

Niamh Louise Foundation

Northern Ireland · Charity number 108043

Details

Known as	NLF.
Status	Received
Company number	672653
Registered	2021-05-17
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	4 Loy Street Cookstown Co Tyrone BT80 8pe BT80 8PE
Phone	028 8775 3327
Email	info@niamhlouisefoundation.com
Website	http://www.niamhlouisefoundation.com/

Activities

Purposes: The charity's objects ('Objects') are specifically restricted to the promotion of the following purposes for the benefit of the public in Northern Ireland (hereinafter called the "area of benefit"): 4.1 the advancement of health or the saving of lives through: 4.1.1 the promotion, preservation and protection of good mental health; 4.1.2 the empowerment for people bereaved by suicide through the provision of mutual support and encouragement to each other; and 4.1.3 the provision of assistance to people in despair or distress in order to reduce the incidence of suicide. 4.2 The advancement of education through: 4.2.1 the raising of awareness of mental health issues, suicide and the factors which may lead to it among the general public in the area of benefit. Nothing in the articles authorises an application of the property of the charity for purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 and/or section 2 of the Charities Act 2011 and or section 2 of the Charities Act (Northern Ireland) 2008.

What the charity does: The advancement of education, The advancement of health or the saving of lives

How the charity works: Community development, Education/training, Youth development

Who the charity helps: Adult training, Children (5-13 year olds), Ethnic minorities, Ex-offenders and prisoners, General public, Men, Mental health, Older people, Parents, Victim support, Volunteers, Women, Youth

(14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£145,655	£191,783	£0	4

Trustees

Name	Role	Appointed
Miss Caitlin Bullock		
Miss Jolene Farrell		
Mr Gerard Carroll		

Niamh Louise Foundation

Northern Ireland - Charity number 108043

Accounts

NIAMH LOUISE FOUNDATION

NIAMH LOUISE FOUNDATION
(A company limited by guarantee)

Report and Financial Statements

Year ending 31 March 2025

Company number: NI 672653

Charity Commission Number: 108043

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MISSION STATEMENT

“The aim of the Niamh Louise Foundation is to provide a safe environment where anyone can drop in to chat about worrying thoughts, thoughts of suicide and/or self-harm. The Niamh Louise Foundation will provide love, understanding and respect with a non-judgemental listening ear”.

NIAMH LOUISE FOUNDATION

Management Committee Report

Since the original formation of The Niamh Louise Foundation in 2006, the organisation has tirelessly campaigned for the need to raise awareness of and de-stigmatise mental health. The Niamh Louise Foundation provides suicide prevention, intervention and post-vention services for individuals and families affected by suicide in the local community.

The organisation continues to work to develop and implement our own bespoke model of best practise in suicide prevention, intervention, and post-vention services, having learned from individuals and families who have used our services, as well as from the American Association of Suicidology.

Over the last 12 months there has been a number of significant occurrences including:

1. Our one-to-one intervention services for individuals of all ages struggling with thoughts of suicide/self-harm, or bereaved by suicide continue on a daily basis, alongside the Wednesday coffee morning 'Well-Being & Recovery Group'.
2. Continuing to liaise with MLAs, including, Órlaithí Flynn, Chair of the All-Party Group on Suicide Prevention in Northern Ireland, Mike Nesbitt, Minister for Health, Pat Cullen, Colm Gildernew, and Diana Armstrong, to discuss the work of the Foundation and ongoing funding issues. Mike Nesbitt visited the Foundation with the Department of Health to hear more about our work and discuss funding.
3. The annual Evening of Remembrance was held at Christmas time for families bereaved. This year saw 60 individuals in attendance, including 8 new families.
4. Facilitation of a BCPP funded project alongside McKeever's Chemist, Moy, attended by young women from the Foundation, educating them on various issues around their physical and mental wellbeing.
5. Continued delivery of the Mental Health First Aid Training into the community and to local businesses, including Mallaghan's, O&S Doors, BEAM Creative Network, and Yellow Ribbon.
6. Fundraising by many families and individuals in the community which has been vital in sustaining the work of the Foundation. Families who donated or held fundraisers have included, the McFarland Family, the Burns Family, the Devlin Family, and the Stafford Family.
7. Fundraising by various football clubs, local businesses, & schools including, Eoghan Ruadh Hurling Club Dungannon, Armagh Golf Club, Dungannon Credit Union, McKeever's Chemist, Moy, Mallaghans, McCloskey International, Stranmillis University, St. Mary's GAC, Burren, South West College, Dungannon, Clogher Eire Og GAC, Aughnacloy College, Specdrum, Clonmore GFC, Pomeroy Plunketts GFC, Killyman St. Mary's GFC, Hallions on Tour, Westland Hibs and Donaghmore FCs., Integrated College, Dungannon, and Sands United FC, Dungannon.

8. Catherine Mc Bennett has continued to work on the implementation of the Psychological Autopsy in Northern Ireland and continues to liaise with relevant government bodies on the issue in an effort to have this available for all families bereaved by suicide in N. Ireland.
9. Staff have continued to attend the All-Party Group for Suicide Prevention in N.Ireland, raising local issues around suicide and ensuring the work of the Foundation is highlighted.
10. A number of successful awareness sessions have taken place in the community, educating on mental health, self-harm, and suicide prevention.
11. A highly successful walk and 5k run was held to mark World Suicide Awareness Day on Sunday 10th September. The walk began at The Space, Market Square, Dungannon, and the run began at Mallaghans site, and all finished at Newell Stores, Coalisland for refreshments. There was a great crowd in attendance and it was a brilliant day for raising awareness.
12. The Foundation was selected by Chair of the Mid Ulster Council to be one of his "Charity's of the Year", resulting in raised awareness and funding.
13. Seanna McBennett has undertaken training in a postgraduate certification in Cognitive Behavioural Practice with Queen's University, Belfast.

The Foundation has continued to develop and improve links with a number of individuals and groups this year. Ongoing links have continued with the Child and Adolescent Mental Health Team, GPs, local schools, community & voluntary groups, the PSNI, Families Voices Forum, and the Southern Health and Social Care Trust including the Protect Life Co-Ordinator and Social Work teams.

As we face the next financial year, we still need to continue to build our reserves to maintain the staff and the high quality of service which we currently deliver within the community.

This year has saw the community stand behind us more than ever, and we would like to thank everyone for their fantastic support. We hope that we can continue to build on our already successful model of approach in working with individuals with thoughts of suicide/self-harm in our local communities and continue to have the financial income in order to allow us to do this to the highest standards.

The Niamh Louise Foundation Management Committee

NIAMH LOUISE FOUNDATION

Report of the trustees for the year ending 31 March 2025

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. An exemption to preparing a cash flow statement is claimed under the small entity provisions within S1A of FRS 102.

The financial statements comply with the Charities Act 2008, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Our purposes and activities

The organisation is established for the benefit of the public in Northern Ireland (hereinafter called the "area of benefit") to promote any charitable purpose directed to alleviate the distress caused by suicide and ancillary to this:

- (a) to promote the preservation and protection of good mental health and advance public education by raising awareness of mental health issues, suicide and the factors which may lead to it among the general public in the area of benefit
- (b) to encourage people bereaved through suicide to provide mutual support and encouragement to each other;
- (c) to provide assistance to people in despair or distress and thus reduce the incidence of suicide.

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'. The Foundation relies on grant income to cover its operating costs.

The strategies employed are to achieve the following:

Aim: To provide a place of safety for young and old living with thoughts of suicide/self-harm or bereaved by suicide in Northern Ireland.

Objectives:

- To train staff to the highest standard of suicide intervention skills.
- To de-escalate thoughts of suicide/self-harm among individuals.
- To encourage recovery for individuals and families affected or bereaved by suicide through individual care programmes and group work.
- To provide safety plans, self-care, and mental health first aid tool kits for individuals at risk of suicide/self-harm and their families.
- To encourage recovery and self-awareness of an individual's mental health and triggers in the prevention of suicide/self-harm.

Aim: To be a good leader within the community.

Objectives:

- To keep committee, staff and volunteers updated on current research and government developments in relation to suicide and self-harm within Northern Ireland.
- To promote our work through various rural sporting, cultural, and community organisations.
- To ensure excellent standards in governance in complying with all statutory regulations and reporting requirements.
- To form collaborative partnerships with other agencies to use our expertise and knowledge to inform and influence public policy and debate.

Aim: To change lives by inspiring and encouraging the community to become volunteers.

Objectives:

- To empower the community through education and workshop programmes on suicide and self-harm.
- To leave a legacy by volunteering and in creating awareness in the community through various community events.
- To engage individuals, companies and communities through a range of fundraising initiatives.
- To promote the work of the Niamh Louise Foundation through the voice of our volunteers.

Aim: To make a meaningful and lasting legacy by raising the profile of suicide prevention at executive level.

Objectives:

- To be an authoritative voice on suicide in Northern Ireland.
- To use our links with strategic and community bodies in Northern Ireland to promote systemic change at local and government level.
- To engage in collaborative models of working.
- To strengthen partnerships with other service providers to widen choices available to our clients.

NIAMH LOUISE FOUNDATION

Aim: To deliver training and educational programmes on suicide and self-harm in Northern Ireland to children and young people.

Objectives:

- To strengthen and maintain high standards of training.
- To expand our training to youth through community organisations and schools.
- To develop a social media programme as a tool to reach out to children and young people.
- To design programmes that will build capacity, self-esteem, understanding and education in relation to suicide and self-harm.

Aim: To de-stigmatise suicide and self-harm in communities of Northern Ireland.

Objectives:

- To encourage all communities to take ownership in creating awareness on suicide and self-harm.
- To promote recovery and identify care pathways in relation to suicide and self-harm.
- To communicate key messages to leading organisations within the community on suicide prevention.
- To promote help-seeking skills in the prevention of suicide.

The Foundation now works with people across the 9 Counties of Ulster.

Financial review

The income and expenditure for the year is detailed in the accounts. A major financial concern for the Foundation as with any charity will be the ongoing financial sustainability from funding in the years to come. The trustees are aware of the need to maintain free reserves, especially in the current economic climate. Continual fund raising will be necessary in order to retain sufficient levels of reserves.

We would like to acknowledge the continued support of our funders as referred to in note 4 in the accounts. It is important to recognise that their funding really does make an impact.

The income for the year was £146K of which £8K was received as grant funding. The expenditure of £192K is expended on charitable activities.

The balance of funds at 31 March 2025 was £246K all of which £287K is unrestricted income. £90K is designated funds.

NIAMH LOUISE FOUNDATION

Reserves policy and going concern

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

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure. The trustees consider that the ideal level of reserves as of 31 March 2025 would be £90,000.

Without the support of our funders and continued fundraising efforts by staff and volunteers, it is doubtful that the Foundation could continue operating. The trustees are endeavouring to ensure the success with a combination of measures including fundraisers and applications to funding bodies in an effort to secure staff posts and long-term sustainability of the charity.

The trustees have reviewed the circumstances of the Foundation and consider that adequate resources continue to be available to fund the activities of the Foundation for the foreseeable future. The trustees are of the view that Foundation is a going concern.

A major financial concern for the Foundation as with any charity will be ongoing financial sustainability from funding in the years to come. The trustees are aware of the need to maintain free reserves, especially in the current economic climate. Continual fundraising will provide a challenging environment in the years to come.

We would like to acknowledge the continued support of our funders as referred to in note 4 in the accounts. It is important to recognise that their funding really does make a change.

Reference and administrative details

Operating address: 32 Coalisland Road, Killybrackey, Dungannon, Co. Tyrone, BT71 6LA

Our advisers

Accountant E A Grimley & Co Limited, 16 Clonoe Village Business Park, 98 Washingbay Road, Clonoe, Dungannon, Co Tyrone, BT71 4PU

Bankers; Ulster Bank, 39 Market Square, Dungannon, Co Tyrone, BT70 1JJ

NIAMH LOUISE FOUNDATION

Key management personnel Niamh Louise Foundation: Trustees'

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Chair-person	Jolene Farrell Gerard Carroll Caitlin Bullock	
	Anthony Knox	Resigned 29/1/2025
	Heather Stafford	Resigned 28/1/2025
	Nigel Stafford	Resigned 28/1/2025

Key management personnel:

Senior managers of the Niamh Louise Foundation: Catherine McCaul – Operational Director

Structure, Governance and Management

Governing Document

Niamh Louise Foundation is a Company Limited by Guarantee governed by its Memorandum and Articles of Association dated 17 September 2020.

It is a registered charity with the Charity Commission Northern Ireland. The charity registration number is NIC 108043.

The charity is also registered with HMRC.

Appointment of trustees

As set out in the Articles of Association the minimum Board members shall be 3.

The Trustees shall be entitled to invite members of the public to attend as observers at any Annual General Meeting or any other meetings of the Trustees.

Organisation

The board of trustees, which require a minimum of 3 Trustees, administers the charity. The charity is managed by the Trustee Board.

To facilitate effective operations, the Operation Director has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance, employment.

Related parties and co-operation with other organisations

NIAMH LOUISE FOUNDATION

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee and senior manager of the charity with a funder must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year no such related party transactions were reported.

Pay policy for senior staff

The rates of pay are in line with the SHSCT scale.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity may face;
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. A key element in the management of financial risk is a regular review of available liquid funds to settle debts as they fall due and regular liaison with the Operational Director to ensure sufficient working capital by the Foundation. Attention has also been focussed on non-financial risks arising from fire, health and safety staff, volunteers and clients. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place and regular awareness training for staff working in these operational areas.

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the Niamh Louise Foundation for the purposes of company law) are responsible for preparing the trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the trustees are required to:

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

NIAMH LOUISE FOUNDATION

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

Statement as to disclosure to our Independent Examiner

In so far as the trustees are aware at the time of approving our trustees' annual report:

- there is no relevant information of which the charitable company's Independent Accountant is unaware, and
- the trustees, having made enquiries of fellow trustees have each taken all steps that he/she is obliged to take as a trustee in order to make themselves aware of any relevant information and to establish that the Independent is aware of that information.

This report was approved by the board of trustees and signed on 29 January 2026 on its behalf by



Jolene Farrell

Trustee

NIAMH LOUISE FOUNDATION

Independent examiner's report to the Charity Trustees on the unaudited financial statements of the Niamh Louise Foundation.

I report to the charity trustees on my examination of the accounts of Niamh Louise Foundation for the year ended 31 March 2025.

Respective responsibilities of trustees and independent examiner

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

Having satisfied myself that the charity is not subject to audit under company law under Part 16 of the 2006 Act, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008;
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

NIAMH LOUISE FOUNDATION

Independent examiner's statement

Where the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act.

I confirm that I am qualified to undertake the examination by being a qualified member of Institute Of Chartered Accountants Ireland.

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.



Ethna Grimley

Independent examiner

**Relevant Professional Qualification: FCA
E A Grimley & Co Ltd
Chartered Accountants & Registered Auditors
16 Clonoe Village Business Park
98 Washingbay Road
Coalisland
Co Tyrone
BT71 4PU**

Dated : 29th January 2026

NIAMH LOUISE FOUNDATION

Statement of Financial Activities (including income and expenditure account) for year ending 31 March 2025

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

	Notes	Unrestricted Funds £	Restricted Funds £	2025 Total Funds £	2024 Total Funds £
Income:					
<i>Activities for generating funds</i>					
Donations and Legacies	3	127,414		127,414	95,017
<i>Income from charitable activities:</i>					
Grant Income	4		7,700	7,700	206,006
Capital Grants			-	-	-
<i>Investment income</i>	5	10,540		10,540	546
Total income		137,955	7,700	145,655	301,569
Expenditure					
<i>Costs of generating funds:</i>					
		75		75	28.00
<i>Expenditure on charitable activities:</i>					
Expenditure	6	177,110	14,598	191,708	252,008
Total expenditure		177,185	14,598	191,783	252,036
Net income/(expenditure) and net movement in funds for the year		(39,230)	(6,898)	(46,128)	49,533
Transfer between Funds		(1,978)	1,978	-	-
Reconciliation of funds					
Total Funds brought forward		287,668	4,920	292,588	133,060
Total funds carried forward		246,460	-	246,460	182,593

The notes on pages 17 to 25 form an integral part of these accounts.

NIAMH LOUISE FOUNDATION

Statement of Financial Position (Balance Sheet) As at 31 March 2025

		31/03/2025	30/03/2024
	Note	CY £	PY £
Fixed Assets			
Plant	11	24,365	30,365
Net Fixed Assets		<u>24,365</u>	<u>30,365</u>
Current Assets			
Bank		237,875	278,819
Total Current Assets		<u>237,875</u>	<u>278,819</u>
Current Liabilities			
Trade creditors		10,693	10,693
PAYE		474	3,089
Other wages Costs		314	314
Accruals		4,300	2,500
Total Current Liabilities	12	<u>15,781</u>	<u>16,596</u>
Net Current Assets (CA _CL)		<u>222,095</u>	<u>262,223</u>
Net Assets		<u><u>246,460</u></u>	<u><u>292,588</u></u>
Total Assets			
Represented BY			
Designated Funds	13	90,000	90,000
Unrestricted Funds	13	156,460	197,668
Restricted Funds	14	-	4,920
		<u>246,460</u>	<u>292,588</u>

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The financial statements were approved on 29th January 2026 and signed on the trustee's behalf by;



Jolene Farrell

Chairperson

Company Number: NI 672653

The notes on pages 17 to 25 form an integral part of these accounts.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements - For the year ended 31 March 2025

1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Charity information

- a) Niamh Louise Foundation is a private limited company incorporated in Northern Ireland. The registered office is 32 Coalisland Road, Killybrackey, Dungannon, Tyrone, BT71 6LA
- b) **Basis of preparation**
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities accounts Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), in accordance with the Financial Reporting Standard applicable in the UK and preparing their Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

- c) The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).
- d) **Preparation of the accounts on a going concern basis**
The number of people using the NLF Trust is increasing year on year but the uncertainty surrounding funding is a significant area of financial uncertainty that will invariably impact upon services that we can offer. The trustees have mitigated these risks by continually challenging decisions made at government level to ensure that the impact of provisions of services is minimal.

The trustees are of the view that measures have been taken subsequent to the year-end to ensure continuous funding for the immediate future of the NLF Trust for the next 12 months and that on this basis the charity is a going concern. Should funding be reduced the NLF Trust considers that they will be able to continue albeit at a much-reduced level of the next 12 months.

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

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

f) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the NLF Trust is not recognised and refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

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

h) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the NLF Trust's work or for specific artistic projects being undertaken by the NLF Trust.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of education and crèche costs undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2025 - Continued

- j) Allocation of support costs**
Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs which support the Trusts artistic programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in notes.
- k) Operating leases**
The charity classifies the lease of printing, as operating leases; the title to the equipment remains with the lessor and the equipment is replaced every 5 years whilst the economic life of such equipment is normally 10 years. Rental charges are charged on a straight-line basis over the term of the lease.
- l) Tangible fixed assets**
Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight-line basis as follows:
- | Asset Category | Annual rate |
|-------------------------------------|----------------------|
| Equipment and Fixtures and fittings | 20% Reducing Balance |
- m) Stock**
Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.
- n) Debtors**
Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.
- o) Cash at bank and in hand**
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.
- p) Creditors and provisions**
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2025 - Continued

q) Pensions

Employees of the charity are entitled to join the Workers Pension Trust Scheme which is funded by contributions for employee and employer. Employees are automatically enrolled into the pension scheme unless they have exercised their right to opt out of scheme membership.

2. Legal status of the Trust

The organisation is governed by its constitution.

3. Donations

	31/03/2025	30/03/2024
	£	£
Donations and Fundraising	87,849	58,882
Just Giving	23,628	12,906
Charitable Giving	60	30
Gift Aid	-	250
Paypal	15,864	615
Sales of merchandise	14	-
Other	-	22,334
	127,414	95,017

4. Grant Income

Grant Income	Year ending	Unrestricted	Restricted	Year ending
	31/03/2025	31/03/2025	31/03/2025	30/03/2024
	£	£	£	£
Community Foundation for Northern Ireland	6,500	-	6,500	162,175
Dormant Accs	-	-	-	43,830
Mid Ulster District Council	200		200	-
Charity Trusts	1,000		1,000	-
	7,700	-	7,700	206,006

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2025 - Continued

5. Investment Income

All of the investment income of arises from money held in interest bearing deposit accounts.

6. Analysis of expenditure on charitable activities

	Total Expenditure Year ending	Unrestricted	Restricted	Total Expenditure Year ending
Expenditure on charitable activities:	31/03/2025	31/03/2025	31/03/2025	30/03/2024
	£	£	£	£
Wages and salaries	144,987	137,487	7,500	131,295
Staff Pensions	-	-	-	5,339
Project Work and Therapies	3,120	3,120	-	12,762
Project Maintenance	7,220	7,220	-	21,960
Staff Training	-	-	-	150
Rent payable	10,782	10,782	-	9,960
Heat and Light	3,215	3,215	-	5,141
Rates	-	-	-	-
Insurance	871	871	-	120
Advertisement	-	-	-	588
Repairs and maintenance	1,270	1,270	-	11,658
Raising Awareness and Publications costs	-	-	-	4,986
Supervision Costs	-	-	-	340
Printing, postage and stationery	503	503	-	2,294
Training Expenses	3,865	3,865	-	-
Mentoring	-	-	-	-
Telephone	1,904	1,904	-	1,557
Monitoring and Evaluation	-	-	-	3,948
Staff Travel and Expenses	394	394	-	1,102
Subscriptions	-	-	-	-
Professional Fees	3,522	3,522	-	23,344
Interest	-	-	-	-
General expenses	1,152	1,152	-	2,620
Depreciation of tangible assets	6,000	-	6,000	7,591
Support Costs - Note 7	1,803	1,803	-	2,659
Total Expenses	191,708	177,110	14,598	252,008

Support Costs are those functions that assist the work of the charity but do not directly undertake charitable activities such as accountancy.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2025 - Continued

7. Support Costs

	General support	Current Year Governance	Total	2024 Total
	£	£	£	£
Accountancy	1,800		1,800	2,500
Legal Fees	3		3	
Bank charges			-	159
	<u>1,803</u>	<u>-</u>	<u>1,803</u>	<u>2,659</u>

8. Net income/(expenditure) for the year

	2024	2023
This is stated after charging:	£	£
Depreciation	6,000	7,591

9. Staff Numbers

The average monthly head count was 4 staff (2024: 4).

10. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

No employees had employee benefits in excess of £60,000 (2023: nil).

The charity trustees were not paid or received any other benefits from employment with the Trust in the year (2024: £nil) neither were they reimbursed expenses during the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2025 - Continued

11. Tangible fixed assets

		Plant £	TOTAL £
Cost as at	01/04/2024	75,632	75,632
Cost as at	31/03/2025	75,632	75,632
Depreciation	01/04/2024	45,267	45,267
Charge for period		6,000	6,000
Disposal		-	-
Depreciation	31/03/2025	51,267	51,267
Net Book Value	31/03/2025	24,365	24,365
Net Book Value	31/03/2024	30,365	30,365

12. Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	10,693	10,693
PAYE	474	3,089
Other wages Costs	314	314
Accruals	4,300	2,500
	<u>15,781</u>	<u>16,596</u>

13. Analysis of charitable funds

	Balance 31/03/2024 £	Incoming resources £	Resources expended £	Transfers £	Funds 31/03/2025 £
General fund	197,668	137,955	177,185	(1,978)	156,460
Designated Retained Reserves	90,000				90,000
Total	<u>287,668</u>	<u>137,955</u>	<u>177,185</u>	<u>(1,978)</u>	<u>246,460</u>

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2025 - Continued

Analysis of movements in unrestricted funds

Description, nature and purposes of the fund

Name of unrestricted fund

General fund The 'free reserves' after allowing for all designated funds.

Designated funds: Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure.

14. Analysis of movements in restricted funds

	Balance				Funds
	31/03/2024	Incoming	Resources	Transfers	31/03/2025
	£	resources	expended	£	£
	£	£	£	£	£
Education	4,920	7,700	14,598	1,978	-
Total	<u>4,920</u>	<u>7,700</u>	<u>14,598</u>	<u>1,978</u>	<u>-</u>

At 31 March 2025 all funded projects were complete with no restricted funds.

15. Analysis of net assets between funds

	31/03/2025	31/03/2023
	£	£
Capital		
Fixed Assets	0	4,920
Total Restricted income	<u>0</u>	<u>4,920</u>

16 Contingent Liabilities

There is a contingent liability to repay grants received under the terms of their associated letters of offer if the charity fails to achieve and maintain specified conditions.

In the opinion of the trustees the terms of these letters of offer have been complied with in full and no loss is expected.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2025 - Continued

17 Related Party transactions and ultimate controlling party

The trustees are the deemed controlling party due to their position within the company.

18 Ethical Standards

In common with many organisations of its size and nature, the charity uses its accountant to assist with the compilation of the statutory financial statements.

Niamh Louise Foundation

Northern Ireland - Charity number 108043

Accounts

NIAMH LOUISE FOUNDATION
(A company limited by guarantee)

Report and Financial Statements

Year ending 31 March 2024

Company number: NI 672653

Charity Commission Number: 108043

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MISSION STATEMENT

“The aim of the Niamh Louise Foundation is to provide a safe environment where anyone can drop in to chat about worrying thoughts, thoughts of suicide and/or self-harm. The Niamh Louise Foundation will provide love, understanding and respect with a non-judgemental listening ear”.

NIAMH LOUISE FOUNDATION

Management Committee Report

Since the original formation of The Niamh Louise Foundation in 2006, the organisation has tirelessly campaigned for the need to raise awareness of and de-stigmatise mental health, and for the provision of support mechanisms to include prevention, intervention and post-vention techniques for those affected by suicide.

The organisation continues to work to develop and implement our own bespoke model of best practise in suicide prevention, intervention, and post-vention services, based on feedback from individuals and communities who have sought support from us, as well as our learning from worldwide bodies including the American Association of Suicidology.

Due to the increased need and growth of the charity it was agreed as part of the ongoing strategy, that the legal format would change to a company Limited by Guarantee. The decision taken to establish a charitable company would enable the Newco to take forward the charity's work.

Niamh Louise Foundation a company limited by guarantee was incorporated on 17 September 2020.

1. Completion of the Department of Health 2-year grant. This grant was significant in the foundation being able to secure its reserves for one and half years as the grant covered daily running costs and wages. There haven't been any further grants secured from April 2024 but the foundation has reached out to the local community who have rallied around and fund-raised for the foundation. The Department of Health grant was vital in sustaining the Foundation. The grant also gave the opportunity for external facilitators to come in and deliver various programmes to our coffee morning group, and our young people's group, such as art, drama, and dance.
2. The Niamh Louise Foundation continue to deliver the Mental Health First aid into the community. Staff member Jenny Orton is now fully trained and delivered the MHFA in April 2023 to the local community and a second MHFA course in August to the staff members of local Drumglass high school. Over 15 teachers, assistants, governors took part in this training.
3. Various family members of the community continue to fundraise for the foundation which has been vital in sustaining the foundation financially and has been a major contribution in helping create positive awareness on suicide for the foundation within the community. This included Clogher Eire Ogs who hosted a 7 a side Gaelic football tournament in memory of Mickey Shields, who died by suicide, local accountant Anne Douglas Ltd held a coffee morning to celebrate her 10 years in business, the Tibbot family from Kinturk in remembrance of their family member Patrick who died by suicide held a fun day, a family day was held by Sean and Gail Farrell, the McElhatton family Cookstown held a quiz night, the Murdock Family Warrenpoint Burren marked the 10th Anniversary of their Father at their local GAA club. Other family fundraisers were held by the Donaghy family Coalisland, the Montgomery Family Annaghmore, the Sherry Family Dungannon and the Watter's Family pontyypass.

NIAMH LOUISE FOUNDATION

4. Various football clubs and local businesses held their own fundraisers such as Andy Kelly from Cookstown Football Club who held 2 events with his young footballers. Eoghan Ruadh Hurling club, Donaghmore GAA and Clogher Valley Sunrise walk participated in their own Darkness into Light walk. Other community organisations raised monies such as Drumglass High School, Mallaghans engineering company, Rebaghey Rural Community Group and Dungannon Classic Car & Vehicle Club.
5. Newell Stores continue to support the foundation through the annual walk for world suicide awareness day by supplying water and refreshments and also donated £500. Other companies such as Geda Construction company, Whistledown Hotel Warrenpoint with their Spinathon and Derrytresk GAC Candlelit Musical Presentation Fundraisers. These events this year have seen the community willingly to create awareness and raise monies on suicide awareness and support the foundation which is a successful marked increase from previous years.
6. This year has seen the completion of the Log Cabin and Polytunnel which have been a great asset for our coffee morning members who can relax and share their thoughts within a safe environment outside the busy workings of the centre. The Log cabin also provides disability access with disability toilets. It provided a safe place and extra room at our evening of remembrance which is growing in attendance and continues to be a great support for families and friends bereaved by suicide on a yearly basis.
7. Due to the demand for knowledge on the Niamh Louise foundation services and shortness of staff, the foundation created our awareness session video. Jenny and Seanna completed a brief intro video into the work of the foundation so that this could be shared by companies to their staff as the staff were unable to attend in person due to time constraints. This was shown at a Wellness Day for staff over in Emerson in Cookstown.
8. This summer brought together the foundations new young advocates to share their thoughts and ideas on how the foundation can help children and young people with the growth of social media and the impact on young people's mental health in today's world. Staff and committee members brought these young advocates on a team building day to Todd's leap this was a great bonding day with shared information. Staff and committee attended their own Team Building Day in The Whistledown Hotel Warrenpoint, bringing new committee members together for training on the workings of the Niamh Louise foundation.
9. Staff received their updated Safeguarding Training through Volunteer now.
10. Catherine Mc Bennett has continued to work tirelessly on the implementation of the Psychological Autopsy in Northern Ireland and continues to liaise with relevant government bodies on the issue in an effort to have this available for all families bereaved by suicide in N. Ireland. This year seen Seanna Mc Bennett trained in a version of the P.A. called Retrospective Fatality Analysis training. Staff members attended Lighthouse's 20 Year Conference in Belfast

NIAMH LOUISE FOUNDATION

and had the opportunity to speak with Coroner Joe McCrisken in relation to the Psychological Autopsy.

11. Catherine and Marc attended the All-Party Group for Suicide Prevention in Stormont. During the meeting Catherine raised concerns about the increase in bereaved families attending the Foundation and emphasised the continuing importance of organisations continuing to work together in the prevention of suicide.
12. Our one-to-one intervention services for individuals of all ages struggling with thoughts of suicide/self-harm or bereaved by suicide continue on a daily bases, alongside the Wednesday coffee morning 'Well-Being & Recovery Group'.
13. A number of successful awareness sessions have taken place in the community, educating on mental health, self-harm, and suicide prevention. These groups have included, Emerson Cookstown, the Rowan Tree Centre, Pomeroy, the Richhill Apple Harvest Fayre and OS Doors.
14. An awareness session was facilitated to Parkview Surgery, Dungannon. The group was made up from GPs, Practise Nurses and reception staff and gave them an insight into the Foundation and how we can support them with patients. This is one of our first awareness sessions to GP's.
15. Saturday 10th September saw the return of our walk to mark World Suicide Awareness Day. The walk began at The Space, Market Square, Dungannon, and finished at Newell Stores, Coalisland. There was a great crowd in attendance and it was a brilliant day for raising awareness.

The Foundation has continued to develop and improve links with an increasing number of individuals and groups this year. Ongoing links have continued with the Child and Adolescent Mental Health Team, GPs, local schools, community & voluntary groups, the PSNI, Families Voices Forum, and the Southern Health and Social Care Trust including the Protect Life Co-Ordinator and Social Work teams.

As we face the next financial year, we still need to continue to build our reserves to maintain the staff and the high quality of service which we currently deliver within the community.

We would like to thank everyone for their fantastic support over the past year and we hope that we can continue to build on our already successful model of approach in working with individuals with thoughts of suicide/self-harm in our local communities and continue to have the financial income in order to allow us to do this to the highest standards.

The Niamh Louise Foundation Management Committee.

NIAMH LOUISE FOUNDATION

Report of the trustees for the year ending 31 March 2024

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. An exemption to preparing a cash flow statement is claimed under the small entity provisions within S1A of FRS 102.

The financial statements comply with the Charities Act 2008, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Our purposes and activities

The organisation is established for the benefit of the public in Northern Ireland (hereinafter called the "area of benefit") to promote any charitable purpose directed to alleviate the distress caused by suicide and ancillary to this:

- (a) to promote the preservation and protection of good mental health and advance public education by raising awareness of mental health issues, suicide and the factors which may lead to it among the general public in the area of benefit
- (b) to encourage people bereaved through suicide to provide mutual support and encouragement to each other;
- (c) to provide assistance to people in despair or distress and thus reduce the incidence of suicide.

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'. The Foundation relies on grant income to cover its operating costs.

The strategies employed are to achieve the following:

Aim: To provide a place of safety for young and old living with thoughts of suicide/self-harm or bereaved by suicide in Northern Ireland.

Objectives:

- To train staff to the highest standard of suicide intervention skills.
- To de-escalate thoughts of suicide/self-harm among individuals.
- To encourage recovery for individuals and families affected or bereaved by suicide through individual care programmes and group work.
- To provide safety plans, self-care, and mental health first aid tool kits for individuals at risk of suicide/self-harm and their families.
- To encourage recovery and self-awareness of an individual's mental health and triggers in the prevention of suicide/self-harm.

NIAMH LOUISE FOUNDATION

Aim: To be a good leader within the community.

Objectives:

- To keep committee, staff and volunteers updated on current research and government developments in relation to suicide and self-harm within Northern Ireland.
- To promote our work through various rural sporting, cultural, and community organisations.
- To ensure excellent standards in governance in complying with all statutory regulations and reporting requirements.
- To form collaborative partnerships with other agencies to use our expertise and knowledge to inform and influence public policy and debate.

Aim: To change lives by inspiring and encouraging the community to become volunteers.

Objectives:

- To empower the community through education and workshop programmes on suicide and self-harm.
- To leave a legacy by volunteering and in creating awareness in the community through various community events.
- To engage individuals, companies and communities through a range of fundraising initiatives.
- To promote the work of the Niamh Louise Foundation through the voice of our volunteers.

Aim: To make a meaningful and lasting legacy by raising the profile of suicide prevention at executive level.

Objectives:

- To be an authoritative voice on suicide in Northern Ireland.
- To use our links with strategic and community bodies in Northern Ireland to promote systemic change at local and government level.
- To engage in collaborative models of working.
- To strengthen partnerships with other service providers to widen choices available to our clients.

Aim: To deliver training and educational programmes on suicide and self-harm in Northern Ireland to children and young people.

Objectives:

- To strengthen and maintain high standards of training.
- To expand our training to youth through community organisations and schools.
- To develop a social media programme as a tool to reach out to children and young people.

NIAMH LOUISE FOUNDATION

- To design programmes that will build capacity, self-esteem, understanding and education in relation to suicide and self-harm.

Aim: To de-stigmatise suicide and self-harm in communities of Northern Ireland.

Objectives:

- To encourage all communities to take ownership in creating awareness on suicide and self-harm.
- To promote recovery and identify care pathways in relation to suicide and self-harm.
- To communicate key messages to leading organisations within the community on suicide prevention.
- To promote help-seeking skills in the prevention of suicide.

The Foundation now works with people across the 9 Counties of Ulster.

Financial review

The income and expenditure for the year is detailed in the accounts. A major financial concern for the Foundation as with any charity will be the ongoing financial sustainability from funding in the years to come. The trustees are aware of the need to maintain free reserves, especially in the current economic climate. Continual fund raising will be necessary in order to retain sufficient levels of reserves.

We would like to acknowledge the continued support of our funders as referred to in note 4 in the accounts. It is important to recognise that their funding really does make an impact.

The income for the year was £301K of which £206K was received as grant funding. The expenditure of £252K is expended on charitable activities.

The balance of funds at 31 March 2024 was £292K of which £287K was unrestricted income of which £90K is designated funds and £5K restricted funds.

Reserves policy and going concern

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

NIAMH LOUISE FOUNDATION

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure. The trustees consider that the ideal level of reserves as of 31 March 2024 would be £90,000.

Without the support of our funders and continued fundraising efforts by staff and volunteers, it is doubtful that the Foundation could continue operating. The trustees are endeavouring to ensure the success with a combination of measures including fundraisers and applications to funding bodies in an effort to secure staff posts and long-term sustainability of the charity.

The trustees have reviewed the circumstances of the Foundation and consider that adequate resources continue to be available to fund the activities of the Foundation for the foreseeable future. The trustees are of the view that Foundation is a going concern.

A major financial concern for the Foundation as with any charity will be ongoing financial sustainability from funding in the years to come. The trustees are aware of the need to maintain free reserves, especially in the current economic climate. Continual fundraising will provide a challenging environment in the years to come.

We would like to acknowledge the continued support of our funders as referred to in note 4 in the accounts. It is important to recognise that their funding really does make a change.

Reference and administrative details

Operating address: 32 Coalisland Road, Killybrackey, Dungannon, Co. Tyrone, BT71 6LA

Our advisers

Accountant E A Grimley & Co Limited, 16 Clonoe Village Business Park, 98 Washingbay Road, Clonoe, Dungannon, Co Tyrone, BT71 4PU

Bankers; Ulster Bank, 39 Market Square, Dungannon, Co Tyrone, BT70 1JJ

Key management personnel Niamh Louise Foundation: Trustees'

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Chair-person	Jolene Farrell	
	Gerard Carroll	
	Caitlin Bullock	Appointed 25 April 2023
	Anthony Knox	Appointed 25 April 2023
	Heather Stafford	Appointed 25 April 2023
	Nigel Stafford	Appointed 25 April 2023
	Leanne Burns	Resigned 9 June 2023
	Sharon Gallagher	Resigned 12 June 2023
	Siobhan McAllister	Resigned 28 August 2023

NIAMH LOUISE FOUNDATION

Key management personnel:

Senior managers of the Niamh Louise Foundation: Catherine McCaul – Operational Director

Structure, Governance and Management

Governing Document

Niamh Louise Foundation is a Company Limited by Guarantee governed by its Memorandum and Articles of Association dated 17 September 2020.

It is a registered charity with the Charity Commission Northern Ireland. The charity registration number is NIC 108043.

Appointment of trustees

As set out in the Articles of Association the minimum Board members shall be 3.

The Trustees shall be entitled to invite members of the public to attend as observers at any Annual General Meeting or any other meeting of the Trustees.

Organisation

The board of trustees, which require a minimum of 3 Trustees, administers the charity. The charity is managed by the Trustee Board.

To facilitate effective operations, the Operation Director has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance, employment.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee and senior manager of the charity with a funder must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year no such related party transactions were reported.

Pay policy for senior staff

The rates of pay are in line with the SHSCT scale.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity may face;
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

NIAMH LOUISE FOUNDATION

This work has identified that financial sustainability is the major financial risk for the charity. A key element in the management of financial risk is a regular review of available liquid funds to settle debts as they fall due and regular liaison with the Operational Director to ensure sufficient working capital by the Foundation.

Attention has also been focussed on non-financial risks arising from fire, health and safety staff, volunteers and clients. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place and regular awareness training for staff working in these operational areas.

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the Niamh Louise Foundation for the purposes of company law) are responsible for preparing the trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the trustees are required to:

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

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

NIAMH LOUISE FOUNDATION

Statement as to disclosure to our Independent Examiner

In so far as the trustees are aware at the time of approving our trustees' annual report:

- there is no relevant information of which the charitable company's Independent Accountant is unaware, and
- the trustees, having made enquiries of fellow trustees have each taken all steps that he/she is obliged to take as a trustee in order to make themselves aware of any relevant information and to establish that the Independent is aware of that information.

This report was approved by the board of trustees and signed on 15 January 2025 on its behalf by

Jolene Farrell
Trustee

NIAMH LOUISE FOUNDATION

Independent examiner's report to the Charity Trustees on the unaudited financial statements of the Niamh Louise Foundation.

I report to the charity trustees on my examination of the accounts of Niamh Louise Foundation for the year ended 31 March 2024 set out on pages 19 to 28.

Respective responsibilities of trustees and independent examiner

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

Having satisfied myself that the charity is not subject to audit under company law under Part 16 of the 2006 Act, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008;
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination by being a qualified member of Institute Of Chartered Accountants Ireland.

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.

Ethna Grimley

Independent examiner

**Relevant Professional Qualification: FCA
E A Grimley & Co Ltd
Chartered Accountants & Registered Auditors
16 Clonoe Village Business Park
98 Washingbay Road
Coalisland
Co Tyrone
BT71 4PU**

Dated: 15 January 2025

NIAMH LOUISE FOUNDATION

**Statement of Financial Activities
(including income and expenditure account) for year ending 31 March 2024**

	Notes	Unrestricted Funds £	Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Income:					
<i>Activities for generating funds</i>					
Donations and Legacies	3	95,017		95,017	102,475
<i>Income from charitable activities:</i>					
Grant Income	4		206,006	206,006	261,405
Capital Grants	5		-	-	10,000
<i>Investment income</i>	6	546		546	283
Total income		95,563	206,006	301,569	374,163
Expenditure					
<i>Costs of generating funds:</i>					
		28		28	10,672.00
<i>Expenditure on charitable activities:</i>					
Expenditure	7	2,659	249,349	252,008	253,493
Total expenditure		2,687	249,349	252,036	264,165
Net income/(expenditure) and net movement in funds for the year		92,876	(43,343)	49,533	109,998
Transfer between Funds		5,303	(5,303)	-	-
Reconciliation of funds					
Total Funds brought forward		189,489	53,566	243,055	133,060
Total funds carried forward		287,668	4,920	292,588	243,058

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

The notes on pages 18 to 28 form an integral part of these accounts.

NIAMH LOUISE FOUNDATION

**Statement of Financial Position (Balance Sheet)
As at 31 March 2024**

		31/03/2024	31/03/2023
		CY	PY
	Note	£	£
Fixed Assets			
Plant	12	30,365	35,710
Net Fixed Assets		<u>30,365</u>	<u>35,710</u>
Current Assets			
Bank		278,818	224,433
Total Current Assets		<u>278,818</u>	<u>224,433</u>
Current Liabilities			
Trade creditors		10,693	10,693
PAYE		3,089	6,081
Other wages Costs		314	314
Accruals		2,500	-
Total Current Liabilities	13	<u>16,596</u>	<u>17,088</u>
Net Current Assets		<u>262,223</u>	<u>207,345</u>
Net Assets		<u><u>292,588</u></u>	<u><u>243,055</u></u>
Total Assets			
Represented BY			
Designated Funds	14	90,000	90,000
Unrestricted Funds	14	197,668	99,489
Restricted Funds	15	4,920	53,566
		<u>292,588</u>	<u>243,055</u>

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The financial statements were approved on **15 January 2025** and signed on the trustee's behalf by;

Jolene Farrell

Chairperson

Company Number: NI 672653

The notes on pages 18 to 28 form an integral part of these accounts.

Notes to Financial Statements - For the year ended 31 March 2024

1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Charity information

- a) Niamh Louise Foundation is a private limited company incorporated in Northern Ireland. The registered office is 32 Coalisland Road, Killybrackey, Dungannon, Tyrone, BT71 6LA

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities accounts Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), in accordance with the Financial Reporting Standard applicable in the UK and preparing their Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

- c) The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

d) Preparation of the accounts on a going concern basis

The number of people using the NLF Trust is increasing year on year but the uncertainty surrounding funding is a significant area of financial uncertainty that will invariably impact upon services that we can offer. The trustees have mitigated these risks by continually challenging decisions made at government level to ensure that the impact of provisions of services is minimal.

The trustees are of the view that measures have been taken subsequent to the year-end to ensure continuous funding for the immediate future of the NLF Trust for the next 12 months and that on this basis the charity is a going concern. Should funding be reduced the NLF Trust considers that they will be able to continue albeit at a much-reduced level of the next 12 months.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably. Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

f) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the NLF Trust is not recognised and refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

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

h) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the NLF Trust's work or for specific artistic projects being undertaken by the NLF Trust.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of education and crèche costs undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

j) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs which support the Trusts artistic programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in notes.

Notes to Financial Statements For the Year Ended 31 March 2024 - Continued

k) Operating leases

The charity classifies the lease of printing, as operating leases; the title to the equipment remains with the lessor and the equipment is replaced every 5 years whilst the economic life of such equipment is normally 10 years. Rental charges are charged on a straight-line basis over the term of the lease.

l) Tangible fixed assets

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight-line basis as follows:

Asset Category Annual rate

Equipment and Fixtures and fittings 20% Reducing Balance

m) Stock

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

n) Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.

o) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

p) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2024 - Continued

q) Pensions

Employees of the charity are entitled to join the Workers Pension Trust Scheme which is funded by contributions for employee and employer. Employees are automatically enrolled into the pension scheme unless they have exercised their right to opt out of scheme membership.

2. Legal status of the Trust

The organisation is governed by its constitution.

3. Donations

	31/03/2024	31/03/2023
	£	£
Donations and Fundraising	58,882	57,396
Just Giving	12,906	10,383
Power NI	-	600
Charitable Giving	30	60
Gala Ball Fundraiser	-	17,119
Gift Aid	250	-
Pieta House	-	11,407
Paypal	615	-
Other	22,334	-
Employment Allowance	-	5,000
Rental Activity	-	510
	95,017	102,475

4. Grant Income

Grant Income	12 Months			31/03/2023
	Ending	Unrestricted	Restricted	
	31/03/2024	31/03/2024	31/03/2024	31/03/2023
	£	£	£	£
Community Foundation for Northern Ireland	162,175	-	162,175	130,552
Big Lottery	-	-	-	77,725
National Lottery Community Fund	-	-	-	10,000
Dormant Accs	43,830	-	43,830	43,128
	206,006	-	206,006	261,405

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2024 - Continued

5. Capital Grants

Capital Grants	Unrestricted	Restricted	
	31/03/2024	31/03/2024	31/03/2023
	£	£	£
Community Foundation for Northern Ireland - Capital	-	-	10,000

6. Investment Income

All of the investment income of arises from money held in interest bearing deposit accounts.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2024 - Continued

7. Analysis of expenditure on charitable activities

Expenditure on charitable activities:	Year ending 31/03/2024	Unrestricted 31/03/2024	Restricted 31/03/2024	Year ending 31/03/2023
	£	£	£	£
Wages and salaries	131,295		131,295	140,725
Staff Pensions	5,339		5,339	4,760
Project Work and Therapies	12,762		12,762	16,579
Project Maintenance	21,960		21,960	29,700
Staff Training	150		150	-
Rent payable	9,960		9,960	8,400
Heat and Light	5,141		5,141	3,975
Rates	-		-	170
Insurance	120		120	768
Advertisement	588		588	470
Repairs and maintenance	11,658		11,658	2,727
Raising Awareness and Publications costs	4,986		4,986	1,863
Supervision Costs	340		340	-
Printing, postage and stationery	2,294		2,294	8,549
Telephone	1,557		1,557	1,402
Monitoring and Evaluation	3,948		3,948	8,729
Staff Travel and Expenses	1,102		1,102	4,494
Subscriptions	-		-	869
Professional Fees	23,344		23,344	-
Interest	-		-	47
General expenses	2,620		2,620	2,824
Depreciation of tangible assets	7,591		7,591	12,267
Support Costs - Note 8	2,659	2,659	-	4,175
Total Expenses	252,008	2,659	249,349	253,493

Expenditure on charitable activities 2024 totalled £252,008 (2023 £253,493) which was all restricted.

Support Costs are those functions that assist the work of the charity but do not directly undertake charitable activities such as accountancy.

8. Support Costs

Analysis of governance and support costs

	Current Year			2023
	General support	Governance	Total	Total
	£	£	£	£
Accountancy	2,500		2,500	3,840
Legal Fees	159		159	
Bank charges			-	335
	<u>2,659</u>	<u>-</u>	<u>2,659</u>	<u>4,175</u>

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2024 - Continued

9. Net income/(expenditure) for the year

	2024	2023
This is stated after charging:	£	£
Depreciation	7,591	12,267

10. Staff Numbers

The average monthly head count was 4 staff (2023: 2).

11. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

	2024	2023
Per Accounts	£	£
Wages and salaries	124,200	131,169
Employer NIC	12,119	13,303
SMP Recovered	- 3,761	- 3,747
	<u>132,558</u>	<u>140,725</u>

No employees had employee benefits in excess of £60,000 (2023: nil).

The charity trustees were not paid or received any other benefits from employment with the Trust in the year (2023: £nil) neither were they reimbursed expenses during the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

NIAMH LOUISE FOUNDATION**Notes to Financial Statements For the Year Ended 31 March 2024 - Continued****12. Tangible fixed assets**

		Plant £	TOTAL £
Cost as at	01/04/2023	73,386	73,386
Additions		2,246	2,246
Cost as at	31/03/2024	<u>75,632</u>	<u>75,632</u>
Depreciation	01/04/2023	37,676	37,676
Charge for period		7,591	7,591
Depreciation	31/03/2024	<u>45,267</u>	<u>45,267</u>
Net Book Value	31/03/2024	<u>30,365</u>	<u>30,365</u>
Net Book Value	31/03/2023	<u>35,710</u>	<u>35,710</u>

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2024 - Continued

13. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	10,693	10,693
PAYE	3,089	6,081
Other wages Costs	314	314
Accruals	2,500	0
	<u>16,596</u>	<u>17,088</u>

14. Analysis of charitable funds

Analysis of movements in unrestricted funds

	Balance				Funds
	31/03/2023	Incoming	Resources	Transfers	31/03/2024
	£	resources	expended	£	£
		£	£		
General fund	99,489	95,563	2,687	5,303	197,668
Designated Retained Reserves	90,000				90,000
Total	<u>189,489</u>	<u>95,563</u>	<u>2,687</u>	<u>5,303</u>	<u>287,668</u>

Description, nature and purposes of the fund

Name of unrestricted fund

General fund The ‘free reserves’ after allowing for all designated funds.

Designated funds: Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2024 - Continued

15. Analysis of movements in restricted funds

Analysis of movements in restricted fund

	Balance				Funds
	31/03/2023	Incoming resources	Resources expended	Transfers	31/03/2024
	£	£	£	£	£
Education	53,566	206,006	245,989	(8,663)	4,920
Total	53,566	206,006	245,989	(8,663)	4,920

Restricted Funds analysed as follows:

Assets Property assets fund is the value of unrestricted funds represented by the tangible fixed assets owned and used by the charity on an on-going basis for educational activities.

16. Analysis of net assets between funds

	31/03/2024	31/03/2023
	£	£
Income		
National Lottery Community Fund	0	10,000
Dormant Accs	0	37,416
Restricted Revenue Income	-	47,416
Capital		
Fixed Assets	4,920	6,150
	4,920	6,150
Total Restricted income	4,920	53,566

17. Contingent Liabilities

There is a contingent liability to repay grants received under the terms of their associated letters of offer if the charity fails to achieve and maintain specified conditions.

In the opinion of the trustees the terms of these letters of offer have been complied with in full and no loss is expected.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2024 - Continued

18. Related Party transactions and ultimate controlling party

The trustees are the deemed controlling party due to their position within the company.

19. Ethical Standards

In common with many organisations of its size and nature, the charity uses its accountant to assist with the compilation of the statutory financial statements.

Niamh Louise Foundation

Northern Ireland - Charity number 108043

Annual report

NIAMH LOUISE FOUNDATION

Report of the trustees for the year ending 31 March 2024

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. An exemption to preparing a cash flow statement is claimed under the small entity provisions within S1A of FRS 102.

The financial statements comply with the Charities Act 2008, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Our purposes and activities

The organisation is established for the benefit of the public in Northern Ireland (hereinafter called the "area of benefit") to promote any charitable purpose directed to alleviate the distress caused by suicide and ancillary to this:

- (a) to promote the preservation and protection of good mental health and advance public education by raising awareness of mental health issues, suicide and the factors which may lead to it among the general public in the area of benefit
- (b) to encourage people bereaved through suicide to provide mutual support and encouragement to each other;
- (c) to provide assistance to people in despair or distress and thus reduce the incidence of suicide.

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'. The Foundation relies on grant income to cover its operating costs.

The strategies employed are to achieve the following:

Aim: To provide a place of safety for young and old living with thoughts of suicide/self-harm or bereaved by suicide in Northern Ireland.

Objectives:

- To train staff to the highest standard of suicide intervention skills.
- To de-escalate thoughts of suicide/self-harm among individuals.
- To encourage recovery for individuals and families affected or bereaved by suicide through individual care programmes and group work.
- To provide safety plans, self-care, and mental health first aid tool kits for individuals at risk of suicide/self-harm and their families.
- To encourage recovery and self-awareness of an individual's mental health and triggers in the prevention of suicide/self-harm.

NIAMH LOUISE FOUNDATION

Aim: To be a good leader within the community.

Objectives:

- To keep committee, staff and volunteers updated on current research and government developments in relation to suicide and self-harm within Northern Ireland.
- To promote our work through various rural sporting, cultural, and community organisations.
- To ensure excellent standards in governance in complying with all statutory regulations and reporting requirements.
- To form collaborative partnerships with other agencies to use our expertise and knowledge to inform and influence public policy and debate.

Aim: To change lives by inspiring and encouraging the community to become volunteers.

Objectives:

- To empower the community through education and workshop programmes on suicide and self-harm.
- To leave a legacy by volunteering and in creating awareness in the community through various community events.
- To engage individuals, companies and communities through a range of fundraising initiatives.
- To promote the work of the Niamh Louise Foundation through the voice of our volunteers.

Aim: To make a meaningful and lasting legacy by raising the profile of suicide prevention at executive level.

Objectives:

- To be an authoritative voice on suicide in Northern Ireland.
- To use our links with strategic and community bodies in Northern Ireland to promote systemic change at local and government level.
- To engage in collaborative models of working.
- To strengthen partnerships with other service providers to widen choices available to our clients.

Aim: To deliver training and educational programmes on suicide and self-harm in Northern Ireland to children and young people.

Objectives:

- To strengthen and maintain high standards of training.
- To expand our training to youth through community organisations and schools.
- To develop a social media programme as a tool to reach out to children and young people.

NIAMH LOUISE FOUNDATION

- To design programmes that will build capacity, self-esteem, understanding and education in relation to suicide and self-harm.

Aim: To de-stigmatise suicide and self-harm in communities of Northern Ireland.

Objectives:

- To encourage all communities to take ownership in creating awareness on suicide and self-harm.
- To promote recovery and identify care pathways in relation to suicide and self-harm.
- To communicate key messages to leading organisations within the community on suicide prevention.
- To promote help-seeking skills in the prevention of suicide.

The Foundation now works with people across the 9 Counties of Ulster.

Financial review

The income and expenditure for the year is detailed in the accounts. A major financial concern for the Foundation as with any charity will be the ongoing financial sustainability from funding in the years to come. The trustees are aware of the need to maintain free reserves, especially in the current economic climate. Continual fund raising will be necessary in order to retain sufficient levels of reserves.

We would like to acknowledge the continued support of our funders as referred to in note 4 in the accounts. It is important to recognise that their funding really does make an impact.

The income for the year was £301K of which £206K was received as grant funding. The expenditure of £252K is expended on charitable activities.

The balance of funds at 31 March 2024 was £292K of which £287K was unrestricted income of which £90K is designated funds and £5K restricted funds.

Reserves policy and going concern

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

NIAMH LOUISE FOUNDATION

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure. The trustees consider that the ideal level of reserves as of 31 March 2024 would be £90,000.

Without the support of our funders and continued fundraising efforts by staff and volunteers, it is doubtful that the Foundation could continue operating. The trustees are endeavouring to ensure the success with a combination of measures including fundraisers and applications to funding bodies in an effort to secure staff posts and long-term sustainability of the charity.

The trustees have reviewed the circumstances of the Foundation and consider that adequate resources continue to be available to fund the activities of the Foundation for the foreseeable future. The trustees are of the view that Foundation is a going concern.

A major financial concern for the Foundation as with any charity will be ongoing financial sustainability from funding in the years to come. The trustees are aware of the need to maintain free reserves, especially in the current economic climate. Continual fundraising will provide a challenging environment in the years to come.

We would like to acknowledge the continued support of our funders as referred to in note 4 in the accounts. It is important to recognise that their funding really does make a change.

Reference and administrative details

Operating address: 32 Coalisland Road, Killybrackey, Dungannon, Co. Tyrone, BT71 6LA

Our advisers

Accountant E A Grimley & Co Limited, 16 Clonoe Village Business Park, 98 Washingbay Road, Clonoe, Dungannon, Co Tyrone, BT71 4PU

Bankers; Ulster Bank, 39 Market Square, Dungannon, Co Tyrone, BT70 1JJ

Key management personnel Niamh Louise Foundation: Trustees'

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Chair-person	Jolene Farrell	
	Gerard Carroll	
	Caitlin Bullock	Appointed 25 April 2023
	Anthony Knox	Appointed 25 April 2023
	Heather Stafford	Appointed 25 April 2023
	Nigel Stafford	Appointed 25 April 2023
	Leanne Burns	Resigned 9 June 2023
	Sharon Gallagher	Resigned 12 June 2023
	Siobhan McAllister	Resigned 28 August 2023

NIAMH LOUISE FOUNDATION

Key management personnel:

Senior managers of the Niamh Louise Foundation: Catherine McCaul – Operational Director

Structure, Governance and Management

Governing Document

Niamh Louise Foundation is a Company Limited by Guarantee governed by its Memorandum and Articles of Association dated 17 September 2020.

It is a registered charity with the Charity Commission Northern Ireland. The charity registration number is NIC 108043.

Appointment of trustees

As set out in the Articles of Association the minimum Board members shall be 3.

The Trustees shall be entitled to invite members of the public to attend as observers at any Annual General Meeting or any other meeting of the Trustees.

Organisation

The board of trustees, which require a minimum of 3 Trustees, administers the charity. The charity is managed by the Trustee Board.

To facilitate effective operations, the Operation Director has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance, employment.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee and senior manager of the charity with a funder must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year no such related party transactions were reported.

Pay policy for senior staff

The rates of pay are in line with the SHSCT scale.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity may face;
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

NIAMH LOUISE FOUNDATION

This work has identified that financial sustainability is the major financial risk for the charity. A key element in the management of financial risk is a regular review of available liquid funds to settle debts as they fall due and regular liaison with the Operational Director to ensure sufficient working capital by the Foundation.

Attention has also been focussed on non-financial risks arising from fire, health and safety staff, volunteers and clients. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place and regular awareness training for staff working in these operational areas.

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the Niamh Louise Foundation for the purposes of company law) are responsible for preparing the trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the trustees are required to:

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

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

NIAMH LOUISE FOUNDATION

Statement as to disclosure to our Independent Examiner

In so far as the trustees are aware at the time of approving our trustees' annual report:

- there is no relevant information of which the charitable company's Independent Accountant is unaware, and
- the trustees, having made enquiries of fellow trustees have each taken all steps that he/she is obliged to take as a trustee in order to make themselves aware of any relevant information and to establish that the Independent is aware of that information.

This report was approved by the board of trustees and signed on 15 January 2025 on its behalf by

Jolene Farrell
Trustee

Niamh Louise Foundation

Northern Ireland - Charity number 108043

Annual return

NIAMH LOUISE FOUNDATION

Independent examiner's report to the Charity Trustees on the unaudited financial statements of the Niamh Louise Foundation.

I report to the charity trustees on my examination of the accounts of Niamh Louise Foundation for the year ended 31 March 2024 set out on pages 19 to 28.

Respective responsibilities of trustees and independent examiner

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

Having satisfied myself that the charity is not subject to audit under company law under Part 16 of the 2006 Act, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008;
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

NIAMH LOUISE FOUNDATION

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination by being a qualified member of Institute Of Chartered Accountants Ireland.

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.



Ethna Grimley

Independent examiner

**Relevant Professional Qualification: FCA
E A Grimley & Co Ltd
Chartered Accountants & Registered Auditors
16 Clonoe Village Business Park
98 Washingbay Road
Coalisland
Co Tyrone
BT71 4PU**

Dated: 15 January 2025

Niamh Louise Foundation

Northern Ireland - Charity number 108043

Accounts

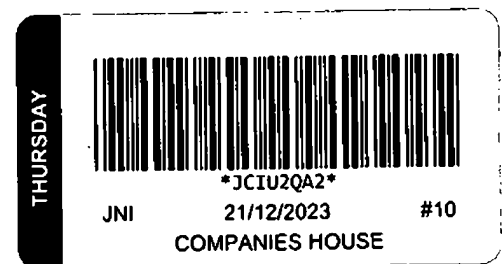
NIAMH LOUISE FOUNDATION
(A company limited by guarantee)

Report and Financial Statements

Year ending 31 March 2023

Company number: NI 672653

Charity Commission Number: 108043



NIAMH LOUISE FOUNDATION

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MISSION STATEMENT

“The aim of the Niamh Louise Foundation is to provide a safe environment where anyone can drop in to chat about worrying thoughts, thoughts of suicide and/or self-harm. The Niamh Louise Foundation will provide love, understanding and respect with a non-judgemental listening ear”.

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Management Committee Report

Since the original formation of The Niamh Louise Foundation in 2006, the organisation has tirelessly campaigned for the need to raise awareness of and de-stigmatise mental health, and for the provision of support mechanisms to include prevention, intervention and post-vention techniques for those affected by suicide.

The organisation continues to work to develop and implement our own bespoke model of best practise in suicide prevention, intervention, and post-vention services, based on feedback from individuals and communities who have sought support from us, as well as our learning from worldwide bodies including the American Association of Suicidology.

Due to the increased need and growth of the charity it was agreed as part of the ongoing strategy, that the legal format would change to a company Limited by Guarantee. The decision taken to establish a charitable company would enable the Newco to take forward the charity's work.

Niamh Louise Foundation a company limited by guarantee was incorporated on 17 September 2020.

On 1 April 2022 the assets and liabilities of the Niamh Louise Foundation unincorporated organisation were transferred to the Niamh Louise Foundation operating as a company limited by guarantee. The unincorporated organisation ceased to operate from this date. The delay in transfer was due to challenges presented by the Covid 19 pandemic.

Over the last 12 months there has been a number of significant occurrences including:

1. Completion of the National Lottery Community programme, "Empowering Young Minds". This had a successful external evaluation completed on the 5-years of the programme, outlining successes and ideas and actions for going forward. Over the 5 years of the programme, 17 group sessions were delivered to 197 participants, 547 individual young people were supported through one-to-one sessions and 744 individual self-care plans were created.
2. With the end of the Empowering Young Minds programme, the Department of Health grant has been vital in sustaining the Foundation. The grant also gave the opportunity for external facilitators to come in and deliver various programmes to our coffee morning group, and our young people's group, such as art, drama, and dance.
3. Mental Health Champion for Northern Ireland, Professor Siobhan O'Neill, officially launched a set of 6 children's emotional story-books which were created by Catherine McBennett, Operational Director & Co-Founder, as part of the Empowering Young Minds programme. The storybooks are a great asset in helping children and young people understand their emotions and various life issues such as grief, bullying, nightmares etc. The stories are based on lived experiences from young people who have come to the Foundation for support.
4. Catherine Mc Bennett has continued to work tirelessly on the implementation of the Psychological Autopsy in Northern Ireland and continues to liaise with relevant government bodies on the issue in an effort to have this available for all families bereaved by suicide in N. Ireland.

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5. Catherine has continued to grow links with the American Association of Suicidology, and in April 2022, was invited to speak at the 55th Annual AAS Conference in Chicago, USA on the Psychological Autopsy. Catherine and Grainne Hackett attended the conference which was a great opportunity for building new relationships and spreading awareness of the Foundation on an international platform.
6. Our one-to-one intervention services for individuals of all ages struggling with thoughts of suicide/self-harm, or bereaved by suicide continue on a daily bases, alongside the Wednesday coffee morning 'Well-Being & Recovery Group'.
7. The Christmas Evening of Remembrance event continues to be a great support for families and friends bereaved by suicide.
8. A number of successful awareness sessions have taken place in the community, educating on mental health, self-harm, and suicide prevention. Groups have included, Clogher Eire Og GFC, Portadown Retired Civil Service Fellowship Group, Kiverco Recycling Plant, Mallaghan Engineering, and Sainsburys Dungannon.
9. The Foundation has continued to develop and improve links with a number of individuals and groups this year. Ongoing links have continued with the Child and Adolescent Mental Health Team, GPs, local schools, community & voluntary groups, the PSNI, Families Voices Forum, and the Southern Health and Social Care Trust including the Protect Life Co-Ordinator and Social Work teams.
10. The Foundation hosted a highly successful Gala Ball in October 2022. The event was attended by local community, businesses, and families and individuals who have sought support from the Foundation, and was a great way to raise awareness in a positive fashion, as well as raising funds for the Foundation.
11. The Foundation has continued to deliver Mental Health First Aid Training into the community and are delighted to now have Jenny Orton trained and certified as a facilitator by the PHA. In this period, 3 Mental Health First Aid courses were delivered to the community, including one in the Cushendall area, which was supported by the Lisa McAllister Foundation.
12. The community have continued to be a great support to the Foundation and have organised a number of successful fundraising events over the last year. These events are vital for sustaining the work of the Foundation and we would like to thank all involved in donating to the Foundation and supporting us in any way.

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As we face the next financial year, we still need to continue to build our reserves to maintain the staff and the high quality of service which we currently deliver within the community.

We would like to thank everyone for their fantastic support over the past year and we hope that we can continue to build on our already successful model of approach in working with individuals with thoughts of suicide/self-harm in our local communities and continue to have the financial income in order to allow us to do this to the highest standards.

The Niamh Louise Foundation Management Committee

NIAMH LOUISE FOUNDATION

Report of the trustees for the year ending 31 March 2023

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. An exemption to preparing a cash flow statement is claimed under the small entity provisions within S1A of FRS 102.

The financial statements comply with the Charities Act 2008, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

On 1 April 2022 the assets and liabilities of the Niamh Louise Foundation unincorporated organisation were transferred to the Niamh Louise Foundation operating as a company limited by guarantee. The unincorporated organisation ceased to operate from this date.

Merger Accounting

Although the charity has changed its legal form, its purposes, trustees and beneficiary class remain unchanged. The charity has used merger accounting for the purposes of the current year accounts. Merger accounting involves aggregating the assets, liabilities and funds of the combining charities and presenting them as though they had always been part of the same reporting charity.

The merger took place at the start of the accounting period 1st April 2022. Any funds of the combining charities that are restricted to the particular purposes of the new charity continue to be presented as 'restricted' in the accounts of the merged charity. The unrestricted funds of the constituent charities to the merger will be aggregated provided that their purposes are identical to the new charity.

To comply with the SORP the accounts must present comparative amounts on the same basis to show the aggregated results for the combining charities for the previous reporting period. The comparative amounts are identified as being 'combined' figures. As the activity of the incorporated organisation only commenced on 1 April 2022 the prior year figures represent the 12 months of the unincorporated organisation.

The carrying amount of assets and liabilities of the combining charities are not restated to fair value, although adjustments must be made to ensure uniformity of accounting policies. No adjustments have been considered necessary.

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Our purposes and activities

The organisation is established for the benefit of the public in Northern Ireland (hereinafter called the "area of benefit") to promote any charitable purpose directed to alleviate the distress caused by suicide and ancillary to this:

- (a) to promote the preservation and protection of good mental health and advance public education by raising awareness of mental health issues, suicide and the factors which may lead to it among the general public in the area of benefit
- (b) to encourage people bereaved through suicide to provide mutual support and encouragement to each other;
- (c) to provide assistance to people in despair or distress and thus reduce the incidence of suicide.

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'. The Foundation relies on grant income to cover its operating costs.

The strategies employed are to achieve the following:

Aim: To provide a place of safety for young and old living with thoughts of suicide/self-harm or bereaved by suicide in Northern Ireland.

Objectives:

- To train staff to the highest standard of suicide intervention skills.
- To de-escalate thoughts of suicide/self-harm among individuals.
- To encourage recovery for individuals and families affected or bereaved by suicide through individual care programmes and group work.
- To provide safety plans, self-care, and mental health first aid tool kits for individuals at risk of suicide/self-harm and their families.
- To encourage recovery and self-awareness of an individual's mental health and triggers in the prevention of suicide/self-harm.

Aim: To be a good leader within the community.

Objectives:

- To keep committee, staff and volunteers updated on current research and government developments in relation to suicide and self-harm within Northern Ireland.
- To promote our work through various rural sporting, cultural, and community organisations.
- To ensure excellent standards in governance in complying with all statutory regulations and reporting requirements.

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- To form collaborative partnerships with other agencies to use our expertise and knowledge to inform and influence public policy and debate.

Aim: To change lives by inspiring and encouraging the community to become volunteers.

Objectives:

- To empower the community through education and workshop programmes on suicide and self-harm.
- To leave a legacy by volunteering and in creating awareness in the community through various community events.
- To engage individuals, companies and communities through a range of fundraising initiatives.
- To promote the work of the Niamh Louise Foundation through the voice of our volunteers.

Aim: To make a meaningful and lasting legacy by raising the profile of suicide prevention at executive level.

Objectives:

- To be an authoritative voice on suicide in Northern Ireland.
- To use our links with strategic and community bodies in Northern Ireland to promote systemic change at local and government level.
- To engage in collaborative models of working.
- To strengthen partnerships with other service providers to widen choices available to our clients.

Aim: To deliver training and educational programmes on suicide and self-harm in Northern Ireland to children and young people.

Objectives:

- To strengthen and maintain high standards of training.
- To expand our training to youth through community organisations and schools.
- To develop a social media programme as a tool to reach out to children and young people.
- To design programmes that will build capacity, self-esteem, understanding and education in relation to suicide and self-harm.

Aim: To de-stigmatise suicide and self-harm in communities of Northern Ireland.

Objectives:

- To encourage all communities to take ownership in creating awareness on suicide and self-harm.

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- To promote recovery and identify care pathways in relation to suicide and self-harm.
- To communicate key messages to leading organisations within the community on suicide prevention.
- To promote help-seeking skills in the prevention of suicide.

The Foundation now works with people across the 9 Counties of Ulster.

Financial review

The income and expenditure for the year is detailed in the accounts. A major financial concern for the Foundation as with any charity will be the ongoing financial sustainability from funding in the years to come. The trustees are aware of the need to maintain free reserves, especially in the current economic climate. Continual fund raising will be necessary in order to retain sufficient levels of reserves.

We would like to acknowledge the continued support of our funders as referred to in note 4 in the accounts. It is important to recognise that their funding really does make an impact.

The income for the year was £374K of which £272K was received as grant funding. The expenditure of £264K is expended on charitable activities.

The balance of funds at 31 March 2023 was £243K of which £189K was unrestricted income of which £90K is designated funds and £54K restricted funds.

Reserves policy and going concern

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

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure. The trustees consider that the ideal level of reserves as of 31 March 2023 would be £90,000.

Without the support of our funders and continued fundraising efforts by staff and volunteers, it is doubtful that the Foundation could continue operating. The trustees are endeavouring to ensure the success with a combination of measures including fundraisers and applications to funding bodies in an effort to secure staff posts and long-term sustainability of the charity.

NIAMH LOUISE FOUNDATION

The trustees have reviewed the circumstances of the Foundation and consider that adequate resources continue to be available to fund the activities of the Foundation for the foreseeable future. The trustees are of the view that Foundation is a going concern.

A major financial concern for the Foundation as with any charity will be ongoing financial sustainability from funding in the years to come. The trustees are aware of the need to maintain free reserves, especially in the current economic climate. Continual fundraising will provide a challenging environment in the years to come.

We would like to acknowledge the continued support of our funders as referred to in note 4 in the accounts. It is important to recognise that their funding really does make a change.

Reference and administrative details

Operating address: 32 Coalisland Road, Killybrackey, Dungannon, Co. Tyrone, BT71 6LA

Our advisers

Accountant E A Grimley & Co Limited, 16 Clonoe Village Business Park, 98 Washingbay Road, Clonoe, Dungannon, Co Tyrone, BT71 4PU

Bankers; Ulster Bank, 39 Market Square, Dungannon, Co Tyrone, BT70 1JJ

Key management personnel Niamh Louise Foundation: Trustees'

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Chair-person	Jolene Farrell	Appointed 17 September 2020
	Gerard Carroll	Appointed 17 September 2020
	Caitlin Bullock	Appointed 25 April 2023
	Anthony Knox	Appointed 25 April 2023
	Heather Stafford	Appointed 25 April 2023
	Nigel Stafford	Appointed 25 April 2023
	Gillian Nicola Blair	Resigned 21 April 2022
	Samuel Benson	Resigned 03 August 2022
	Elaine Cassidy	Resigned 25 August 2022
	Leanne Burns	Resigned 9 June 2023
	Sharon Gallagher	Resigned 12 June 2023
	Siobhan McAllister	Resigned 28 August 2023

Key management personnel:

Senior managers of the Niamh Louise Foundation: Catherine McCaul – Operational Director

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Structure, Governance and Management

Governing Document

Niamh Louise Foundation is a Company Limited by Guarantee governed by its Memorandum and Articles of Association dated 17 September 2020.

It is a registered charity with the Charity Commission Northern Ireland. The charity registration number is NIC 108043.

Appointment of trustees

As set out in the Articles of Association the minimum Board members shall be 3.

The Trustees shall be entitled to invite members of the public to attend as observers at any Annual General Meeting or any other meeting of the Trustees.

Organisation

The board of trustees, which require a minimum of 3 Trustees, administers the charity. The charity is managed by the Trustee Board.

To facilitate effective operations, the Operation Director has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance, employment.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee and senior manager of the charity with a funder must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year no such related party transactions were reported.

Pay policy for senior staff

The rates of pay are in line with the SHSCT scale.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity may face;
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. A key element in the management of financial risk is a regular review of available liquid funds to settle

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debts as they fall due and regular liaison with the Operational Director to ensure sufficient working capital by the Foundation.

Attention has also been focussed on non-financial risks arising from fire, health and safety staff, volunteers and clients. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place and regular awareness training for staff working in these operational areas.

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the Niamh Louise Foundation for the purposes of company law) are responsible for preparing the trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the trustees are required to:

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

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

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Statement as to disclosure to our Independent Examiner

In so far as the trustees are aware at the time of approving our trustees' annual report:

- there is no relevant information of which the charitable company's Independent Accountant is unaware, and
- the trustees, having made enquiries of fellow trustees have each taken all steps that he/she is obliged to take as a trustee in order to make themselves aware of any relevant information and to establish that the Independent is aware of that information.

This report was approved by the board of trustees and signed on 19 December 2023 on its behalf by



Jolene Farrell
Trustee

NIAMH LOUISE FOUNDATION

Independent examiner's report to the Charity Trustees on the unaudited financial statements of the Niamh Louise Foundation.

I report to the charity trustees on my examination of the accounts of Niamh Louise Foundation for the year ended 31 March 2023 set out on pages 19 to 28.

Respective responsibilities of trustees and independent examiner

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

Having satisfied myself that the charity is not subject to audit under company law under Part 16 of the 2006 Act, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008;
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

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Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination by being a qualified member of Institute Of Chartered Accountants Ireland.

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.



Ethna Grimley

Independent examiner

**Relevant Professional Qualification: FCA
E A Grimley & Co Ltd
16 Clonoe Village Business Park
98 Washingbay Road
Coalisland
Co Tyrone
BT71 4PU**

Chartered Accountants & Registered Auditors

Dated: 19 December 2023

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**Statement of Financial Activities
(including income and expenditure account) for year ending 31 March 2023**

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Combined Funds 2022 £
Income:					
<i>Activities for generating funds</i>					
Donations and Legacies	3	102,475		102,475	59,214
Income from charitable activities:					
Preservation and Protection of Good Mental health	4		261,405	261,405	102,133
Capital Grants	5		10,000	10,000	-
Investment Income	6	283		283	4
Total income		102,758	271,405	374,163	161,351
Expenditure					
<i>Costs of generating funds:</i>					
		10,672		10,672	-
<i>Expenditure on charitable activities:</i>					
Preservation and Protection of Good Mental health	7		253,494	253,494	193,008
Total expenditure		10,672	253,494	264,166	193,008
Net income/(expenditure) and net movement in funds for the year					
		92,086	17,911	109,997	(31,657)
Transfer between Funds		(12,303)	12,303	-	-
Reconciliation of funds					
Total Funds brought forward		109,707	23,353	133,060	164,717
Total funds carried forward		189,490	53,566	255,324	133,060

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

The Prior Year Figures related to the Combined operations as per notes 3 to 7.

The notes on pages 19 to 28 form an integral part of these accounts.

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Statement of Financial Position (Balance Sheet) As at 31 March 2023

		2023	Combined Total 2022
	Notes	£	£
Fixed assets			
Tangible assets	10	35,711	30,393
Total Fixed Assets		35,711	30,393
Current assets			
Cash at bank and in hand		224,433	116,475
Total Current Assets		224,433	116,475
Liabilities			
Creditors falling due within one year	11	17,088	13,808
Net Current assets		207,346	102,667
Net assets		243,057	133,060
The funds of the charity:	12		
Unrestricted Income		99,490	19,707
Designated Income		90,000	90,000
Restricted Income		53,566	23,353
Total charity funds		243,057	133,060

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The financial statements were approved on 19 December 2023 and signed on the trustee's behalf

by:



Jolene Farrell

Chairperson

Company Number: NI 672653

The notes on pages 19 to 28 form an integral part of these accounts.

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Notes to Financial Statements - For the year ended 31 March 2023

1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Charity information

- a) Niamh Louise Foundation is a private limited company incorporated in Northern Ireland. The registered office is 32 Coalisland Road, Killybrackey, Dungannon, Tyrone, BT71 6LA

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities accounts Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), in accordance with the Financial Reporting Standard applicable in the UK and preparing their Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

- c) The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

d) Preparation of the accounts on a going concern basis

The number of people using the NLF Trust is increasing year on year but the uncertainty surrounding funding is a significant area of financial uncertainty that will invariably impact upon services that we can offer. The trustees have mitigated these risks by continually challenging decisions made at government level to ensure that the impact of provisions of services is minimal.

The trustees are of the view that measures have been taken subsequent to the year-end to ensure continuous funding for the immediate future of the NLF Trust for the next 12 months and that on this basis the charity is a going concern. Should funding be reduced the NLF Trust considers that they will be able to continue albeit at a much-reduced level of the next 12 months.

e) Income

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

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

f) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the NLF Trust is not recognised and refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

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

h) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the NLF Trust's work or for specific artistic projects being undertaken by the NLF Trust.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of education and crèche costs undertaken to further the purposes of the charity and their associated support costs.

- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Notes to Financial Statements For the Year Ended 31 March 2023 - Continued

j) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs which support the Trusts artistic programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in notes.

k) Operating leases

The charity classifies the lease of printing, as operating leases; the title to the equipment remains with the lessor and the equipment is replaced every 5 years whilst the economic life of such equipment is normally 10 years. Rental charges are charged on a straight-line basis over the term of the lease.

l) Tangible fixed assets

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight-line basis as follows:

Asset Category	Annual rate
Equipment and Fixtures and fittings	20% Reducing Balance
Motor Vehicles	25% Reducing Balance

m) Stock

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

n) Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.

o) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

p) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

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Notes to Financial Statements For the Year Ended 31 March 2023 - Continued

q) Pensions

Employees of the charity are entitled to join the Workers Pension Trust Scheme which is funded by contributions for employee and employer. Employees are automatically enrolled into the pension scheme unless they have exercised their right to opt out of scheme membership.

2. Legal status of the Trust

The organisation is governed by its constitution.

3. Donations

	2023	Combined figures Prior year	
		NLF Incorporated	NLF unincorporated
	2022	2022	2022
	£	£	£
Donations	6,999	-	24,316
Fundraising	48,447	-	28,703
Just Giving	10,383	-	-
Power NI	600	-	-
Charitable Giving	60	-	-
Facebook Payout	1,950	-	-
Gala Ball Fundraiser	17,119	-	-
Pieta House	11,407	-	-
Sales of merchandise	-	-	2,105
Employment Allowance	5,000	-	4,000
Rental Activity	510	-	90
	<u>102,475</u>	<u>-</u>	<u>59,214</u>

4. Grant Income

Income from charitable activities	Restricted Funds	Combined figures Prior year	
		NLF Incorporated	NLF unincorporated
	2023	2022	2022
	£	£	£
Community Foundation for Northern Ireland	130,552	-	-
Big Lottery	77,725	-	102,133
National Lottery Community Fund	10,000	-	-
Dormant Accs	43,128	-	-
	<u>261,405</u>	<u>-</u>	<u>102,133</u>

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2023 - Continued

5. Capital Grants

	Restricted Funds	Combined figures Prior year	
		NLF Incorporated	NLF unincorporated
		2022	2022
	2023	£	£
Community Foundation for Northern Ireland	10,000	-	-
	10,000	-	-

6. Investment Income

All of the investment income of arises from money held in interest bearing deposit accounts.

7. Analysis of expenditure on charitable activities

	2023	Combined figures Prior year	
		NLF Incorporated	NLF unincorporated
		2022	2022
	Total	Total	Total
	£	£	£
Wages and salaries	140,725	-	128,028
Staff Pensions	4,760	-	4,328
Project Work and Therapies	16,579	-	5,262
Project Maintenance	29,700	-	-
Training/Facilitation	-	-	1,877
Volunteer Expenses	-	-	2,099
Refreshments	-	-	1,394
Rent payable	8,400	-	8,500
Heat and Light	3,975	-	3,164
Rates	170	-	-
Insurance	768	-	680
Advertisement	470	-	-
Repairs and maintenance	2,727	-	13,603
Raising Awareness and Publications costs	1,863	-	6,550
Printing, postage and stationery	8,549	-	1,421
Mentoring	-	-	1,870
Telephone	1,402	-	1,458
Monitoring and Evaluation	8,729	-	-
Staff Travel	4,494	-	1,253
Subscriptions	869	-	689
Professional Fees	-	-	3,913
Support Costs - Accountancy	3,840	-	648
Support Costs - Bank charges	335	-	216
Freelance Fees	-	-	3,270
Interest	47	-	-
General expenses	2,824	-	-
Depreciation of tangible assets	12,267	-	2,785
Total	253,494	-	193,008

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2023 - Continued

Expenditure on charitable activities 2023 totalled £253,494 (2022 £193,008) which was all restricted.

Support Costs are those functions that assist the work of the charity but do not directly undertake charitable activities such as accountancy.

8. Net income/(expenditure) for the year

	2023	2022
This is stated after charging:	£	£
Depreciation	12,267	2,785

9. Staff Numbers

The average monthly head count was 3 staff (2022: 2 staff) and the average monthly number of full-time equivalent employees (including casual and part-time staff) during the year were as follows:

Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

	2023	2022
	£	£
Salaries and wages	131,169	116,721
Employer National Insurance	13,303	11,307
Statutory Maternity Pay recovered	(3,747)	
	<u>140,725</u>	<u>128,028</u>

No employees had employee benefits in excess of £60,000 (2022: nil).

The charity trustees were not paid or received any other benefits from employment with the Trust in the year (2022: £nil) neither were they reimbursed expenses during the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022: £nil).

NIAMH LOUISE FOUNDATION**Notes to Financial Statements For the Year Ended 31 March 2023 - Continued****10. Tangible fixed assets**

	Plant and Machinery	Total
	£	£
Cost:		
As at 1 April 2022	55,801	55,801
Additions	17,585	17,585
As at 31 March 2023	<u>73,386</u>	<u>73,386</u>
Depreciation:		
As at 1 April 2022	25,409	25,409
Charge for the year	12,267	12,267
As at 31 March 2023	<u>37,676</u>	<u>37,676</u>
Net book value		
As at 31 March 2023	<u>35,711</u>	<u>35,711</u>
As at 31 March 2022	<u>30,393</u>	<u>30,393</u>

On 1 April 2022 the assets and liabilities were transferred from the unincorporated Niamh Louise Foundation to The Niamh Foundation, a company limited by guarantee.

11. Creditors: amounts falling due within one year

	2023	NLF Incorporated	NLF unincorporated
	2022	2022	2022
	£	£	£
Creditors and Accruals	10,693	-	7,693
Paye	6,081	-	3,015
Wages and Pension	314	-	3,101
	<u>17,088</u>	<u>-</u>	<u>13,808</u>

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2023 - Continued

12. Analysis of charitable funds

Analysis of movements in unrestricted funds

	Combined Balance				Funds
	As at 1 April 2022	Incoming	Resources	Transfers	As at 31
	£	resources	expended	£	March 2023
		£	£		£
General fund	19,707	102,758	(10,672)	(12,303)	99,490
Designated Funds	90,000				90,000
Total	109,707	102,758	(10,672)	(12,303)	189,490

The above balance of £109,707 on 1st April 2022 relates to reserves held by Niamh Louise Foundation (unincorporated).

There were no funds held by Niamh Louise Foundation, a company limited by guarantee.

Description, nature and purposes of the fund

Name of unrestricted fund

General fund The 'free reserves' after allowing for all designated funds.

Designated funds: Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2023 - Continued

Analysis of movements in restricted funds

	Combined Balance				Funds
	As at 1 April 2022	Incoming resources	Resources expended	Transfers	As at 31 March 2023
	£	£	£	£	£
Promotion of mental Health	23,353	271,405	253,494	12,303	53,566
Total	23,353	271,405	253,494	12,303	53,566

The above balance of £23,353 on 1st April 2022 relates to reserves held by Niamh Louise Foundation (unincorporated).

There were no funds held by Niamh Louise Foundation, a company limited by guarantee.

Restricted Funds analysed as follows:

Assets Property assets fund is the value of unrestricted funds represented by the tangible fixed assets owned and used by the charity on an on-going basis for educational activities.

	2023	2022
	£	£
Big Lottery	-	10,813
National Lottery Community Fund	10,000	-
Dormant Accs	37,416	-
Fixed Assets	6,150	12,540
	53,566	23,353

The Big Lottery Project Ceased during 2023. Assets transferred to Unrestricted Funds.

NIAMH LOUISE FOUNDATION

Notes to Financial Statements For the Year Ended 31 March 2023 - Continued

13. Analysis of net assets between funds

	General Fund	Designated Funds	Restricted Funds	Total
	£	£	£	£
Tangible fixed assets	29,561		6,150	35,711
Cash at bank and in hand	80,622	90,000	53,811	224,433
Other net current assets/(liabilities)	(10,693)		(6,395)	(17,088)
Total	99,490	90,000	53,566	243,057

14 Contingent Liabilities

There is a contingent liability to repay grants received under the terms of their associated letters of offer if the charity fails to achieve and maintain specified conditions.

In the opinion of the trustees the terms of these letters of offer have been complied with in full and no loss is expected.

15 Related Party transactions and ultimate controlling party

The trustees are the deemed controlling party due to their position within the company.

16 Ethical Standards

In common with many organisations of its size and nature, the charity uses its accountant to assist with the compilation of the statutory financial statements.

Niamh Louise Foundation

Northern Ireland - Charity number 108043

Annual report

NIAMH LOUISE FOUNDATION

Management Committee Report

Since the original formation of The Niamh Louise Foundation in 2006, the organisation has tirelessly campaigned for the need to raise awareness of and de-stigmatise mental health, and for the provision of support mechanisms to include prevention, intervention and post-vention techniques for those affected by suicide.

The organisation continues to work to develop and implement our own bespoke model of best practise in suicide prevention, intervention, and post-vention services, based on feedback from individuals and communities who have sought support from us, as well as our learning from worldwide bodies including the American Association of Suicidology.

Due to the increased need and growth of the charity it was agreed as part of the ongoing strategy, that the legal format would change to a company Limited by Guarantee. The decision taken to establish a charitable company would enable the Newco to take forward the charity's work.

Niamh Louise Foundation a company limited by guarantee was incorporated on 17 September 2020.

On 1 April 2022 the assets and liabilities of the Niamh Louise Foundation unincorporated organisation were transferred to the Niamh Louise Foundation operating as a company limited by guarantee. The unincorporated organisation ceased to operate from this date. The delay in transfer was due to challenges presented by the Covid 19 pandemic.

Over the last 12 months there has been a number of significant occurrences including:

1. Completion of the National Lottery Community programme, "Empowering Young Minds". This had a successful external evaluation completed on the 5-years of the programme, outlining successes and ideas and actions for going forward. Over the 5 years of the programme, 17 group sessions were delivered to 197 participants, 547 individual young people were supported through one-to-one sessions and 744 individual self-care plans were created.
2. With the end of the Empowering Young Minds programme, the Department of Health grant has been vital in sustaining the Foundation. The grant also gave the opportunity for external facilitators to come in and deliver various programmes to our coffee morning group, and our young people's group, such as art, drama, and dance.
3. Mental Health Champion for Northern Ireland, Professor Siobhan O'Neill, officially launched a set of 6 children's emotional story-books which were created by Catherine McBennett, Operational Director & Co-Founder, as part of the Empowering Young Minds programme. The storybooks are a great asset in helping children and young people understand their emotions and various life issues such as grief, bullying, nightmares etc. The stories are based on lived experiences from young people who have come to the Foundation for support.
4. Catherine Mc Bennett has continued to work tirelessly on the implementation of the Psychological Autopsy in Northern Ireland and continues to liaise with relevant government bodies on the issue in an effort to have this available for all families bereaved by suicide in N. Ireland.

NIAMH LOUISE FOUNDATION

5. Catherine has continued to grow links with the American Association of Suicidology, and in April 2022, was invited to speak at the 55th Annual AAS Conference in Chicago, USA on the Psychological Autopsy. Catherine and Grainne Hackett attended the conference which was a great opportunity for building new relationships and spreading awareness of the Foundation on an international platform.
6. Our one-to-one intervention services for individuals of all ages struggling with thoughts of suicide/self-harm, or bereaved by suicide continue on a daily bases, alongside the Wednesday coffee morning 'Well-Being & Recovery Group'.
7. The Christmas Evening of Remembrance event continues to be a great support for families and friends bereaved by suicide.
8. A number of successful awareness sessions have taken place in the community, educating on mental health, self-harm, and suicide prevention. Groups have included, Clogher Eire Og GFC, Portadown Retired Civil Service Fellowship Group, Kiverco Recycling Plant, Mallaghan Engineering, and Sainsburys Dungannon.
9. The Foundation has continued to develop and improve links with a number of individuals and groups this year. Ongoing links have continued with the Child and Adolescent Mental Health Team, GPs, local schools, community & voluntary groups, the PSNI, Families Voices Forum, and the Southern Health and Social Care Trust including the Protect Life Co-Ordinator and Social Work teams.
10. The Foundation hosted a highly successful Gala Ball in October 2022. The event was attended by local community, businesses, and families and individuals who have sought support from the Foundation, and was a great way to raise awareness in a positive fashion, as well as raising funds for the Foundation.
11. The Foundation has continued to deliver Mental Health First Aid Training into the community and are delighted to now have Jenny Orton trained and certified as a facilitator by the PHA. In this period, 3 Mental Health First Aid courses were delivered to the community, including one in the Cushendall area, which was supported by the Lisa McAllister Foundation.
12. The community have continued to be a great support to the Foundation and have organised a number of successful fundraising events over the last year. These events are vital for sustaining the work of the Foundation and we would like to thank all involved in donating to the Foundation and supporting us in any way.

NIAMH LOUISE FOUNDATION

As we face the next financial year, we still need to continue to build our reserves to maintain the staff and the high quality of service which we currently deliver within the community.

We would like to thank everyone for their fantastic support over the past year and we hope that we can continue to build on our already successful model of approach in working with individuals with thoughts of suicide/self-harm in our local communities and continue to have the financial income in order to allow us to do this to the highest standards.

The Niamh Louise Foundation Management Committee

NIAMH LOUISE FOUNDATION

Report of the trustees for the year ending 31 March 2023

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. An exemption to preparing a cash flow statement is claimed under the small entity provisions within S1A of FRS 102.

The financial statements comply with the Charities Act 2008, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

On 1 April 2022 the assets and liabilities of the Niamh Louise Foundation unincorporated organisation were transferred to the Niamh Louise Foundation operating as a company limited by guarantee. The unincorporated organisation ceased to operate from this date.

Merger Accounting

Although the charity has changed its legal form, its purposes, trustees and beneficiary class remain unchanged. The charity has used merger accounting for the purposes of the current year accounts. Merger accounting involves aggregating the assets, liabilities and funds of the combining charities and presenting them as though they had always been part of the same reporting charity.

The merger took place at the start of the accounting period 1st April 2022. Any funds of the combining charities that are restricted to the particular purposes of the new charity continue to be presented as 'restricted' in the accounts of the merged charity. The unrestricted funds of the constituent charities to the merger will be aggregated provided that their purposes are identical to the new charity.

To comply with the SORP the accounts must present comparative amounts on the same basis to show the aggregated results for the combining charities for the previous reporting period. The comparative amounts are identified as being 'combined' figures. As the activity of the incorporated organisation only commenced on 1 April 2022 the prior year figures represent the 12 months of the unincorporated organisation.

The carrying amount of assets and liabilities of the combining charities are not restated to fair value, although adjustments must be made to ensure uniformity of accounting policies. No adjustments have been considered necessary.

NIAMH LOUISE FOUNDATION

Our purposes and activities

The organisation is established for the benefit of the public in Northern Ireland (hereinafter called the "area of benefit") to promote any charitable purpose directed to alleviate the distress caused by suicide and ancillary to this:

- (a) to promote the preservation and protection of good mental health and advance public education by raising awareness of mental health issues, suicide and the factors which may lead to it among the general public in the area of benefit
- (b) to encourage people bereaved through suicide to provide mutual support and encouragement to each other;
- (c) to provide assistance to people in despair or distress and thus reduce the incidence of suicide.

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'. The Foundation relies on grant income to cover its operating costs.

The strategies employed are to achieve the following:

Aim: To provide a place of safety for young and old living with thoughts of suicide/self-harm or bereaved by suicide in Northern Ireland.

Objectives:

- To train staff to the highest standard of suicide intervention skills.
- To de-escalate thoughts of suicide/self-harm among individuals.
- To encourage recovery for individuals and families affected or bereaved by suicide through individual care programmes and group work.
- To provide safety plans, self-care, and mental health first aid tool kits for individuals at risk of suicide/self-harm and their families.
- To encourage recovery and self-awareness of an individual's mental health and triggers in the prevention of suicide/self-harm.

Aim: To be a good leader within the community.

Objectives:

- To keep committee, staff and volunteers updated on current research and government developments in relation to suicide and self-harm within Northern Ireland.
- To promote our work through various rural sporting, cultural, and community organisations.
- To ensure excellent standards in governance in complying with all statutory regulations and reporting requirements.

NIAMH LOUISE FOUNDATION

- To form collaborative partnerships with other agencies to use our expertise and knowledge to inform and influence public policy and debate.

Aim: To change lives by inspiring and encouraging the community to become volunteers.

Objectives:

- To empower the community through education and workshop programmes on suicide and self-harm.
- To leave a legacy by volunteering and in creating awareness in the community through various community events.
- To engage individuals, companies and communities through a range of fundraising initiatives.
- To promote the work of the Niamh Louise Foundation through the voice of our volunteers.

Aim: To make a meaningful and lasting legacy by raising the profile of suicide prevention at executive level.

Objectives:

- To be an authoritative voice on suicide in Northern Ireland.
- To use our links with strategic and community bodies in Northern Ireland to promote systemic change at local and government level.
- To engage in collaborative models of working.
- To strengthen partnerships with other service providers to widen choices available to our clients.

Aim: To deliver training and educational programmes on suicide and self-harm in Northern Ireland to children and young people.

Objectives:

- To strengthen and maintain high standards of training.
- To expand our training to youth through community organisations and schools.
- To develop a social media programme as a tool to reach out to children and young people.
- To design programmes that will build capacity, self-esteem, understanding and education in relation to suicide and self-harm.

Aim: To de-stigmatise suicide and self-harm in communities of Northern Ireland.

Objectives:

- To encourage all communities to take ownership in creating awareness on suicide and self-harm.

NIAMH LOUISE FOUNDATION

- To promote recovery and identify care pathways in relation to suicide and self-harm.
- To communicate key messages to leading organisations within the community on suicide prevention.
- To promote help-seeking skills in the prevention of suicide.

The Foundation now works with people across the 9 Counties of Ulster.

Financial review

The income and expenditure for the year is detailed in the accounts. A major financial concern for the Foundation as with any charity will be the ongoing financial sustainability from funding in the years to come. The trustees are aware of the need to maintain free reserves, especially in the current economic climate. Continual fund raising will be necessary in order to retain sufficient levels of reserves.

We would like to acknowledge the continued support of our funders as referred to in note 4 in the accounts. It is important to recognise that their funding really does make an impact.

The income for the year was £374K of which £272K was received as grant funding. The expenditure of £264K is expended on charitable activities.

The balance of funds at 31 March 2023 was £243K of which £189K was unrestricted income of which £90K is designated funds and £54K restricted funds.

Reserves policy and going concern

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

Reserves are needed to bridge the gap between the spending and receiving of income and to cover unplanned emergency repairs and other expenditure. The trustees consider that the ideal level of reserves as of 31 March 2023 would be £90,000.

Without the support of our funders and continued fundraising efforts by staff and volunteers, it is doubtful that the Foundation could continue operating. The trustees are endeavouring to ensure the success with a combination of measures including fundraisers and applications to funding bodies in an effort to secure staff posts and long-term sustainability of the charity.

NIAMH LOUISE FOUNDATION

The trustees have reviewed the circumstances of the Foundation and consider that adequate resources continue to be available to fund the activities of the Foundation for the foreseeable future. The trustees are of the view that Foundation is a going concern.

A major financial concern for the Foundation as with any charity will be ongoing financial sustainability from funding in the years to come. The trustees are aware of the need to maintain free reserves, especially in the current economic climate. Continual fundraising will provide a challenging environment in the years to come.

We would like to acknowledge the continued support of our funders as referred to in note 4 in the accounts. It is important to recognise that their funding really does make a change.

Reference and administrative details

Operating address: 32 Coalisland Road, Killybrackey, Dungannon, Co. Tyrone, BT71 6LA

Our advisers

Accountant E A Grimley & Co Limited, 16 Clonoe Village Business Park, 98 Washingbay Road, Clonoe, Dungannon, Co Tyrone, BT71 4PU

Bankers; Ulster Bank, 39 Market Square, Dungannon, Co Tyrone, BT70 1JJ

Key management personnel Niamh Louise Foundation: Trustees'

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Chair-person	Jolene Farrell	Appointed 17 September 2020
	Gerard Carroll	Appointed 17 September 2020
	Caitlin Bullock	Appointed 25 April 2023
	Anthony Knox	Appointed 25 April 2023
	Heather Stafford	Appointed 25 April 2023
	Nigel Stafford	Appointed 25 April 2023
	Gillian Nicola Blair	Resigned 21 April 2022
	Samuel Benson	Resigned 03 August 2022
	Elaine Cassidy	Resigned 25 August 2022
	Leanne Burns	Resigned 9 June 2023
	Sharon Gallagher	Resigned 12 June 2023
	Siobhan McAllister	Resigned 28 August 2023

Key management personnel:

Senior managers of the Niamh Louise Foundation: Catherine McCaul – Operational Director

NIAMH LOUISE FOUNDATION

Structure, Governance and Management

Governing Document

Niamh Louise Foundation is a Company Limited by Guarantee governed by its Memorandum and Articles of Association dated 17 September 2020.

It is a registered charity with the Charity Commission Northern Ireland. The charity registration number is NIC 108043.

Appointment of trustees

As set out in the Articles of Association the minimum Board members shall be 3.

The Trustees shall be entitled to invite members of the public to attend as observers at any Annual General Meeting or any other meeting of the Trustees.

Organisation

The board of trustees, which require a minimum of 3 Trustees, administers the charity. The charity is managed by the Trustee Board.

To facilitate effective operations, the Operation Director has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance, employment.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee and senior manager of the charity with a funder must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year no such related party transactions were reported.

Pay policy for senior staff

The rates of pay are in line with the SHSCT scale.

Risk management

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity may face;
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. A key element in the management of financial risk is a regular review of available liquid funds to settle

NIAMH LOUISE FOUNDATION

debts as they fall due and regular liaison with the Operational Director to ensure sufficient working capital by the Foundation.

Attention has also been focussed on non-financial risks arising from fire, health and safety staff, volunteers and clients. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place and regular awareness training for staff working in these operational areas.

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the Niamh Louise Foundation for the purposes of company law) are responsible for preparing the trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the trustees are required to:

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

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

NIAMH LOUISE FOUNDATION

Statement as to disclosure to our Independent Examiner

In so far as the trustees are aware at the time of approving our trustees' annual report:

- there is no relevant information of which the charitable company's Independent Accountant is unaware, and
- the trustees, having made enquiries of fellow trustees have each taken all steps that he/she is obliged to take as a trustee in order to make themselves aware of any relevant information and to establish that the Independent is aware of that information.

This report was approved by the board of trustees and signed on 19 December 2023 on its behalf by



Jolene Farrell
Trustee

Niamh Louise Foundation

Northern Ireland - Charity number 108043

Annual return

NIAMH LOUISE FOUNDATION

Independent examiner's report to the Charity Trustees on the unaudited financial statements of the Niamh Louise Foundation.

I report to the charity trustees on my examination of the accounts of Niamh Louise Foundation for the year ended 31 March 2023 set out on pages 19 to 28.

Respective responsibilities of trustees and independent examiner

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

Having satisfied myself that the charity is not subject to audit under company law under Part 16 of the 2006 Act, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008;
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

NIAMH LOUISE FOUNDATION

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination by being a qualified member of Institute Of Chartered Accountants Ireland.

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.



Ethna Grimley

Independent examiner

Relevant Professional Qualification: FCA

E A Grimley & Co Ltd

16 Clonoe Village Business Park

98 Washingbay Road

Coalisland

Co Tyrone

BT71 4PU

Chartered Accountants & Registered Auditors

Dated: 19 December 2023