370	59,734	77,612	83,460	220,806
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RESOURCES EXPENDED			64,647				
Wages			20,790				
Crisis Management							
Rates & water			500				
Insurance Light & heat			1,530			64,647	64,647
Telephone			750			1,050	20,790
Printing, Postage, Photocopying & Stationery	281	281		281			281
Marketing & printing	664	664					1,164
Repairs & maintenance	814	814		1,164			2,344
Health & Safety Programme costs	3,903	3,903		2,231	19,740	113	4,653
Counselling	1,529	1,529	215	4,653			1,529
Therapists	10,296	10,296	12,932	1,529			10,296
Sundry	7,279	7,279	23,015	10,296			7,279
Admin Assistant - Finance Reception & Administration	641	641	12,575	7,279			856
Supervision	6,703	6,703		856			19,635
Accountancy				18,635			23,015
Professional fees & subscriptions			16,548	20,525		1,230	12,575
Hospitality	552	552	720	8,515	1,000	18	552
Staff Travel	2,494	2,494	485	570	2,490		2,494
Bank charges			254	2,494	2,830	369	16,548
Donations	260	260	1,090	7,317			980
Depreciation	967	967		320			1,452
	1,980	1,980		1,452	9,600 660		1,980
	148	148		1,980			402
				402		70	1,090
	510	510				24	510
	360	360		379	1,020		360
	33	33		360	107	33	33
	39,414	39,414	156,051	91,238	37,447	66,780	195,465

Suicide Awareness and Support Group

Northern Ireland - Charity number 107987

Annual report



SUICIDE AWARENESS AND SUPPORT GROUP

2022/23

Annual General Meeting Report

A report on the activities, interventions and outcomes of the
Suicide Awareness and Support Group.

MISSION STATEMENT

To create a safer and healthier community by preventing suicide and supporting those affected through the provision of awareness raising, crisis intervention and family support services.

OBJECTIVES

- To provide effective advice and support to people who are experiencing a period of suicide crisis.
- To work with community and statutory partners to enhance people's access to appropriate mental health and community services and ensure that clear 'care pathways' are created for those affected by poor mental health.
- To raise public awareness of the causes and consequence of suicide for individuals, families and society.
- To enhance the lives of individuals and families who have been bereaved or affected by suicide.
- To organize, and campaign for effective community and statutory based response services for those affected by suicidal crisis or suicidal bereavement.
- To provide confidential, professional and responsive community-based services which are effectively monitored and evaluated.

Chairpersons Foreword

Another year has passed, and the families, staff and volunteers of the SA&SG have continued to show their extraordinary passion in raising suicide awareness and striving to help those most desperately in need.

The Centre continues to deliver many services which are invaluable to our community. Service's such as Family Support, Counseling, Complimentary Therapies, One to One sessions and support group meetings. They continue to raise awareness through the publication and distribution of support booklets which we have found on many occasions are an invaluable resource to those in suicidal distress and the families struggling to find answers to cope with the grief of losing a loved one to suicide. The group continues to raise awareness in the local media, getting involved in public events and lobbying government at a local level to ensure the voice of families and community is being heard.

Staff continue to deliver the ASIST workshop which is a world-renowned prevention educational tool enabling people within our community to provide Suicide First Aid Intervention when someone maybe in suicidal distress. The safe TALK training also provides the skills to become Suicide Alert and therefore help keep our communities safer from suicide. This is an extraordinary complex and vast amount of work which is being delivered by a dedicated team of people, sometimes under difficult circumstances, and they should be commended for all their efforts in achieving what they have achieved in the past year.

I would also like to thank all those who have supported the group in 2022/23 in the various fundraising and awareness events that have been held. I would like to particularly thank Lamh Dearg GAA Club and the Hannah town Community for choosing our organization to partner with Pieta House for the "Walk of Darkness into Light" which has raised a considerable amount of money and has also promoted an amazing amount of awareness for anyone affected by suicide. Your support has undoubtedly helped in delivering this much needed community service. This is still ongoing for the year of 2024 which we will always be grateful for.

We were able to celebrate our Mass of Hope and Christmas tree memorial this year and continues to be important events for families in allowing them to come together to share in their loss of their loved ones. Also, to raise awareness within our local community, that suicide is everyone's business and that we need to continue to raise awareness to ensure prevention and intervention are at the forefront of both the community and statutory sectors.

Many families have continuously raised funds and awareness by organizing annual events such as Cycles, Marathons, Football matches, Golfing, Boxing, Dancing and many more innovative ideas. Although these events are to raise funds the amount of awareness that is raised is phenomenal. This is greatly appreciated in enabling SASG to continue to maintain and sustain the day to day running of the Centre. We also continue to receive support from several local shops and bars, who display our collection boxes in their businesses.

A lot of this work would not be possible without the dedication and passion from our team of volunteers, who is the foundation of this organization. This is made up of families bereaved, families affected by

suicide, committee members, therapist and the local community, who give up their time freely and willingly.

All in all, it has been a very constructive year which I know will be built upon in 2022/23. The group has continued to help those most vulnerable either directly or indirectly through the services and support it provides ranging from a more hybrid approach of face to face, telephone, zoom which enable the person receiving the support is meeting their needs.

We must be under no illusion that the year ahead will be a difficult one with a looming climate of economic difficulty; we may need to support the community even more than ever. Even when we are faced with our own financial challenges, we must keep to the fore our aim of supporting families through their journey of suicidal grief, reaching out to those at risk and creating awareness of suicide within our community and beyond.

Thanks for your support.

Grainne Woods
SA&SG Chairperson

A Drop in the Ocean

“We ourselves feel that what we are doing is just a drop in the ocean. But if that drop was not in the ocean, I think the ocean would be less because of that missing drop.”

Mother Teresa

Centre Managers Report

2022/23

“Reaching out is a strength.”

I am privileged to be presenting our Annual Report. Although a lot of what is being presented has stayed the same, we still are able to provide a blended approach for our service users to avail of telephone, zoom or face to face sessions. Even though the foundation of this organization was working with families bereaved by suicide and individuals presenting in suicidal distress or crisis. In previous years we have also seen the need for supporting families living with a loved one contemplating suicide. However last year we were also able to go out into the local community and educate people on the importance of early Intervention to prevent Postvention. Therefore, the organization has evolved by increasing capacity in order to deliver this vital service. These changes demonstrate how our organization is determined to work at every level to ensure our community is safer from suicide.

I am delighted we have achieved all our targets outlined by Public Health agency (PHA) to date. By achieving these targets, this proves that the structures and systems in place within our organization, has been successful in meeting the needs of our community. This could not have happened without the determination, compassion and dedication of our team who worked tirelessly throughout the year. It is worth recognizing that this was a challenge for all staff and volunteers working with limited resources and the ever-increasing need for our services.

Also with additional funders supporting our work such as Belfast City Council, Community Foundation N.I, Wesley-Ann, Big lottery we were able to provide additional support for families and individuals and offer them a wrap around service which enhanced their emotional health and wellbeing.

It is with much appreciation that I would like to commend our management committee, staff, volunteers and members for their loyalty and support throughout the year. I would like to take this opportunity to thank you all for the dedication, commitment, time and energy that you have given effortlessly to Suicide Awareness and Support Group this past year. Without your help there are many events, lobbying and campaigning which would not have been possible without your involvement. I hope this will continue.

From Suicide Awareness and Support Group’s conception in May 2000, it is evident of how much we have evolved from a peer support group, who have experienced many trials and tribulations along their journey to a recognized Community organization in the heart of West Belfast, specifically working under the three conceptual frameworks of suicide prevention, intervention and postvention. We continue to provide a holistic service to those affected by suicide. We have an open-door policy which does not discriminate against disability, religion, gender, age, sexuality, color or ethnic minorities.

I have encouraged the staff and volunteers to access additional training to enhance their skills and empower them with knowledge to enhance the services we provide within the organization

The staff has evolved significantly this year. This includes the Centre Manager, Family Support Worker, a Triage Team, Counselors and Complimentary Therapists. It is paramount for all volunteers and staff to

be provided with regular line management, and staff to receive external supervision on a continual basis, as this is important whilst working under the three conceptual frameworks. This also ensures working within the guidelines of good practice. Whilst working within this field it is necessary to be aware of the importance of self-care, boundaries and limitations, to help us to continue to work in a professional and ethical manner.

In conclusion I would again like to thank the staff, volunteers, management committee, group members and especially the community who have worked in a diligent, compassionate and dedicated manner, to support my role as a Centre Manager of Suicide Awareness & Support Group. I am hopeful that the remainder of this report will highlight for you the tremendous work carried out by all those involved in helping to keep our community safer from suicide.

Family Support / Triage Department

This family support department has evolved since its conception in 2013 to become more significant in the work we do supporting families and individuals affected by suicide. The changes to the organization have been working effectively, and below the following statistics demonstrate not only the need for our service, but also the range of services needed to support people.

- 86 Families who were bereaved who received one to one support.
- 138 Clients who engaged with Triage support.
- 455 Complimentary therapies Sessions delivered. Pamper packs delivered due to covid
This has increased by 375 sessions being delivered since previous year.
- 881 Counseling sessions delivered.
- This has increased by 816 sessions being delivered since previous year.
- Suicide Awareness & Support Group have delivered the Applied Suicide Intervention Skills Training (ASIST) Program 3 for 60 people
- Safe TALK training 13 sessions 150 people availed of this

Family foundation Group is attended every Monday and Tuesday night with arts and crafts, Education, self care activities

POSTVENTION

Suicide is very complex with various causes and no straightforward explanations but is a personal tragedy for those touched by a suicidal death. When the death is from suicide the grieving process is complicated by the very nature of the death. While trying to cope with their sudden loss, the bereaved can be overwhelmed by their feelings of sadness and the questions of “WHY” begin. Bereaved families feel the emotions that death always brings; adding to their suffering is the shock of a sudden, unexpected death that families are not prepared for.

The news of the death of a loved one to suicide comes abruptly without warning, suddenly they are gone, and you are faced with the news of a death like no other. It is an utterly devastating and traumatic experience, and it is coupled with mixed emotions and feeling such as shock, numbness, denial, anger, intense pain, guilt, shame, confusion, disbelief, betrayal, relief, abandonment. The grieving process has begun from the moment from the news of the death has been announced.

“I went to Suicide Awareness & Support Group a few months after I lost my grandson. I never spoke for weeks, I just sat and listened. When I was ready to talk I felt that I was heard and the other families showed me compassion and love and for that I will be forever grateful. I still get my bad days but I know when it is his Anniversary or Birthday I can just make a call and support will be put into place for me.

Suicide is a death like no other, and those who are left behind to struggle with it must confront a pain like no other. They are left with the shock and the unending “What if’s “. They are left with anger and guilt, and now and again a terrible sense of relief for some people. They are left with a host of questions from others, asked and unasked, about why they are left to the silence of others, who are horrified, embarrassed, or unable to offer words of condolence or even an embrace, or a kind comment. They are left with the assumption by others or themselves that more could have been done and the judgment commences, and the stigma imposed on those bereaved.

INTERVENTION

“Success is failure turned inside out, the silver tint of the clouds of doubt, and you never can tell how close you are, it may be near when it seems so far. So, stick to the fight when your hardest hit, it is when things seem worst, that you must not quit.” ANON

Bereaved family members of the Suicide Awareness and Support Group in 2000 hoped that they could raise the issues associated with suicide, despite their own personal grief, they did successfully. It was the dedication of families bereaved who continually paved the way for community discussions, as they campaigned for improved services especially at intervention level for those contemplating suicide.

Individual Experience

“I phoned suicide awareness and support group looking for help for my sister who was contemplating on ending her life, I just felt so lost and didn’t know where to turn. We got an appointment for that day and the service we received was amazing. Not only did they do a safety plan with my sister they included me and also offered me support in how to help her. This service saved my sisters life and also give us a toolkit on how to manage and sustain our own mental health.

Intervention has become an important component of our work. We increasingly intervene and provide immediate support for those at risk of suicide. We have gained substantial experience within the field of suicide intervention and we continue to learn and develop our structures by establishing working relationships with other key stakeholders working at suicide intervention level. However, we have learned and know our own limitations regarding intervention. At times however we are required to act very quickly and move the person onto the appropriate services for their specific needs.

When someone at risk of suicide presents themselves to the office or via telephone or through friends or family, they will be seen immediately or given the next available appointment according to their risk. The individual will receive an initial assessment, the person’s risk is deescalated, and a safe plan put into place. Sometimes further support is required, and this is offered in-house where we have the capacity to meet the need. At other times, the person will be sign posted to the specific services they require. The level of intervention activity is reflected in the amount of additional support, Counseling or Complimentary Therapies.

The fact that those at risk of suicide are reaching out for support is always an encouraging sign. By doing so they are availing of services which could effectively save their lives. We have learned about our organizations limitations and are very aware that there are some individuals who present in severe suicidal distress or with mental health issues that cannot be helped at community level. Therefore, their needs are best catered for by professionals within statutory services. They will be given an initial appointment but will be advised to contact their GP or other health professionals.

PREVENTION

“We may run, walk, stumble, sit, drive, or fly but let us never lose sight of the reason for the journey or miss a chance to see a rainbow on the way.” G. Gaither

According to the World Health Organization suicide is an underestimated community health problem and this has been particularly evident in our community of West Belfast. Preventing suicide requires the collective efforts of all Statutory, Community and Voluntary agencies.

A key part of prevention practice at SA&SG is the need for suicide first aid training for all those who regularly encounter people at risk. Therefore, we have embraced the various training tools designed by Living Works to enhance our prevention ethos. For over thirty years, Living Works Education has been providing evidence-based suicide first aid training programs. The Applied Suicide Intervention Model are core contribution to suicide prevention.

At Suicide Awareness & Support Group we have delivered the program to Community groups, youth workers, health professionals, and front-line medical staff we have found that there is an increasing demand for ASIST workshops, and we continue to cater for this demand.

The ethos behind the Canadian educational model is to bring ASIST workshops to the local community and the standardized model is delivered by local trainers. ASIST is a two-day workshop designed for all caregivers from community, voluntary and statutory sectors. The workshop enhances the skills of caregivers to intervene when someone is in suicidal crisis until the immediate risk of suicide is reduced, or additional life assistance resources can be found. With suicide first aid training, participants learn skills to intervene when someone is in suicidal crisis.

The following are some quotes from some of the ASIST workshops.

“I feel more comfortable talking about suicide.”

“Every one should do this training.”

“Suicide prevention can help save lives”

- S. Stigma associated with suicide is a mark of shame
- T. Taboos create misconceptions and prevent us talking openly about suicide
- I. Imagine a community where stigma surrounding suicide is reduced and understood
- G. Get informed! The best way to counteract suicidal stigma is to get the facts.
- M. Move towards a more tolerant and informed view of suicide
- A. Awareness and information are necessary requirements for understanding Suicide

We continue to be Partners with Kids in Control (KIC) to promote awareness with the young people within our community about the importance of looking after their mental health. We have been successful in securing funding for this year to:

- Raise awareness of SA&SG and other services that support youth who are concerned or experiencing mental health issues.
- Reducing stigma of mental health issues among young people
- To strengthen resilience within young people

This has proven how important partnership working is to instill hope within our communities

“It’s ok not to be ok and it is absolutely ok to ask for help”.







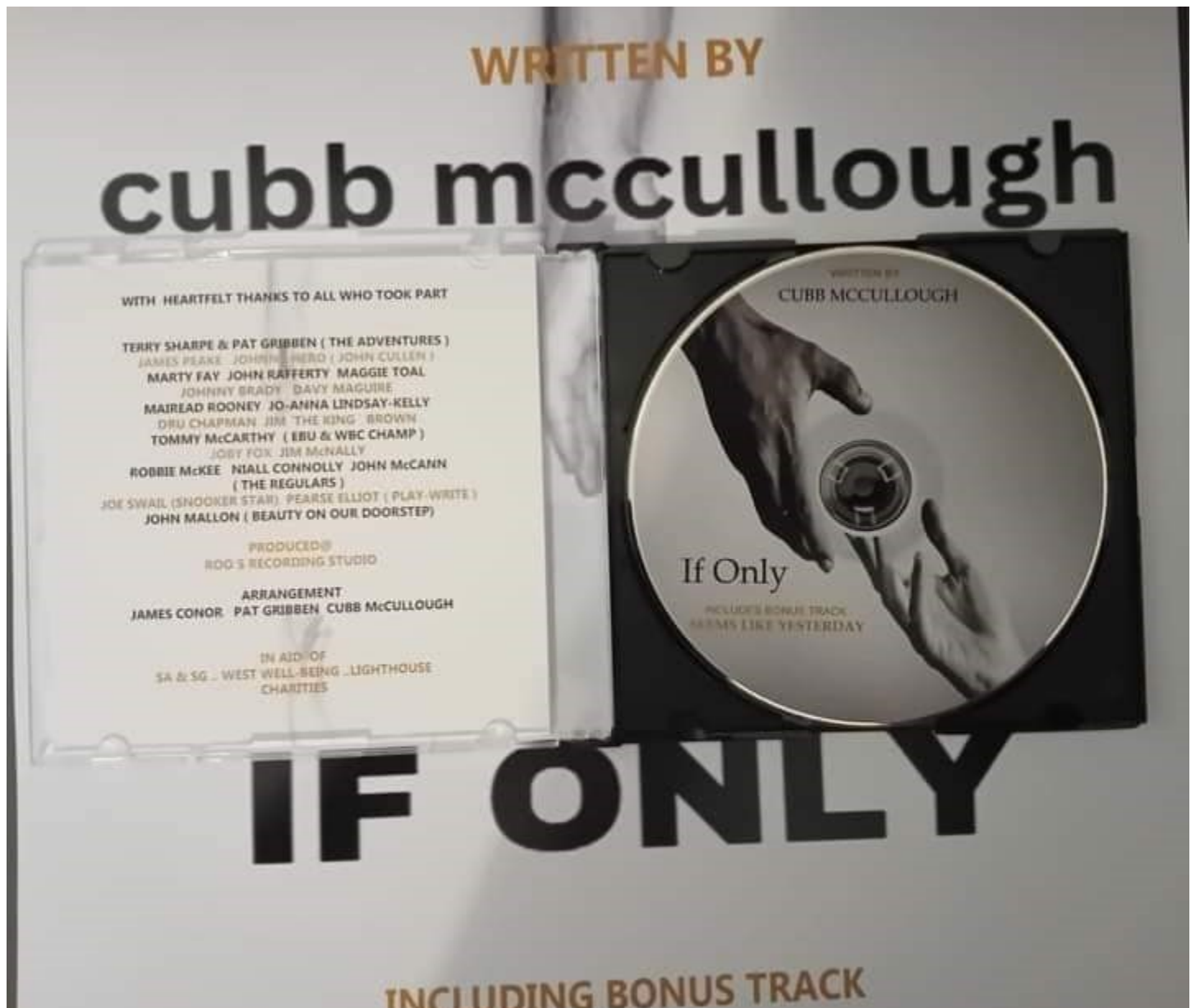


**Suicide Awareness &
Support Group**

**INVITE YOU
MA
OF H**

**SUNDAY
12TH NOVEMBER 2023
3PM**

CLONARD







Reaching Out is a Strength

Lifeline 0808 808 8000
Suicide Awareness & Support Group
028 90239967



ACKNOWLEDGEMENTS

The Management Committee would like to take this opportunity to thank our funders; Public Health Agency (PHA), Belfast City Council (B.C.C) Big Lottery Community Foundation N.I Wesleyann

We would like to acknowledge the many people who have volunteered, fundraised and donated money so that SA&SG can continue to provide support to families affected by suicide within our community and enable us to continue to raise awareness and help in postvention, intervention and prevention, for future generations. We would like to thank all of them for their continued support and generosity. Whilst there are too many to name individually, we hope that this acknowledgement goes some way to showing our appreciation for their committed support.

Management Committee:

Grainne Woods (Chairperson)

Tommy Holland (Vice Chair

Deborah Kelly (Secretary

Esther Meighan (Treasurer)

David Bell

Margaret Walsh

Tim Attwood

Conor Doran



Are you or is someone you know feeling down or suicidal?



Recognise the signs

Feelings

Agitated
Hopeless
Worthless
Sad
Withdrawn
Feeling unloved

Physical

Lack of interest in appearance
Disturbed sleep
Change/loss of appetite

Actions

Withdrawn
Misuse of alcohol or drugs
Impulsive behaviour

Listen

- It's important to listen, it shows you care. A problem shared is a problem halved.
- Don't promise to keep secrets. If you have and you're concerned, it's OK to ask someone for help and is very important for you to have support

"I just can't think straight anymore"

"I can't do anything right"

"All my problems will end soon"

"I just can't take it anymore"

Talk - Talking is key!

- Engage in open and direct talk
- Don't be afraid to use the word suicide

Get help - Support is available locally

Lifeline - Available 24/7 - 0808 808 8000

Samaritans - 116 123

Suicide Awareness and Support Group - 02890 239967

Barnardos - 02890 672366

Childline - 0800 1111

Reaching out is a strength, not a weakness



Belfast City Council



Suicide Awareness & Support Group

209 Falls Road, Belfast BT12 6FB

Tel: 90239967 –

m.walker@suicideawareness.co.uk



HSC Public Health
Agency

Suicide Awareness and Support Group

Northern Ireland - Charity number 107987

Annual return

The accounts that I have attached the Accountants report is inside it