BILLY'S LIFELINE

IMPACT REPORT 2025-2026

JUNE 2026

Billy's Lifeline is a Registered Charity - 1205627. Registered in England & Wales.
Registered office: Unit 13 Cookson House, River Drive, South Shields, NE33 1TL.

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A WELCOME FROM OUR CEO

This year has been one of progress, resilience, and meaningful change. As we look back on 2025 and into 2026, we're reminded of the foundations we laid in our first year - a year marked by deep gratitude, pride, and the humbling privilege of supporting many individuals through some of the most painful and complex moments of their lives.

What matters most isn't the number of people we've reached (although sadly, this is rising rapidly), but the trust we've earned and the impact we continue to make.

The challenges of this year have been real. Grief remains heavy, conversations around suicide loss are still difficult, and the need for compassionate, specialised support continues to grow. Yet through it all, the dedication of our supporters, volunteers, and partners has never wavered. Because of you, we have been able to reach more people, strengthen our programmes, and deepen our impact in ways that honour every life touched by suicide loss.

We have also continued to shift the conversation within our wider community. By encouraging open, honest dialogue around suicide and grief, we are helping to build greater understanding, compassion, and connection, all of which are so critically needed. This work is slow, often challenging, but profoundly important.

There is still more to do. We remain firmly committed to this vital work; for every person who needs us, and for every life lost that we honour with love and purpose. With your continued support, we step into the year ahead with hope and courage. We firmly believe that together, we can make an even deeper impact.

NATALIE KIRK
FOUNDER AND CEO



WHO WE ARE

Billy's Lifeline is a registered charity (1205627) dedicated to supporting families and loved ones who have lost someone or have been affected by suicide.

Based in the Northeast of England, we provide a safe, compassionate space for those affected, offering immediate emotional and practical support.

Our mission is to break the stigma surrounding suicide loss and promote mental well-being within the community.

The charity was founded in memory of Billy, Natalie's much-loved brother, who tragically passed away in 2019.

Billy was more than a brother — he was a son, a father, an uncle, and a loyal friend known for his humour, kindness, and deep compassion. His loss left a lasting impact on all who knew him.

In the aftermath of his death, Billy's family and friends found themselves without the guidance, resources, or support they so desperately needed. The stigma around suicide made it difficult to talk openly or find help, leaving many feeling isolated and overwhelmed by grief.

Struggling to cope, they were left with unanswered questions and a sense of helplessness that made healing seem out of reach. This painful experience led to the creation of Billy's Lifeline.

OUR TEAM

Chief Executive Officer:	Natalie Kirk
Chair Trustee:	Trevor Shingler
Trustee:	Dionne Thompson
Trustee:	Marcie Briggs

Our team of managers and trustees is supported by a group of dedicated, trained support workers. In 2025, the team grew further with the appointment of a part-time Manager and a volunteer Deputy Manager, strengthening our leadership and capacity. Alongside them, we are extremely fortunate to have a small team of volunteers who generously give their time to the charity. The team's commitment and passion remain at the heart of everything we do and it simply would not be possible without their dedication.

OUR MISSION

We are dedicated to supporting families and loved ones who have lost someone to suicide. Evidence suggests that family, friends and acquaintances who are bereaved by suicide may have a risk of dying by suicide that is up to a 3 times higher than the general population. Compassionate, effective and timely support for people bereaved by suicide is essential - known as Postvention.

With the **Policy Paper: Suicide prevention in England: 5-year cross-sector strategy** and **BSI Standards Publication BS 30480:2025** in mind, our charity aims are:

- Make initial contact with clients within 72 hours
- Provide 1-to-1 emotional support by phone and in person
- Offer early and practical support to those in need
- Deliver training, supervision, and ongoing support to staff
- Maintain continuous assessment of staff and service delivery
- Foster awareness and understanding of local services for effective signposting
- Empower clients to share feedback and shape the service they receive
- Conduct risk assessments, reporting, and governance responsibly
- Continuously evaluate the service and associated risks for improvement
- Provide compassionate and effective bereavement support
- Make suicide prevention everyone's responsibility
- Actively work to reduce the stigma surrounding suicide and mental health

OUR VALUES

The Ripple Effect - Picture a sudden death as a pebble dropped in a pond. While the first and biggest waves hit the family and those closest to the deceased, the impact spreads outwards to others exposed to the death such as friends, witnesses, first responders, treatment providers and colleagues – potentially up to 135 people.

These principles guide how we serve our mission, how people can expect to be treated and how we build trust with our clients. We feel honoured to be able to support people to navigate their grieving journey through the lived experience of our team.



A MESSAGE FROM OUR CHAIR TRUSTEE

As we reflect over another year of walking alongside individuals who have lost a loved one to suicide, I want to take a moment to recognise the extraordinary people who make this work possible.

Every member of our team has contributed to building a charity grounded in compassion, dignity, and hope. Their commitment has brought comfort, understanding, and stability to those navigating some of the most painful moments of their lives.

I am deeply grateful to the board for continuing to entrust me with the role of Chair Trustee. It is a responsibility I hold with great respect. Being able to support and guide our mission at this level is both humbling and meaningful.

This year's impact reflects the strength of our collective effort. From expanding our reach to enhancing the quality of our support, we have continued to grow in ways that truly matter. The stories shared within this report are a testament to the care, professionalism, and humanity that define our work.

Together, we are building a service that not only supports those in grief but also honours the memory of the loved ones they have lost.



TREVOR SHINGLER
CHAIR TRUSTEE



OUR YEAR AT A GLANCE

57

The number of new clients onboarded April 2025-March 2026

150

The total number of individuals supported April 2025-March 2026

112

The number of group support sessions held

62

The total number of adult therapeutic counselling sessions held

153

The total number of children and young persons therapeutic counselling sessions held.

HIGHLIGHTS OF THE YEAR

Strengthening Postvention Support in South Tyneside

This year, a standout moment for us was delivering our bespoke Postvention Training to staff from South Tyneside Council and other local organisations; group of people whose openness and empathy transformed the sessions into something truly special.

Participants described the experience as “moving, helpful, and delivered with genuine passion,” and their reflections reminded us why this work matters so deeply. Postvention support provided after a suicide plays a vital role in reducing risk, strengthening community resilience, and ensuring that those affected are not left to navigate their grief alone. It is a core pillar of the national and local suicide prevention strategies, recognising that compassionate, informed responses can prevent further harm and support long-term healing.

For us at Billy’s Lifeline, this training is not about presenting ourselves as experts. We show up as people with lived experience, offering understanding, guidance, and practical tools to those who may one day be supporting someone through unimaginable loss.

By equipping professionals with the confidence to respond safely and sensitively, we contribute directly to the wider goal of creating suicide-safer communities.

Knowing that this training resonated so deeply and that it strengthens the broader suicide prevention strategy stands as one of the most meaningful affirmations of our year.



Celebrating an Extraordinary Achievement

Billy's Lifeline celebrated a remarkable milestone this year as our Founder and CEO, Natalie, was honoured as the **Winner of the Unsung Hero Award at the Best of South Tyneside Awards 2026.**

This recognition reflects her dedication to supporting people bereaved by suicide, a mission shaped by the loss of her brother Billy and carried forward with courage, empathy, and relentless commitment. What began as one woman's determination to ensure no one faces this devastation alone has grown into a compassionate, community-rooted charity that changes lives every day.

We were also immensely proud to see Edna, Donna, Helen and Dionne shortlisted as finalists in the same category, and to have Billy's Lifeline recognised as a finalist for Community Group of the Year; an incredible testament to the strength, heart, and impact of our entire team.





OUR IMPACT

PROGRAMME AREA: 1-2-1 SUPPORT

Programme Aim

The 1-2-1 support service aims to provide a safe, compassionate space where individuals can openly share their thoughts and feelings. Whether delivered face-to-face or over the phone, the service ensures people feel heard, understood and never judged. The goal is to reduce emotional distress, build confidence, and help individuals feel more connected and supported.

Key Outcomes

- Increased emotional wellbeing and reduced feelings of isolation.
- Improved confidence in expressing thoughts and emotions.
- Greater ability to cope with day-to-day challenges.
- Strengthened trust in support services and willingness to seek help early.
- Enhanced sense of being valued, listened to and respected.

Case Study

After struggling with overwhelming emotions, ***Client K*** accessed 1-2-1 support. They described feeling anxious about opening up but quickly found comfort in speaking with someone who listened without judgement. Over several sessions, ***Client K*** gained confidence, learned new coping strategies, and reported feeling "lighter and more in control." They now feel more able to manage difficult moments and have begun reconnecting with activities they enjoy.

"For the first time in a long time, I felt like someone genuinely listened to me."



PHOTOGRAPH SHOWS OUR 1-2-1 SUPPORT ROOM AT CHRISTMAS 2025

OUR IMPACT

PROGRAMME AREA: PEER SUPPORT

Programme Aim

To provide a safe, supportive group environment where individuals with shared experiences can connect, build confidence, and take part in meaningful activities, workshops, and community outings. The programme aims to reduce isolation, strengthen emotional wellbeing, and help participants develop practical skills for everyday life.

Key Outcomes

- **Increased sense of belonging — participants report feeling understood and supported by peers with similar experiences.**
- **Improved emotional wellbeing — regular engagement in structured sessions helps reduce stress and build resilience.**
- **Enhanced social confidence — our group activities encourage communication, teamwork, and positive social interaction.**
- **Development of practical skills — workshops and sessions build everyday skills such as problem-solving, planning, and self-expression.**
- **Greater community engagement — outings help participants feel more confident navigating local spaces and trying new experiences.**

Case Study

***Client P* - age 22 joined the group feeling anxious about meeting new people. Over several weeks, they began coming to the groups, bringing their pet dog for support and gradually joined in discussions. "Such a wonderful little community that has been built out of grief and bereavement. All of the staff are amazing in every way going, they haven't just helped me with the loss of my dad but have helped me find a purpose to wake up, leave the house and given me something to look forward to on a Monday and Thursday. Staff are very patient, friendly and kind. I couldn't be more thankful for the community that I've gotten involved with".**



PHOTOGRAPH SHOWS OUR PEER SUPPORT SESSION ACTIVITY BEING LED BY ALISHA

OUR IMPACT

PROGRAMME AREA: SPECIALIST GROUP FOR MOTHERS BEREAVED BY SUICIDE

Programme Aim

This specialist group is led by Edna, our volunteer who is mother to Billy, our namesake. This session is held on the last Tuesday of every month and provides a safe, specialist, peer-supported space for mothers who have lost a child to suicide. Its aims are to:

- Reduce isolation by connecting mothers with others who share similar lived experiences
- Improve emotional wellbeing through facilitated group support and trauma-informed guidance
- Build coping strategies that help participants navigate grief, guilt, stigma, and complex emotions
- Strengthen resilience and confidence in daily life
- Ensure mothers feel heard, validated, and supported without judgement

Key Outcomes

- Increased sense of connection and belonging among participants
- Improved ability to talk openly about grief and loss
- Reduction in feelings of shame, self-blame, and isolation
- Greater awareness of coping tools and support pathways
- Participants report feeling more hopeful and better able to manage day-to-day challenges

Case Study

Client J, a mother, heard about Billy's Lifeline only 2 weeks after losing her adult son to suicide. She described feeling anxious, isolated, ashamed and lost, her world felt empty. As well as this she felt physically ill. Mixing with other people was difficult but coming to the mother's group allowed me a safe place with like-minded people. A small group size, plus a quiet room helped to go to if feeling anxious or upset. Over time, hearing other mothers share their stories helped her feel less alone. ***J*** said the group gave her a space where she didn't have to explain or justify her grief; a place where she felt understood and accepted. She now supports newer members and shares her story to "help others and reduce the stigma of suicide"



PHOTOGRAPH SHOWS A SOCIAL MEDIA POST TO ADVERTISE OUR MOTHER'S SPECIAL SUPPORT GROUP

OUR IMPACT

PROGRAMME AREA: MINDFUL MONDAY

Programme Aim

Our Mindful Monday Sessions aim to provide weekly opportunities for team members and clients to learn and practice mindfulness, self-care, and stress-management techniques while creating a calm and supportive space that promotes wellbeing, emotional resilience, and positive mental health. It also seeks to strengthen community connections by welcoming local organisations that generously share their expertise, and to encourage long-term habits that enhance overall quality of life for everyone who takes part.

Key Outcomes

- Increased confidence among staff and clients in using mindfulness tools during stressful moments.
- Improved emotional regulation and reduced anxiety reported informally by participants.
- Stronger relationships with local partner organisations who donate their time and skills.
- Consistent weekly attendance, showing sustained engagement and interest.
- Enhanced sense of community and belonging within the service.

Case Study

Client R who initially struggled with anxiety began attending Mindful Monday sessions on a regular basis. At first, they found it difficult to settle into the exercises, but over several weeks they became more comfortable with the routines and began to look forward to the sessions. They reported feeling increasingly in control of their emotions and started using simple breathing and grounding techniques at home when they felt overwhelmed. Staff also observed noticeable improvements in their confidence, communication, and ability to cope with challenging situations. ***Client R*** has since encouraged others to join, runs their own group activities and has a great way with words when other people are struggling. Mindful Monday has become an important part of their weekly wellbeing.



PHOTOGRAPH SHOWS DECORATED JARS CREATED BY THE GROUP AND THEIR WRITTEN AFFIRMATIONS AND SELF LOVE QUOTES TO PICK OUT WHEN WE MAY BE HAVING A TOUGH DAY

OUR IMPACT

PROGRAMME AREA: ADULT THERAPEUTIC COUNSELLING SERVICES

Programme Aim

Through our close partnership with Mark Walsh at Lighthouse Therapy Group, we ensure that clients are met with warmth, expertise, and a deep understanding of the unique complexities of suicide loss. We strive to help people make sense of experiences that feel overwhelming or impossible to understand, rebuild a sense of emotional security, and move forward in a way that respects their grief. Our work centres on restoring steadiness, easing feelings of loneliness, and supporting each person as they gradually reconnect with the world around them in their own time.

Key Outcomes

- Reduced traumatic distress
- Greater emotional safety
- Improved mental wellbeing
- Stronger coping and resilience
- Reconnection and stability
- Feeling understood

Case Study

Client J, was referred to Lighthouse Therapy Group following the suicide of her son. Daily functioning had become difficult, and they felt unable to talk openly with family for fear of causing more pain.

Through weekly sessions with Mark, ***Client J*** explored the trauma surrounding the loss, learned grounding techniques to manage panic and intrusive memories. “Access to Lighthouse Therapy came at a vital point in my journey. I feel more hopeful for the future, I now have an acceptance of my situation which came at a pace I could take, and I can experience joyfulness”.

Lighthouse THERAPY GROUP

OUR IMPACT

PROGRAMME AREA: CHILDREN AND YOUNG PERSON'S THERAPEUTIC SERVICES

Programme Aim

Our Children and Young Person's therapeutic counselling service aims to provide a safe, confidential space where children and young people can explore difficult emotions, build resilience, and develop healthier coping strategies. This includes specialist support for those affected by suicide loss, helping them process grief, make sense of overwhelming feelings, and reduce the isolation that often follows a traumatic bereavement. The service focuses on early intervention to prevent issues from escalating, supporting emotional wellbeing, improving communication skills, and strengthening relationships at home and school. The overarching goal is to help young people feel heard, understood, and empowered to navigate their experiences with confidence, compassion, and hope for the future.

Key Outcomes

- Better ability to manage and express difficult emotions linked to traumatic loss
- Increased confidence, self-esteem, and sense of identity while grieving
- Reduced anxiety, low mood, and distress related to bereavement
- Stronger relationships and improved communication with family, peers, and school
- Improved engagement in education and daily routines

Case Study

A 13-year-old, ***Client K,*** referred for counselling was struggling with anxiety, social withdrawal, and conflict at home. Over 12 sessions, they explored the roots of their worries, learned grounding techniques, and built confidence in expressing their needs. By the end of the programme, the young person began re-attending school, engaging with school activities, and their parent described a "noticeable improvement in communication and calmness at home".

PHOTOGRAPHS SHOW OUR CHILDREN'S COUNSELLOR AND OUR DAY SPENT WITH PUDSEY FROM BBC CHILDREN IN NEED





OUR IMPACT

OTHER PROGRAMME AREAS

Befriending Services we have offered and the impact this had

- *Food shopping:* helped client manage this essential task when grief felt too heavy to do this alone to ensure they had groceries.
- *Accompanied to GP appointment:* reduced anxiety when explaining their feelings around their bereavement and ensured client felt supported during some difficult moments.
- *Transported to alcohol rehab centre*: this removed the practical barrier of accessing the vital help that our client needed for rehab and recovery.
- *Met for a coffee prior to joining their first support group*: discussed concerns about attending as a new member, explained the set up and gently encouraged to alleviate fears
- *Welfare checks*: agreed during onboarding; if clients miss planned contact or appointments, we check in to ensure they are safe and supported.

- **Assisting with Practicalities and the impact this had**
-
- ***Immediate paperwork:*** **the many essential documents and administrative processes at the time of a death feel extremely overwhelming and we can help our client understand the priority and support them to complete.**
- ***Home and personal responsibilities:*** **we often advise and support when the practicalities become difficult to manage alone which takes the pressures off our clients.**
- ***Collected a loved one's belongings:*** **during an emotionally challenging task we offered compassionate support and have undertaken this task on behalf of our clients when we have been requested to do so.**
- ***Support with funeral, inquest, or solicitor processes:*** **this help our clients navigate complex and often distressing procedures with clarity and reassurance.**
- ***Letters for employers or housing and benefits agencies:*** **this is important to ensure our clients receive understanding, time, and financial stability while they grieve from their workplace or supporting agencies.**
- ***Rehoming pets:*** **when pets have been left without their owner we have helped remove urgent pressures on the family or friends and ensured animals were cared for when client could not manage.**
- ***Coordinating with schools:*** **in coordination with our specialist counsellor, we support children and young people affected by the bereavement, this ensures their needs are understood and met in school or further education.**



PHOTOGRAPH SHOWS A POEM WRITTEN FOR OUR CLIENTS BY A FRIEND OF THE CHARITY

STORIES OF CHANGE

Name: Client **MM**

Challenge: SELF CARE AND CONFIDENCE - **MM** felt unable to leave the house or mix with other people; felt difficulty in opening up to people and expressing feelings. Did not care about self; personal hygiene, household chores etc. Felt anger towards people and life in general

Support provided: "All staff and peers gave me a very warm welcome, understanding of my emotions and feelings. Being open in conversations and offered any support I need."

Outcome: "Venturing out to the support groups is giving me more confidence, month by month, to leave my house which is my comfort zone. Being able to talk openly about every part of my loss is comforting to me, allowing me to feel validated."

Name: Client **SA**

Challenge: THE LEGALITIES AND DECLINE IN OWN MENTAL HEALTH - **SA** felt a decline in her own mental health. After feeling anxious in public settings, they became isolated and felt lonely. There were specific challenges around the inquest and dealing with solicitor communications

Support provided: "Being part of the groups and the individual support from the team. In particular the help I received around attending the coroners office, and dealing with solicitors, I could not have managed without the support of Trevor and the team at Billy's Lifeline."

Outcome: "My life has changed tremendously, I have a new lease of life. I feel like we have gained another family. I feel at ease and starting to heal. I am now looking after my family and most importantly, myself"

Name: Client **TM**

Challenge: LACK OF COMMUNICATION FROM POLICE - **TM** felt her world end as she knew it and navigating the aftermath was a daily struggle. With no direct correspondence from the police force, **TM** felt frustrated with the lack of communication around the death of her only son.

Support provided: "Billy's Lifeline was instrumental in confirming the place where my son died. Through the charity I was linked up with a community police officer who resolved my issue within a month after many months of silence."

Outcome: "In the early days, coming to the groups and meeting like minded people is what kept me going. Since receiving support I now realise that I am not alone in this journey; sharing my story has helped and keep my son's memory alive with stories of his life and not just his death."

TESTIMONIAL

Finding Support After Suicide Bereavement

In November 2025, life changed forever when my husband of 29 years died by suicide. The loss was devastating, and I was left trying to navigate overwhelming grief, confusion, and isolation.

I was introduced to Billy's through a recommendation from my sister's best friend, who works in a related support service. From my first contact, I felt understood and supported by people who recognised the unique challenges that come with losing someone to suicide.

One of the biggest difficulties after my loss was that many people around me didn't know what to say or how to help. Through Billy's, I found a safe and confidential space where I could share my thoughts and feelings without judgement. Being able to talk openly with others who had experienced similar losses helped me realise that many of the emotions and thoughts I was having were normal, and that I was not alone.
The one-to-one support I received at the beginning of my journey was invaluable. It gave me somewhere to share feelings that I didn't want to burden my loved ones with. When I reached out for help, I was able to access support quickly, rather than facing a long wait. I also attended peer support groups and therapy sessions, including support through Lighthouse Therapy, which became an important part of my healing process. Listening to other people's stories and seeing how they were coping had a significant impact on me. Through the peer groups, I made new friends and found comfort in connecting with people who truly understood what I was going through.

Today, I continue to access ongoing therapy and know that I can attend support groups whenever I need them. Billy's has supported me from the very beginning, helping me rebuild my life and return to work. Knowing that support remains available for both me and my loved ones gives me great reassurance.
I am always willing to share my story if it helps others. My advice to anyone experiencing a similar loss is simple: reach out. Speaking to people who have lived through a similar experience can make a huge difference. Being among others who understand can help you feel heard, accepted, and less alone.

Key Impact Highlights

- Accessed immediate one-to-one bereavement support following the loss of her husband.
- Found a safe, confidential space to talk openly about suicide bereavement.
- Connected with others through peer support groups, reducing feelings of isolation.
- Built new friendships with people who understood her experience.
- Received ongoing therapeutic support to aid long-term recovery.
- Returned to work and began rebuilding her life with continued support from Billy's.
- Now advocates for reaching out and sharing experiences to help others facing similar grief.

The ripple effects go far beyond the individuals directly helped. Families are held together. Friends become better equipped to support each other. Communities learn that it’s okay to talk about loss, trauma, and healing. **In short, Billy’s Lifeline doesn’t just support people, it saves them.**

PARTNERSHIPS AND COMMUNITY

Billy's Lifeline collaborates with several key local initiatives that share its mission of fostering mental well-being and community resilience.

For the second year we worked closely with Sunderland College; students Ruby and Autumn completed their work placement with us over several weeks. The staff and the clients really welcomed the students with open arms and they contributed to our groups activity sessions



Autumn said: "Overall, this experience has had a very positive impact on how I view my future career. It has encouraged me to think more seriously about working in a role where I can support others and make a meaningful difference in people's lives. I found the placement extremely rewarding and enjoyable, and it is somewhere I would love to return to in the future, either for further experience or as a volunteer, as I felt comfortable, welcomed, and inspired during my time there."



Karbon Homes New Start is an initiative funded by UK Government and supported by South Tyneside Council to create life changing employment pathways for local residents, giving them a chance to shine. Billy's Lifeline was thrilled to welcome Tim and Emily to the team, who both overcame significant challenges in securing employment to land their career-starting roles. Tim and Emily fitted in well with the team and the clients; they were integral to the implementation of our Mindful Monday sessions, planning weekly activities. Tim also helped us celebrate the Lunar New Year; in addition to enjoying food together, we wrote fai chun (festive calligraphy banners), embraced the blessings of the season, and explored the cultural meanings behind the traditions.



SOBS - Survivors of Bereavement by Suicide - We had the privilege of joining the local talking group in Whitley Bay, welcomed by Gill, Glen and Lauren the group facilitators. We met some truly remarkable people who have faced the unimaginable heartbreak of losing someone they love. Together, we listened, shared stories, and honoured the beautiful memories of their loved ones. The strength, honesty, and compassion in the room were deeply moving. Grateful for the chance to connect, to listen, and to offer even a small moment of hope.





We were delighted to welcome a four-legged friend, Shadow, from **Shadows of Light CIC** who pops in to some of our small group sessions which can help reduce anxiety and provide comfort through simple presence and connection.

We have been overwhelmed by the generosity of local well-being organisations who have so kindly donated their time and expertise for our weekly Mindful Monday sessions. So far this year we have had some fantastic session which contribute to the mental wellness of not only our clients but our team members too:

Good for the Soul Holistics - Sound Bath with Alex
Reset and Restore - Hand and shoulder massages with Molly
Wise Witchery - Love yourself spells with Alisha
NECA Gardens - Christmas Wreath Making
The Botanical Apothecary - The Perfect Blend with Beth
Serenity Wellness - Crystal Clarity with Steph
Star Bakers - Therapeutic Baking with Lesley













Through these partnerships, Billy's Lifeline strengthens its capacity to deliver vital practical help, therapy, respite, workshops, one-to-one and group support.
More importantly, these collaborations help reduce the stigma around suicide in our region—creating a community that truly listens, supports, and heals—together.

WHERE THE MONEY COMES FROM

Billy's Lifeline is proud to be supported by a range of generous funders who provide grants and funding to help us deliver vital services to individuals and families affected by suicide and emotional crisis. This funding allows us to offer tailored support, develop our team, and grow our reach within the community.

We are deeply grateful to the following partners for believing in our mission and investing in our work:

- Albert Hunt
- Asda Community Fund
- BBC Children in Need
- Bloom
- Goodman Foundation
- Greatham Foundation
- Groundwork
- Inspire
- New Start
- NWH Group
- St Hildas
- William Leach

Each of these funders plays a crucial role in helping us deliver emotional and practical support, reduce stigma, and ensure that suicide prevention remains everybody's business.

During 2025–26, Billy's Lifeline continued to rely on the extraordinary generosity of our local community. As a grassroots charity, community-led fundraising remains central to our sustainability, and this year we once again saw remarkable commitment from individuals, families, and businesses across the region.

Local fundraising activities including community events, charity runs, sponsored challenges, donation drives, raffles, coffee mornings, and bake sales played a vital role in supporting our services. Each contribution, whether financial or in-kind, directly strengthened our ability to provide essential emotional and practical support to those who need us most.

Partnerships with local businesses continued to be a key source of sponsorship, donations, and practical assistance. Many of our clients and their families also chose to give back by raising awareness and funds, helping to extend our reach within the community.

We remain deeply grateful to our volunteer fundraisers, event participants, and supporters of all kinds. Their dedication and willingness to go the extra mile underpin the resilience of our organisation. This collective effort ensured that Billy's Lifeline could continue delivering life-changing support throughout 2025–26.

We had an amazing team of runners who took on the 2025 Great North Run in support of our work. Thanks to the dedication and generosity of Joe, Kev, Neil, Callum, Dale, Jade, Jessica, Richard and Katie, along with junior runners Harper and Lyle, who proudly completed the Junior GNR with their dad — an incredible amount was raised.



To each runner, sponsor and supporter: thank you. Your commitment makes a real difference, and we couldn't be more grateful.

Generosity has taken many forms: time, skills, donations, fundraising, and countless acts of kindness. Our supporters include a wide range of local partners, from nail salons, cafés, restaurants, barbers, beauty studios, gyms, and independent shops, to professionals who donated their services, and businesses who contributed vouchers, products, and expertise.

We want to extend our heartfelt thanks to:

- Barbara from South Tyneside Pledge for organising a welcoming coffee morning that brought Pledge members together to learn more about our charity and the support we offer to those in need.
- Eunice and Jim from One For All; a fabulous community drop in service supporting local homeless, isolated, struggling individuals with a safe space - for kindly donating beautiful gifts for our raffle.
- June, Manager at Nando's Trinity Gateshead for championing our cause in her restaurant, raising money.
- Ford Aerospace and Hitachi for hosting a charity football match and raising an incredible amount to help us continue supporting bereaved families.
- Lynette and Kathleen for completing the Walk of Hope 2025 and fundraising with dedication and heart.
- Lynn from The People's Angels CIC for donating some wonderful items for our support groups
- Kath from The Steamboat and Barry the Quizmaster for hosting a Halloween themed fundraiser quiz night.
- South Tyneside Mayor and Mayoress for their kind donation from fundraising during their term.
- Chris from Box Clever Events for promoting our cause to his charity fighters, several of whom fundraised.
- South Tyneside Council Leader and Deputy for their kind donation.
- Toni from Tesco at Westoe Crown for her kind raffle prizes donation.
- Emma from Tesco Simonside for her continued support.



LOOKING AHEAD

A bold, focused year lies ahead. Here's where we're heading next:

Short Film Campaign

- Launching a series of short films to highlight the impact of suicide
- Piloting innovative approaches shaped by lived experience
- Expanding support into marginalised groups such as LGBTQI+, Neurodivergent communities and ethnic minorities.

Expansion Plans

- Growing our reach across the Northeast
- Strengthening outreach and digital access
- Building new partnerships to scale impact

Funding Priorities

- Securing multi-year grants
- Growing individual and corporate giving
- Investing in long-term sustainability

Strategic Goals

- Stronger impact measurement
- Embedding equity and inclusion
- Enhancing organisational resilience
- Deepening collaboration across sectors

Opportunities Ahead

- New community partnerships
- Volunteer and client led initiatives
- Advocacy and awareness campaigns
- Innovation in service delivery

Be Part of What Comes Next

We invite supporters, partners, and community members to help shape the future with us. Together, we can create lasting change.

Charity registration number 1205627 (England and Wales)

BILLY'S LIFELINE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

BILLY'S LIFELINE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr T Shingler Ms M Briggs Ms D Thompson	 (Appointed 20 June 2025)
Charity registration	England and Wales	1205627
Principal address	Unit 13 Cookson House South Shields Tyne And Wear NE33 1TL	
Independent examiner	Nicholas Liley FCA BK Plus Limited 13 Windsor Terrace Newcastle upon Tyne NE2 4HE	
Bankers	Virgin Money 67 Queen Street Wolverhampton WV1 3BY	

BILLY'S LIFELINE

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BILLY'S LIFELINE

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2026

The trustees present their annual report and financial statements for the year ended 31 March 2026.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Objectives and activities

The relief of need of those affected by the suicide of a close family member or loved one in the North-East of England by assistance to obtain counselling and bereavement services and to raise awareness about mental and physical health issues caused by the impact of suicide through educational campaigns, workshops, and community outreach programmes, promoting open discussions and reducing the stigma surrounding mental health challenges.

Our mission is to save the lives of those who have lost a loved one through suicide, offer comfort, and empower individuals to seek help and support during their most challenging moments, ensuring that no one faces the aftermath of suicide alone.

We will support families and individuals affected by suicide for the public benefit across the North East of England. We will provide of a safe and understanding space where those impacted by suicide can find immediate practical, mental, respite and emotional support following the loss of a loved one through suicide. We will relieve stigma surrounding mental health and suicide, while fostering resilience and promoting mental well-being.

Achievements and performance

Strengthening Postvention Support in South Tyneside

This year, a standout moment for us was delivering our bespoke Postvention Training to staff from South Tyneside Council and other local organisations; group of people whose openness and empathy transformed the sessions into something truly special.

For us at Billy’s Lifeline, this training is not about presenting ourselves as experts. We show up as people with lived experience, offering understanding, guidance, and practical tools to those who may one day be supporting someone through unimaginable loss.

By equipping professionals with the confidence to respond safely and sensitively, we contribute directly to the wider goal of creating suicide-safer communities. Knowing that this training resonated so deeply and that it strengthens the broader suicide prevention strategy stands as one of the most meaningful affirmations of our year.

Celebrating an Extraordinary Achievement

Billy’s Lifeline celebrated a remarkable milestone this year as our Founder and CEO, Natalie, was honoured as the Winner of the Unsung Hero Award at the Best of South Tyneside Awards 2026.

This recognition reflects her dedication to supporting people bereaved by suicide, a mission shaped by the loss of her brother Billy and carried forward with courage, empathy, and relentless commitment. What began as one woman’s determination to ensure no one faces this devastation alone has grown into a compassionate, community-rooted charity that changes lives every day.

Financial review

Billy's Lifeline is primarily funded by donations and grants. The total income for the year was £68,256 (2025 - £112,770), of which £27,980 (2025 - £50,090) was restricted. This income is allocated across respective funds on the Statement of Financial Activities in accordance with the Statement of Recommended Practice.

The Statement of Financial Activities for the year ended 31 March 2026 shows a net deficit across all funds of £1,295 (2025 - net surplus of £15,404).

The Balance Sheet at 31 March 2026 shows a total fund carried forward of £14,109 (2025 - £15,404) of which there are£19,150 (2025 - £33,179) of restricted funds and a shortfall due to an overspend on unrestricted funds of £5,041 (2025-£17,775).

Reserves policy

Billy's Lifeline has established a policy whereby the unrestricted funds not invested in fixed assets held by the charity should be between three and six months of annual expenditure. The charity has a substantial shortfall in this figure at the 31 March 2026.

Structure, governance and management

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Charitable Incorporated Organisation - Foundation Model - whereby the only voting members are the charity Trustees. We have adopted the Charity Commissions Model Constitution to ensure we comply with the Charities Act 2011 (the 2011 Act) and the General Regulations. This helps us to ensure we:

> Reflect recommended best practice; and
> Are legally compliant

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr T Shingler	
Ms M Briggs	
Ms A Cummings	(Resigned 20 June 2025)
Ms D Thompson	(Appointed 20 June 2025)

Recruitment and appointment of trustees

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Any appointment must be made at a meeting held according to the ordinary practice of the appointing body.

Organisational structure

The members of the CIO shall be its charity trustees for the time being. The only persons eligible to be members of the CIO are its charity trustees. Membership of the CIO cannot be transferred to anyone else.

Any member and charity trustee who ceases to be a charity trustee automatically ceases to be a member of the CIO.

The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO.

If the CIO is wound up, each member of the CIO is liable to contribute to the assets of the CIO such amount (but not more than £1.00 as may be required for payment of the debts and liabilities of the CIO contracted before that person ceases to be a member, for payment of the costs, charges and expenses of winding up, and for adjustment of the rights of the contributing members among themselves.

The charity trustees may delegate any of their powers or functions to a committee or committees, and, if they do, they shall determine the terms and conditions on which the delegation is made. The charity trustees may at any time alter those terms and conditions, or revoke the delegation.

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

Mr T Shingler
Trustee

7 October 2026

BILLY'S LIFELINE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BILLY'S LIFELINE

I report to the trustees on my examination of the financial statements of Billy's Lifeline (the charity) for the year ended 31 March 2026.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

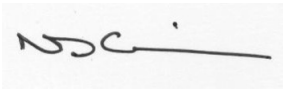
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.

2 the financial statements do not accord with those records; or

3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Nicholas Liley FCA
BK Plus Limited
13 Windsor Terrace
Newcastle upon Tyne
NE2 4HE
7 October 2026

BILLY'S LIFELINE

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Income and endowments from:							
Donations and legacies	**3**	17,067	-	17,067	21,187	260	21,447
Charitable activities	**4**	15,725	27,980	43,705	35,598	49,830	85,428
Other trading activities	**5**	7,466	-	7,466	4,741	-	4,741
Investments	**6**	18	-	18	114	-	114
Other income	**7**	-	-	-	1,040	-	1,040
Total income		40,276	27,980	68,256	62,680	50,090	112,770
Expenditure on:							
Raising funds	**8**	2,683	-	2,683	2,279	21	2,300
Charitable activities	**9**	24,859	42,009	66,868	78,176	16,890	95,066
Total expenditure		27,542	42,009	69,551	80,455	16,911	97,366
Net income/(expenditure) and movement in funds		12,734	(14,029)	(1,295)	(17,775)	33,179	15,404
Reconciliation of funds:							
Fund balances at 1 April 2025		(17,775)	33,179	15,404	-	-	-
Fund balances at 31 March 2026		(5,041)	19,150	14,109	(17,775)	33,179	15,404

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

BILLY'S LIFELINE

BALANCE SHEET

AS AT 31 MARCH 2026

	Notes	2026 £	£	2025 £	£
Current assets					
Debtors	**15**	-		160	
Cash at bank and in hand		18,829		22,884	
		18,829		23,044	
Creditors: amounts falling due within one year	**16**	(4,720)		(7,640)	
Net current assets			14,109		15,404
The funds of the charity					
Restricted income funds	**17**		19,150		33,179
Unrestricted funds	**18**		(5,041)		(17,775)
			14,109		15,404

The financial statements were approved by the trustees on 7 October 2026

Mr T Shingler
Trustee

1 Accounting policies

Charity information

Billy's Lifeline is a Charitable Incorporated Organisation. The address of the charity's registered office and principal place of business is Unit 13 Cookson House, South Shields, Tyne and Wear, NE33 1TL.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

1.4 Income

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

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

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

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

1.6 Cash and cash equivalents

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

1.7 Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

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

Derecognition of financial liabilities

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

2 Critical accounting estimates and judgements

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

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

3 Income from donations and legacies

	Unrestricted funds 2026	Restricted funds 2026	Total 2026	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£	£	£	£
Donations and gifts	17,067	-	17,067	21,187	260	21,447

4 Income from charitable activities

	Unrestricted funds 2026	Restricted funds 2026	Total 2026	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£	£	£	£
Charitable activities						
Grant income	15,725	27,980	43,705	35,598	49,830	85,428

4 Income from charitable activities **(Continued)**

Performance related grants analysis

	Charitable activities 2026 £	Charitable activities 2025 £
BBC Children In Need	12,000	12,000
Goodman Foundation	5,000	-
William Leach	5,000	5,000
Inspire	3,000	998
Albert Hunt	5,000	-
NWH Group	1,200	-
Greatham Foundation	1,100	-
New Start	300	750
Asda	980	-
New St Hildas	3,000	-
South Tyneside Council	5,000	-
Groundwork	1,625	-
Bloom	500	-
The Albert Hunt Trust	-	4,000
The Allen Lane Foundation	-	6,600
The Barbour Foundation	-	2,000
Catherine Cookson Charitable Trust	-	1,000
Doggers Bank	-	1,000
The Elsie Davis Trust	-	5,000
Finn Family Fund	-	1,000
Hadrian Trust	-	1,000
Karbon Homes	-	1,500
Neighbourly Fund	-	500
The Rothley Trust	-	750
The Roy and Pixie Baker Trust	-	2,000
W A Handley Trust	-	2,000
The Arnold Clark Community Fund	-	500
National Lottery Community Fund	-	28,090
Sport England	-	9,740
	43,705	85,428

5 Income from other trading activities

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Fundraising events	7,466	4,741

6 Income from investments

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Interest receivable	18	114

7 Other income

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Other income	-	1,040

8 Expenditure on raising funds

	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Fundraising and publicity						
Other fundraising costs	2,683	-	2,683	2,279	21	2,300

9 Expenditure on charitable activities

	Charitable activities 2026	Charitable activities 2025
	£	£
Direct costs		
Staff freelancers	23,837	32,163
Staff travel	-	361
Beneficiary activities	-	4,235
Counselling services	9,555	4,105
Support group	-	1,385
Publicity	2,092	2,172
Volunteer expenses	52	822
Venue hire	1,151	3,355
Equipment	-	79
Staff training	270	2,013
Professional services	9,512	19,671
	46,469	70,361
Share of support and governance costs (see note 10)		
Support	18,899	23,265
Governance	1,500	1,440
	66,868	95,066
Analysis by fund		
Unrestricted funds	24,859	78,176
Restricted funds	42,009	16,890
	66,868	95,066

10 Support costs allocated to activities

	2026	2025
	£	£
Trustees expenses	-	227
Rent, rates and water	13,593	11,426
Insurance	623	977
Light and heat	1,980	815
Telephone and internet	786	783
Postage and stationery	-	1,310
IT and computer costs	-	5,114
Subscriptions	672	566
Professional fees	227	500
Repairs and maintenance	974	1,237
Governance costs	1,500	1,440
Bank charges	-	19
Cleaning and sundries	44	291
	20,399	24,705
Analysed between:		
Charitable activities	20,399	24,705

11 Net movement in funds

	2026	2025
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,500	1,440

12 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year. None (2025 - 2) of the trustees were reimbursed expenses in the year (2025 - £227).

13 Employees

The average monthly number of employees during the year was:

	2026	2025
	Number	Number
Total	-	-

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

14 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

15 Debtors

Amounts falling due within one year:	2026 £	2025 £
Trade debtors	-	160

16 Creditors: amounts falling due within one year

	2026 £	2025 £
Trade creditors	3,220	6,200
Accruals and deferred income	1,500	1,440
	4,720	7,640

17 Restricted funds

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

	At 1 April 2025 £	Incoming resources £	Resources expended £	At 31 March 2026 £
BBC Children In Need - Bereavement Support	11,667	12,000	(15,047)	8,620
Sport England - 'Lifeline Striders'	2,902	-	(2,902)	-
National Lottery Community Fund	520	-	(520)	-
National Lottery Community Fund - 'Healing Hearts'	18,090	-	(18,090)	-
Goodman foundation	-	5,000	-	5,000
One Stop	-	500	(150)	350
Asda Community Fund	-	980	-	980
St Hildas	-	3,000	-	3,000
William Leach	-	5,000	(3,800)	1,200
NWH Group	-	1,200	(1,200)	-
New Start	-	300	(300)	-
	33,179	27,980	(42,009)	19,150

17 Restricted funds **(Continued)**

Previous period:	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
BBC Children In Need - Bereavement Support	-	12,000	(333)	11,667
Sport England - 'Lifeline Striders'	-	9,740	(6,838)	2,902
National Lottery Community Fund	-	10,260	(9,740)	520
National Lottery Community Fund - 'Healing Hearts'	-	18,090	-	18,090
	-	50,090	(16,911)	33,179

National Lottery Community Fund

The National Lottery provided a grant to the charity in the previous year for £18,090 for the 'Healing Hearts' project, supporting families through bereavement after suicide.

BBC Children in Need
This is a 3 year project providing £12,000 a year for bereavement support to children and young people to cope with the emotional impact of suicide loss.

Sport England
Sport England provided a grant of £9,740 for delivering a support walking group 'The Lifeline Striders'.

Goodman Foundation
Funding received towards providing a counselling service to children.

One Stop
Funding received towards providing bereavement counselling to children and young people.

Asda
Funding received to support children and young people.

New St Hildas
Funding received towards providing a counselling service to children.

William Leach
Funding received to provide support groups.

NWH Group
Funding received to provide 20 counselling sessions.

New Start
Funding received for new start staff training.

18 Unrestricted funds

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

	At 1 April 2025 £	Incoming resources £	Resources expended £	At 31 March 2026 £
General funds	(17,775)	40,276	(27,542)	(5,041)

Previous period:	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
General funds	-	62,680	(80,455)	(17,775)

19 Analysis of net assets between funds

	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £
At 31 March 2026:			
Current assets/(liabilities)	(5,041)	19,150	14,109
	(5,041)	19,150	14,109

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 March 2025:			
Current assets/(liabilities)	(17,775)	33,179	15,404
	(17,775)	33,179	15,404

20 Related party transactions

There were no disclosable related party transactions during the year (2025 - none).

BILLY'S LIFELINE

IMPACT REPORT 2025-2026

JUNE 2026

Billy's Lifeline is a Registered Charity - 1205627. Registered in England & Wales.
Registered office: Unit 13 Cookson House, River Drive, South Shields, NE33 1TL.

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A WELCOME FROM OUR CEO

This year has been one of progress, resilience, and meaningful change. As we look back on 2025 and into 2026, we're reminded of the foundations we laid in our first year - a year marked by deep gratitude, pride, and the humbling privilege of supporting many individuals through some of the most painful and complex moments of their lives.

What matters most isn't the number of people we've reached (although sadly, this is rising rapidly), but the trust we've earned and the impact we continue to make.

The challenges of this year have been real. Grief remains heavy, conversations around suicide loss are still difficult, and the need for compassionate, specialised support continues to grow. Yet through it all, the dedication of our supporters, volunteers, and partners has never wavered. Because of you, we have been able to reach more people, strengthen our programmes, and deepen our impact in ways that honour every life touched by suicide loss.

We have also continued to shift the conversation within our wider community. By encouraging open, honest dialogue around suicide and grief, we are helping to build greater understanding, compassion, and connection, all of which are so critically needed. This work is slow, often challenging, but profoundly important.

There is still more to do. We remain firmly committed to this vital work; for every person who needs us, and for every life lost that we honour with love and purpose. With your continued support, we step into the year ahead with hope and courage. We firmly believe that together, we can make an even deeper impact.

NATALIE KIRK
FOUNDER AND CEO



WHO WE ARE

Billy's Lifeline is a registered charity (1205627) dedicated to supporting families and loved ones who have lost someone or have been affected by suicide.

Based in the Northeast of England, we provide a safe, compassionate space for those affected, offering immediate emotional and practical support.

Our mission is to break the stigma surrounding suicide loss and promote mental well-being within the community.

The charity was founded in memory of Billy, Natalie's much-loved brother, who tragically passed away in 2019.

Billy was more than a brother — he was a son, a father, an uncle, and a loyal friend known for his humour, kindness, and deep compassion. His loss left a lasting impact on all who knew him.

In the aftermath of his death, Billy's family and friends found themselves without the guidance, resources, or support they so desperately needed. The stigma around suicide made it difficult to talk openly or find help, leaving many feeling isolated and overwhelmed by grief.

Struggling to cope, they were left with unanswered questions and a sense of helplessness that made healing seem out of reach. This painful experience led to the creation of Billy's Lifeline.

OUR TEAM

Chief Executive Officer:	Natalie Kirk
Chair Trustee:	Trevor Shingler
Trustee:	Dionne Thompson
Trustee:	Marcie Briggs

Our team of managers and trustees is supported by a group of dedicated, trained support workers. In 2025, the team grew further with the appointment of a part-time Manager and a volunteer Deputy Manager, strengthening our leadership and capacity. Alongside them, we are extremely fortunate to have a small team of volunteers who generously give their time to the charity. The team's commitment and passion remain at the heart of everything we do and it simply would not be possible without their dedication.

OUR MISSION

We are dedicated to supporting families and loved ones who have lost someone to suicide. Evidence suggests that family, friends and acquaintances who are bereaved by suicide may have a risk of dying by suicide that is up to a 3 times higher than the general population. Compassionate, effective and timely support for people bereaved by suicide is essential - known as Postvention.

With the **Policy Paper: Suicide prevention in England: 5-year cross-sector strategy** and **BSI Standards Publication BS 30480:2025** in mind, our charity aims are:

- Make initial contact with clients within 72 hours
- Provide 1-to-1 emotional support by phone and in person
- Offer early and practical support to those in need
- Deliver training, supervision, and ongoing support to staff
- Maintain continuous assessment of staff and service delivery
- Foster awareness and understanding of local services for effective signposting
- Empower clients to share feedback and shape the service they receive
- Conduct risk assessments, reporting, and governance responsibly
- Continuously evaluate the service and associated risks for improvement
- Provide compassionate and effective bereavement support
- Make suicide prevention everyone's responsibility
- Actively work to reduce the stigma surrounding suicide and mental health

OUR VALUES

The Ripple Effect - Picture a sudden death as a pebble dropped in a pond. While the first and biggest waves hit the family and those closest to the deceased, the impact spreads outwards to others exposed to the death such as friends, witnesses, first responders, treatment providers and colleagues – potentially up to 135 people.

These principles guide how we serve our mission, how people can expect to be treated and how we build trust with our clients. We feel honoured to be able to support people to navigate their grieving journey through the lived experience of our team.



A MESSAGE FROM OUR CHAIR TRUSTEE

As we reflect over another year of walking alongside individuals who have lost a loved one to suicide, I want to take a moment to recognise the extraordinary people who make this work possible.

Every member of our team has contributed to building a charity grounded in compassion, dignity, and hope. Their commitment has brought comfort, understanding, and stability to those navigating some of the most painful moments of their lives.

I am deeply grateful to the board for continuing to entrust me with the role of Chair Trustee. It is a responsibility I hold with great respect. Being able to support and guide our mission at this level is both humbling and meaningful.

This year's impact reflects the strength of our collective effort. From expanding our reach to enhancing the quality of our support, we have continued to grow in ways that truly matter. The stories shared within this report are a testament to the care, professionalism, and humanity that define our work.

Together, we are building a service that not only supports those in grief but also honours the memory of the loved ones they have lost.



TREVOR SHINGLER
CHAIR TRUSTEE



OUR YEAR AT A GLANCE

57

The number of new clients onboarded April 2025-March 2026

150

The total number of individuals supported April 2025-March 2026

112

The number of group support sessions held

62

The total number of adult therapeutic counselling sessions held

153

The total number of children and young persons therapeutic counselling sessions held.

HIGHLIGHTS OF THE YEAR

Strengthening Postvention Support in South Tyneside

This year, a standout moment for us was delivering our bespoke Postvention Training to staff from South Tyneside Council and other local organisations; group of people whose openness and empathy transformed the sessions into something truly special.

Participants described the experience as “moving, helpful, and delivered with genuine passion,” and their reflections reminded us why this work matters so deeply. Postvention support provided after a suicide plays a vital role in reducing risk, strengthening community resilience, and ensuring that those affected are not left to navigate their grief alone. It is a core pillar of the national and local suicide prevention strategies, recognising that compassionate, informed responses can prevent further harm and support long-term healing.

For us at Billy’s Lifeline, this training is not about presenting ourselves as experts. We show up as people with lived experience, offering understanding, guidance, and practical tools to those who may one day be supporting someone through unimaginable loss.

By equipping professionals with the confidence to respond safely and sensitively, we contribute directly to the wider goal of creating suicide-safer communities.

Knowing that this training resonated so deeply and that it strengthens the broader suicide prevention strategy stands as one of the most meaningful affirmations of our year.



Celebrating an Extraordinary Achievement

Billy's Lifeline celebrated a remarkable milestone this year as our Founder and CEO, Natalie, was honoured as the **Winner of the Unsung Hero Award at the Best of South Tyneside Awards 2026.**

This recognition reflects her dedication to supporting people bereaved by suicide, a mission shaped by the loss of her brother Billy and carried forward with courage, empathy, and relentless commitment. What began as one woman's determination to ensure no one faces this devastation alone has grown into a compassionate, community-rooted charity that changes lives every day.

We were also immensely proud to see Edna, Donna, Helen and Dionne shortlisted as finalists in the same category, and to have Billy's Lifeline recognised as a finalist for Community Group of the Year; an incredible testament to the strength, heart, and impact of our entire team.





OUR IMPACT

PROGRAMME AREA: 1-2-1 SUPPORT

Programme Aim

The 1-2-1 support service aims to provide a safe, compassionate space where individuals can openly share their thoughts and feelings. Whether delivered face-to-face or over the phone, the service ensures people feel heard, understood and never judged. The goal is to reduce emotional distress, build confidence, and help individuals feel more connected and supported.

Key Outcomes

- Increased emotional wellbeing and reduced feelings of isolation.
- Improved confidence in expressing thoughts and emotions.
- Greater ability to cope with day-to-day challenges.
- Strengthened trust in support services and willingness to seek help early.
- Enhanced sense of being valued, listened to and respected.

Case Study

After struggling with overwhelming emotions, ***Client K*** accessed 1-2-1 support. They described feeling anxious about opening up but quickly found comfort in speaking with someone who listened without judgement. Over several sessions, ***Client K*** gained confidence, learned new coping strategies, and reported feeling "lighter and more in control." They now feel more able to manage difficult moments and have begun reconnecting with activities they enjoy.

"For the first time in a long time, I felt like someone genuinely listened to me."



PHOTOGRAPH SHOWS OUR 1-2-1 SUPPORT ROOM AT CHRISTMAS 2025

OUR IMPACT

PROGRAMME AREA: PEER SUPPORT

Programme Aim

To provide a safe, supportive group environment where individuals with shared experiences can connect, build confidence, and take part in meaningful activities, workshops, and community outings. The programme aims to reduce isolation, strengthen emotional wellbeing, and help participants develop practical skills for everyday life.

Key Outcomes

- **Increased sense of belonging — participants report feeling understood and supported by peers with similar experiences.**
- **Improved emotional wellbeing — regular engagement in structured sessions helps reduce stress and build resilience.**
- **Enhanced social confidence — our group activities encourage communication, teamwork, and positive social interaction.**
- **Development of practical skills — workshops and sessions build everyday skills such as problem-solving, planning, and self-expression.**
- **Greater community engagement — outings help participants feel more confident navigating local spaces and trying new experiences.**

Case Study

***Client P* - age 22 joined the group feeling anxious about meeting new people. Over several weeks, they began coming to the groups, bringing their pet dog for support and gradually joined in discussions. "Such a wonderful little community that has been built out of grief and bereavement. All of the staff are amazing in every way going, they haven't just helped me with the loss of my dad but have helped me find a purpose to wake up, leave the house and given me something to look forward to on a Monday and Thursday. Staff are very patient, friendly and kind. I couldn't be more thankful for the community that I've gotten involved with".**



PHOTOGRAPH SHOWS OUR PEER SUPPORT SESSION ACTIVITY BEING LED BY ALISHA

OUR IMPACT

PROGRAMME AREA: SPECIALIST GROUP FOR MOTHERS BEREAVED BY SUICIDE

Programme Aim

This specialist group is led by Edna, our volunteer who is mother to Billy, our namesake. This session is held on the last Tuesday of every month and provides a safe, specialist, peer-supported space for mothers who have lost a child to suicide. Its aims are to:

- Reduce isolation by connecting mothers with others who share similar lived experiences
- Improve emotional wellbeing through facilitated group support and trauma-informed guidance
- Build coping strategies that help participants navigate grief, guilt, stigma, and complex emotions
- Strengthen resilience and confidence in daily life
- Ensure mothers feel heard, validated, and supported without judgement

Key Outcomes

- Increased sense of connection and belonging among participants
- Improved ability to talk openly about grief and loss
- Reduction in feelings of shame, self-blame, and isolation
- Greater awareness of coping tools and support pathways
- Participants report feeling more hopeful and better able to manage day-to-day challenges

Case Study

Client J, a mother, heard about Billy's Lifeline only 2 weeks after losing her adult son to suicide. She described feeling anxious, isolated, ashamed and lost, her world felt empty. As well as this she felt physically ill. Mixing with other people was difficult but coming to the mother's group allowed me a safe place with like-minded people. A small group size, plus a quiet room helped to go to if feeling anxious or upset. Over time, hearing other mothers share their stories helped her feel less alone. ***J*** said the group gave her a space where she didn't have to explain or justify her grief; a place where she felt understood and accepted. She now supports newer members and shares her story to "help others and reduce the stigma of suicide"



PHOTOGRAPH SHOWS A SOCIAL MEDIA POST TO ADVERTISE OUR MOTHER'S SPECIAL SUPPORT GROUP

OUR IMPACT

PROGRAMME AREA: MINDFUL MONDAY

Programme Aim

Our Mindful Monday Sessions aim to provide weekly opportunities for team members and clients to learn and practice mindfulness, self-care, and stress-management techniques while creating a calm and supportive space that promotes wellbeing, emotional resilience, and positive mental health. It also seeks to strengthen community connections by welcoming local organisations that generously share their expertise, and to encourage long-term habits that enhance overall quality of life for everyone who takes part.

Key Outcomes

- Increased confidence among staff and clients in using mindfulness tools during stressful moments.
- Improved emotional regulation and reduced anxiety reported informally by participants.
- Stronger relationships with local partner organisations who donate their time and skills.
- Consistent weekly attendance, showing sustained engagement and interest.
- Enhanced sense of community and belonging within the service.

Case Study

Client R who initially struggled with anxiety began attending Mindful Monday sessions on a regular basis. At first, they found it difficult to settle into the exercises, but over several weeks they became more comfortable with the routines and began to look forward to the sessions. They reported feeling increasingly in control of their emotions and started using simple breathing and grounding techniques at home when they felt overwhelmed. Staff also observed noticeable improvements in their confidence, communication, and ability to cope with challenging situations. ***Client R*** has since encouraged others to join, runs their own group activities and has a great way with words when other people are struggling. Mindful Monday has become an important part of their weekly wellbeing.



PHOTOGRAPH SHOWS DECORATED JARS CREATED BY THE GROUP AND THEIR WRITTEN AFFIRMATIONS AND SELF LOVE QUOTES TO PICK OUT WHEN WE MAY BE HAVING A TOUGH DAY

OUR IMPACT

PROGRAMME AREA: ADULT THERAPEUTIC COUNSELLING SERVICES

Programme Aim

Through our close partnership with Mark Walsh at Lighthouse Therapy Group, we ensure that clients are met with warmth, expertise, and a deep understanding of the unique complexities of suicide loss. We strive to help people make sense of experiences that feel overwhelming or impossible to understand, rebuild a sense of emotional security, and move forward in a way that respects their grief. Our work centres on restoring steadiness, easing feelings of loneliness, and supporting each person as they gradually reconnect with the world around them in their own time.

Key Outcomes

- Reduced traumatic distress
- Greater emotional safety
- Improved mental wellbeing
- Stronger coping and resilience
- Reconnection and stability
- Feeling understood

Case Study

Client J, was referred to Lighthouse Therapy Group following the suicide of her son. Daily functioning had become difficult, and they felt unable to talk openly with family for fear of causing more pain.

Through weekly sessions with Mark, ***Client J*** explored the trauma surrounding the loss, learned grounding techniques to manage panic and intrusive memories. “Access to Lighthouse Therapy came at a vital point in my journey. I feel more hopeful for the future, I now have an acceptance of my situation which came at a pace I could take, and I can experience joyfulness”.

Lighthouse THERAPY GROUP

OUR IMPACT

PROGRAMME AREA: CHILDREN AND YOUNG PERSON'S THERAPEUTIC SERVICES

Programme Aim

Our Children and Young Person's therapeutic counselling service aims to provide a safe, confidential space where children and young people can explore difficult emotions, build resilience, and develop healthier coping strategies. This includes specialist support for those affected by suicide loss, helping them process grief, make sense of overwhelming feelings, and reduce the isolation that often follows a traumatic bereavement. The service focuses on early intervention to prevent issues from escalating, supporting emotional wellbeing, improving communication skills, and strengthening relationships at home and school. The overarching goal is to help young people feel heard, understood, and empowered to navigate their experiences with confidence, compassion, and hope for the future.

Key Outcomes

- Better ability to manage and express difficult emotions linked to traumatic loss
- Increased confidence, self-esteem, and sense of identity while grieving
- Reduced anxiety, low mood, and distress related to bereavement
- Stronger relationships and improved communication with family, peers, and school
- Improved engagement in education and daily routines

Case Study

A 13-year-old, ***Client K,*** referred for counselling was struggling with anxiety, social withdrawal, and conflict at home. Over 12 sessions, they explored the roots of their worries, learned grounding techniques, and built confidence in expressing their needs. By the end of the programme, the young person began re-attending school, engaging with school activities, and their parent described a "noticeable improvement in communication and calmness at home".

PHOTOGRAPHS SHOW OUR CHILDREN'S COUNSELLOR AND OUR DAY SPENT WITH PUDSEY FROM BBC CHILDREN IN NEED





OUR IMPACT

OTHER PROGRAMME AREAS

Befriending Services we have offered and the impact this had

- *Food shopping:* helped client manage this essential task when grief felt too heavy to do this alone to ensure they had groceries.
- *Accompanied to GP appointment:* reduced anxiety when explaining their feelings around their bereavement and ensured client felt supported during some difficult moments.
- *Transported to alcohol rehab centre*: this removed the practical barrier of accessing the vital help that our client needed for rehab and recovery.
- *Met for a coffee prior to joining their first support group*: discussed concerns about attending as a new member, explained the set up and gently encouraged to alleviate fears
- *Welfare checks*: agreed during onboarding; if clients miss planned contact or appointments, we check in to ensure they are safe and supported.

- **Assisting with Practicalities and the impact this had**
-
- ***Immediate paperwork:*** **the many essential documents and administrative processes at the time of a death feel extremely overwhelming and we can help our client understand the priority and support them to complete.**
- ***Home and personal responsibilities:*** **we often advise and support when the practicalities become difficult to manage alone which takes the pressures off our clients.**
- ***Collected a loved one's belongings:*** **during an emotionally challenging task we offered compassionate support and have undertaken this task on behalf of our clients when we have been requested to do so.**
- ***Support with funeral, inquest, or solicitor processes:*** **this help our clients navigate complex and often distressing procedures with clarity and reassurance.**
- ***Letters for employers or housing and benefits agencies:*** **this is important to ensure our clients receive understanding, time, and financial stability while they grieve from their workplace or supporting agencies.**
- ***Rehoming pets:*** **when pets have been left without their owner we have helped remove urgent pressures on the family or friends and ensured animals were cared for when client could not manage.**
- ***Coordinating with schools:*** **in coordination with our specialist counsellor, we support children and young people affected by the bereavement, this ensures their needs are understood and met in school or further education.**



PHOTOGRAPH SHOWS A POEM WRITTEN FOR OUR CLIENTS BY A FRIEND OF THE CHARITY

STORIES OF CHANGE

Name: Client **MM**

Challenge: SELF CARE AND CONFIDENCE - **MM** felt unable to leave the house or mix with other people; felt difficulty in opening up to people and expressing feelings. Did not care about self; personal hygiene, household chores etc. Felt anger towards people and life in general

Support provided: "All staff and peers gave me a very warm welcome, understanding of my emotions and feelings. Being open in conversations and offered any support I need."

Outcome: "Venturing out to the support groups is giving me more confidence, month by month, to leave my house which is my comfort zone. Being able to talk openly about every part of my loss is comforting to me, allowing me to feel validated."

Name: Client **SA**

Challenge: THE LEGALITIES AND DECLINE IN OWN MENTAL HEALTH - **SA** felt a decline in her own mental health. After feeling anxious in public settings, they became isolated and felt lonely. There were specific challenges around the inquest and dealing with solicitor communications

Support provided: "Being part of the groups and the individual support from the team. In particular the help I received around attending the coroners office, and dealing with solicitors, I could not have managed without the support of Trevor and the team at Billy's Lifeline."

Outcome: "My life has changed tremendously, I have a new lease of life. I feel like we have gained another family. I feel at ease and starting to heal. I am now looking after my family and most importantly, myself"

Name: Client **TM**

Challenge: LACK OF COMMUNICATION FROM POLICE - **TM** felt her world end as she knew it and navigating the aftermath was a daily struggle. With no direct correspondence from the police force, **TM** felt frustrated with the lack of communication around the death of her only son.

Support provided: "Billy's Lifeline was instrumental in confirming the place where my son died. Through the charity I was linked up with a community police officer who resolved my issue within a month after many months of silence."

Outcome: "In the early days, coming to the groups and meeting like minded people is what kept me going. Since receiving support I now realise that I am not alone in this journey; sharing my story has helped and keep my son's memory alive with stories of his life and not just his death."

TESTIMONIAL

Finding Support After Suicide Bereavement

In November 2025, life changed forever when my husband of 29 years died by suicide. The loss was devastating, and I was left trying to navigate overwhelming grief, confusion, and isolation.

I was introduced to Billy's through a recommendation from my sister's best friend, who works in a related support service. From my first contact, I felt understood and supported by people who recognised the unique challenges that come with losing someone to suicide.

One of the biggest difficulties after my loss was that many people around me didn't know what to say or how to help. Through Billy's, I found a safe and confidential space where I could share my thoughts and feelings without judgement. Being able to talk openly with others who had experienced similar losses helped me realise that many of the emotions and thoughts I was having were normal, and that I was not alone.
The one-to-one support I received at the beginning of my journey was invaluable. It gave me somewhere to share feelings that I didn't want to burden my loved ones with. When I reached out for help, I was able to access support quickly, rather than facing a long wait. I also attended peer support groups and therapy sessions, including support through Lighthouse Therapy, which became an important part of my healing process. Listening to other people's stories and seeing how they were coping had a significant impact on me. Through the peer groups, I made new friends and found comfort in connecting with people who truly understood what I was going through.

Today, I continue to access ongoing therapy and know that I can attend support groups whenever I need them. Billy's has supported me from the very beginning, helping me rebuild my life and return to work. Knowing that support remains available for both me and my loved ones gives me great reassurance.
I am always willing to share my story if it helps others. My advice to anyone experiencing a similar loss is simple: reach out. Speaking to people who have lived through a similar experience can make a huge difference. Being among others who understand can help you feel heard, accepted, and less alone.

Key Impact Highlights

- Accessed immediate one-to-one bereavement support following the loss of her husband.
- Found a safe, confidential space to talk openly about suicide bereavement.
- Connected with others through peer support groups, reducing feelings of isolation.
- Built new friendships with people who understood her experience.
- Received ongoing therapeutic support to aid long-term recovery.
- Returned to work and began rebuilding her life with continued support from Billy's.
- Now advocates for reaching out and sharing experiences to help others facing similar grief.

The ripple effects go far beyond the individuals directly helped. Families are held together. Friends become better equipped to support each other. Communities learn that it’s okay to talk about loss, trauma, and healing. **In short, Billy’s Lifeline doesn’t just support people, it saves them.**

PARTNERSHIPS AND COMMUNITY

Billy's Lifeline collaborates with several key local initiatives that share its mission of fostering mental well-being and community resilience.

For the second year we worked closely with Sunderland College; students Ruby and Autumn completed their work placement with us over several weeks. The staff and the clients really welcomed the students with open arms and they contributed to our groups activity sessions



Autumn said: "Overall, this experience has had a very positive impact on how I view my future career. It has encouraged me to think more seriously about working in a role where I can support others and make a meaningful difference in people's lives. I found the placement extremely rewarding and enjoyable, and it is somewhere I would love to return to in the future, either for further experience or as a volunteer, as I felt comfortable, welcomed, and inspired during my time there."



Karbon Homes New Start is an initiative funded by UK Government and supported by South Tyneside Council to create life changing employment pathways for local residents, giving them a chance to shine. Billy's Lifeline was thrilled to welcome Tim and Emily to the team, who both overcame significant challenges in securing employment to land their career-starting roles. Tim and Emily fitted in well with the team and the clients; they were integral to the implementation of our Mindful Monday sessions, planning weekly activities. Tim also helped us celebrate the Lunar New Year; in addition to enjoying food together, we wrote fai chun (festive calligraphy banners), embraced the blessings of the season, and explored the cultural meanings behind the traditions.



SOBS - Survivors of Bereavement by Suicide - We had the privilege of joining the local talking group in Whitley Bay, welcomed by Gill, Glen and Lauren the group facilitators. We met some truly remarkable people who have faced the unimaginable heartbreak of losing someone they love. Together, we listened, shared stories, and honoured the beautiful memories of their loved ones. The strength, honesty, and compassion in the room were deeply moving. Grateful for the chance to connect, to listen, and to offer even a small moment of hope.





We were delighted to welcome a four-legged friend, Shadow, from **Shadows of Light CIC** who pops in to some of our small group sessions which can help reduce anxiety and provide comfort through simple presence and connection.

We have been overwhelmed by the generosity of local well-being organisations who have so kindly donated their time and expertise for our weekly Mindful Monday sessions. So far this year we have had some fantastic session which contribute to the mental wellness of not only our clients but our team members too:

Good for the Soul Holistics - Sound Bath with Alex
Reset and Restore - Hand and shoulder massages with Molly
Wise Witchery - Love yourself spells with Alisha
NECA Gardens - Christmas Wreath Making
The Botanical Apothecary - The Perfect Blend with Beth
Serenity Wellness - Crystal Clarity with Steph
Star Bakers - Therapeutic Baking with Lesley













Through these partnerships, Billy's Lifeline strengthens its capacity to deliver vital practical help, therapy, respite, workshops, one-to-one and group support.
More importantly, these collaborations help reduce the stigma around suicide in our region—creating a community that truly listens, supports, and heals—together.

WHERE THE MONEY COMES FROM

Billy's Lifeline is proud to be supported by a range of generous funders who provide grants and funding to help us deliver vital services to individuals and families affected by suicide and emotional crisis. This funding allows us to offer tailored support, develop our team, and grow our reach within the community.

We are deeply grateful to the following partners for believing in our mission and investing in our work:

- Albert Hunt
- Asda Community Fund
- BBC Children in Need
- Bloom
- Goodman Foundation
- Greatham Foundation
- Groundwork
- Inspire
- New Start
- NWH Group
- St Hildas
- William Leach

Each of these funders plays a crucial role in helping us deliver emotional and practical support, reduce stigma, and ensure that suicide prevention remains everybody's business.

During 2025–26, Billy's Lifeline continued to rely on the extraordinary generosity of our local community. As a grassroots charity, community-led fundraising remains central to our sustainability, and this year we once again saw remarkable commitment from individuals, families, and businesses across the region.

Local fundraising activities including community events, charity runs, sponsored challenges, donation drives, raffles, coffee mornings, and bake sales played a vital role in supporting our services. Each contribution, whether financial or in-kind, directly strengthened our ability to provide essential emotional and practical support to those who need us most.

Partnerships with local businesses continued to be a key source of sponsorship, donations, and practical assistance. Many of our clients and their families also chose to give back by raising awareness and funds, helping to extend our reach within the community.

We remain deeply grateful to our volunteer fundraisers, event participants, and supporters of all kinds. Their dedication and willingness to go the extra mile underpin the resilience of our organisation. This collective effort ensured that Billy's Lifeline could continue delivering life-changing support throughout 2025–26.

We had an amazing team of runners who took on the 2025 Great North Run in support of our work. Thanks to the dedication and generosity of Joe, Kev, Neil, Callum, Dale, Jade, Jessica, Richard and Katie, along with junior runners Harper and Lyle, who proudly completed the Junior GNR with their dad — an incredible amount was raised.



To each runner, sponsor and supporter: thank you. Your commitment makes a real difference, and we couldn't be more grateful.

Generosity has taken many forms: time, skills, donations, fundraising, and countless acts of kindness. Our supporters include a wide range of local partners, from nail salons, cafés, restaurants, barbers, beauty studios, gyms, and independent shops, to professionals who donated their services, and businesses who contributed vouchers, products, and expertise.

We want to extend our heartfelt thanks to:

- Barbara from South Tyneside Pledge for organising a welcoming coffee morning that brought Pledge members together to learn more about our charity and the support we offer to those in need.
- Eunice and Jim from One For All; a fabulous community drop in service supporting local homeless, isolated, struggling individuals with a safe space - for kindly donating beautiful gifts for our raffle.
- June, Manager at Nando's Trinity Gateshead for championing our cause in her restaurant, raising money.
- Ford Aerospace and Hitachi for hosting a charity football match and raising an incredible amount to help us continue supporting bereaved families.
- Lynette and Kathleen for completing the Walk of Hope 2025 and fundraising with dedication and heart.
- Lynn from The People's Angels CIC for donating some wonderful items for our support groups
- Kath from The Steamboat and Barry the Quizmaster for hosting a Halloween themed fundraiser quiz night.
- South Tyneside Mayor and Mayoress for their kind donation from fundraising during their term.
- Chris from Box Clever Events for promoting our cause to his charity fighters, several of whom fundraised.
- South Tyneside Council Leader and Deputy for their kind donation.
- Toni from Tesco at Westoe Crown for her kind raffle prizes donation.
- Emma from Tesco Simonside for her continued support.



LOOKING AHEAD

A bold, focused year lies ahead. Here's where we're heading next:

Short Film Campaign

- Launching a series of short films to highlight the impact of suicide
- Piloting innovative approaches shaped by lived experience
- Expanding support into marginalised groups such as LGBTQI+, Neurodivergent communities and ethnic minorities.

Expansion Plans

- Growing our reach across the Northeast
- Strengthening outreach and digital access
- Building new partnerships to scale impact

Funding Priorities

- Securing multi-year grants
- Growing individual and corporate giving
- Investing in long-term sustainability

Strategic Goals

- Stronger impact measurement
- Embedding equity and inclusion
- Enhancing organisational resilience
- Deepening collaboration across sectors

Opportunities Ahead

- New community partnerships
- Volunteer and client led initiatives
- Advocacy and awareness campaigns
- Innovation in service delivery

Be Part of What Comes Next

We invite supporters, partners, and community members to help shape the future with us. Together, we can create lasting change.

Charity registration number 1205627 (England and Wales)

BILLY'S LIFELINE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

BILLY'S LIFELINE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr T Shingler Ms M Briggs Ms D Thompson	 (Appointed 20 June 2025)
Charity registration	England and Wales	1205627
Principal address	Unit 13 Cookson House South Shields Tyne And Wear NE33 1TL	
Independent examiner	Nicholas Liley FCA BK Plus Limited 13 Windsor Terrace Newcastle upon Tyne NE2 4HE	
Bankers	Virgin Money 67 Queen Street Wolverhampton WV1 3BY	

BILLY'S LIFELINE

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BILLY'S LIFELINE

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2026

The trustees present their annual report and financial statements for the year ended 31 March 2026.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Objectives and activities

The relief of need of those affected by the suicide of a close family member or loved one in the North-East of England by assistance to obtain counselling and bereavement services and to raise awareness about mental and physical health issues caused by the impact of suicide through educational campaigns, workshops, and community outreach programmes, promoting open discussions and reducing the stigma surrounding mental health challenges.

Our mission is to save the lives of those who have lost a loved one through suicide, offer comfort, and empower individuals to seek help and support during their most challenging moments, ensuring that no one faces the aftermath of suicide alone.

We will support families and individuals affected by suicide for the public benefit across the North East of England. We will provide of a safe and understanding space where those impacted by suicide can find immediate practical, mental, respite and emotional support following the loss of a loved one through suicide. We will relieve stigma surrounding mental health and suicide, while fostering resilience and promoting mental well-being.

Achievements and performance

Strengthening Postvention Support in South Tyneside

This year, a standout moment for us was delivering our bespoke Postvention Training to staff from South Tyneside Council and other local organisations; group of people whose openness and empathy transformed the sessions into something truly special.

For us at Billy’s Lifeline, this training is not about presenting ourselves as experts. We show up as people with lived experience, offering understanding, guidance, and practical tools to those who may one day be supporting someone through unimaginable loss.

By equipping professionals with the confidence to respond safely and sensitively, we contribute directly to the wider goal of creating suicide-safer communities. Knowing that this training resonated so deeply and that it strengthens the broader suicide prevention strategy stands as one of the most meaningful affirmations of our year.

Celebrating an Extraordinary Achievement

Billy’s Lifeline celebrated a remarkable milestone this year as our Founder and CEO, Natalie, was honoured as the Winner of the Unsung Hero Award at the Best of South Tyneside Awards 2026.

This recognition reflects her dedication to supporting people bereaved by suicide, a mission shaped by the loss of her brother Billy and carried forward with courage, empathy, and relentless commitment. What began as one woman’s determination to ensure no one faces this devastation alone has grown into a compassionate, community-rooted charity that changes lives every day.

Financial review

Billy's Lifeline is primarily funded by donations and grants. The total income for the year was £68,256 (2025 - £112,770), of which £27,980 (2025 - £50,090) was restricted. This income is allocated across respective funds on the Statement of Financial Activities in accordance with the Statement of Recommended Practice.

The Statement of Financial Activities for the year ended 31 March 2026 shows a net deficit across all funds of £1,295 (2025 - net surplus of £15,404).

The Balance Sheet at 31 March 2026 shows a total fund carried forward of £14,109 (2025 - £15,404) of which there are£19,150 (2025 - £33,179) of restricted funds and a shortfall due to an overspend on unrestricted funds of £5,041 (2025-£17,775).

Reserves policy

Billy's Lifeline has established a policy whereby the unrestricted funds not invested in fixed assets held by the charity should be between three and six months of annual expenditure. The charity has a substantial shortfall in this figure at the 31 March 2026.

Structure, governance and management

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Charitable Incorporated Organisation - Foundation Model - whereby the only voting members are the charity Trustees. We have adopted the Charity Commissions Model Constitution to ensure we comply with the Charities Act 2011 (the 2011 Act) and the General Regulations. This helps us to ensure we:

> Reflect recommended best practice; and
> Are legally compliant

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr T Shingler	
Ms M Briggs	
Ms A Cummings	(Resigned 20 June 2025)
Ms D Thompson	(Appointed 20 June 2025)

Recruitment and appointment of trustees

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Any appointment must be made at a meeting held according to the ordinary practice of the appointing body.

Organisational structure

The members of the CIO shall be its charity trustees for the time being. The only persons eligible to be members of the CIO are its charity trustees. Membership of the CIO cannot be transferred to anyone else.

Any member and charity trustee who ceases to be a charity trustee automatically ceases to be a member of the CIO.

The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO.

If the CIO is wound up, each member of the CIO is liable to contribute to the assets of the CIO such amount (but not more than £1.00 as may be required for payment of the debts and liabilities of the CIO contracted before that person ceases to be a member, for payment of the costs, charges and expenses of winding up, and for adjustment of the rights of the contributing members among themselves.

The charity trustees may delegate any of their powers or functions to a committee or committees, and, if they do, they shall determine the terms and conditions on which the delegation is made. The charity trustees may at any time alter those terms and conditions, or revoke the delegation.

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

Mr T Shingler
Trustee

7 October 2026

BILLY'S LIFELINE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BILLY'S LIFELINE

I report to the trustees on my examination of the financial statements of Billy's Lifeline (the charity) for the year ended 31 March 2026.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

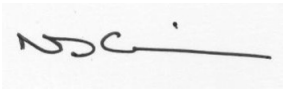
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.

2 the financial statements do not accord with those records; or

3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Nicholas Liley FCA
BK Plus Limited
13 Windsor Terrace
Newcastle upon Tyne
NE2 4HE
7 October 2026

BILLY'S LIFELINE

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Income and endowments from:							
Donations and legacies	**3**	17,067	-	17,067	21,187	260	21,447
Charitable activities	**4**	15,725	27,980	43,705	35,598	49,830	85,428
Other trading activities	**5**	7,466	-	7,466	4,741	-	4,741
Investments	**6**	18	-	18	114	-	114
Other income	**7**	-	-	-	1,040	-	1,040
Total income		40,276	27,980	68,256	62,680	50,090	112,770
Expenditure on:							
Raising funds	**8**	2,683	-	2,683	2,279	21	2,300
Charitable activities	**9**	24,859	42,009	66,868	78,176	16,890	95,066
Total expenditure		27,542	42,009	69,551	80,455	16,911	97,366
Net income/(expenditure) and movement in funds		12,734	(14,029)	(1,295)	(17,775)	33,179	15,404
Reconciliation of funds:							
Fund balances at 1 April 2025		(17,775)	33,179	15,404	-	-	-
Fund balances at 31 March 2026		(5,041)	19,150	14,109	(17,775)	33,179	15,404

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

BILLY'S LIFELINE

BALANCE SHEET

AS AT 31 MARCH 2026

	Notes	2026 £	£	2025 £	£
Current assets					
Debtors	**15**	-		160	
Cash at bank and in hand		18,829		22,884	
		18,829		23,044	
Creditors: amounts falling due within one year	**16**	(4,720)		(7,640)	
Net current assets			14,109		15,404
The funds of the charity					
Restricted income funds	**17**		19,150		33,179
Unrestricted funds	**18**		(5,041)		(17,775)
			14,109		15,404

The financial statements were approved by the trustees on 7 October 2026

Mr T Shingler
Trustee

1 Accounting policies

Charity information

Billy's Lifeline is a Charitable Incorporated Organisation. The address of the charity's registered office and principal place of business is Unit 13 Cookson House, South Shields, Tyne and Wear, NE33 1TL.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

1.4 Income

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

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

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

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

1.6 Cash and cash equivalents

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

1.7 Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

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

Derecognition of financial liabilities

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

2 Critical accounting estimates and judgements

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

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

3 Income from donations and legacies

	Unrestricted funds 2026	Restricted funds 2026	Total 2026	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£	£	£	£
Donations and gifts	17,067	-	17,067	21,187	260	21,447

4 Income from charitable activities

	Unrestricted funds 2026	Restricted funds 2026	Total 2026	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£	£	£	£
Charitable activities						
Grant income	15,725	27,980	43,705	35,598	49,830	85,428

4 Income from charitable activities **(Continued)**

Performance related grants analysis

	Charitable activities 2026 £	Charitable activities 2025 £
BBC Children In Need	12,000	12,000
Goodman Foundation	5,000	-
William Leach	5,000	5,000
Inspire	3,000	998
Albert Hunt	5,000	-
NWH Group	1,200	-
Greatham Foundation	1,100	-
New Start	300	750
Asda	980	-
New St Hildas	3,000	-
South Tyneside Council	5,000	-
Groundwork	1,625	-
Bloom	500	-
The Albert Hunt Trust	-	4,000
The Allen Lane Foundation	-	6,600
The Barbour Foundation	-	2,000
Catherine Cookson Charitable Trust	-	1,000
Doggers Bank	-	1,000
The Elsie Davis Trust	-	5,000
Finn Family Fund	-	1,000
Hadrian Trust	-	1,000
Karbon Homes	-	1,500
Neighbourly Fund	-	500
The Rothley Trust	-	750
The Roy and Pixie Baker Trust	-	2,000
W A Handley Trust	-	2,000
The Arnold Clark Community Fund	-	500
National Lottery Community Fund	-	28,090
Sport England	-	9,740
	43,705	85,428

5 Income from other trading activities

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Fundraising events	7,466	4,741

6 Income from investments

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Interest receivable	18	114

7 Other income

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Other income	-	1,040

8 Expenditure on raising funds

	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Fundraising and publicity						
Other fundraising costs	2,683	-	2,683	2,279	21	2,300

9 Expenditure on charitable activities

	Charitable activities 2026	Charitable activities 2025
	£	£
Direct costs		
Staff freelancers	23,837	32,163
Staff travel	-	361
Beneficiary activities	-	4,235
Counselling services	9,555	4,105
Support group	-	1,385
Publicity	2,092	2,172
Volunteer expenses	52	822
Venue hire	1,151	3,355
Equipment	-	79
Staff training	270	2,013
Professional services	9,512	19,671
	46,469	70,361
Share of support and governance costs (see note 10)		
Support	18,899	23,265
Governance	1,500	1,440
	66,868	95,066
Analysis by fund		
Unrestricted funds	24,859	78,176
Restricted funds	42,009	16,890
	66,868	95,066

10 Support costs allocated to activities

	2026	2025
	£	£
Trustees expenses	-	227
Rent, rates and water	13,593	11,426
Insurance	623	977
Light and heat	1,980	815
Telephone and internet	786	783
Postage and stationery	-	1,310
IT and computer costs	-	5,114
Subscriptions	672	566
Professional fees	227	500
Repairs and maintenance	974	1,237
Governance costs	1,500	1,440
Bank charges	-	19
Cleaning and sundries	44	291
	20,399	24,705
Analysed between:		
Charitable activities	20,399	24,705

11 Net movement in funds

	2026	2025
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,500	1,440

12 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year. None (2025 - 2) of the trustees were reimbursed expenses in the year (2025 - £227).

13 Employees

The average monthly number of employees during the year was:

	2026	2025
	Number	Number
Total	-	-

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

14 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

15 Debtors

Amounts falling due within one year:	2026 £	2025 £
Trade debtors	-	160

16 Creditors: amounts falling due within one year

	2026 £	2025 £
Trade creditors	3,220	6,200
Accruals and deferred income	1,500	1,440
	4,720	7,640

17 Restricted funds

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

	At 1 April 2025 £	Incoming resources £	Resources expended £	At 31 March 2026 £
BBC Children In Need - Bereavement Support	11,667	12,000	(15,047)	8,620
Sport England - 'Lifeline Striders'	2,902	-	(2,902)	-
National Lottery Community Fund	520	-	(520)	-
National Lottery Community Fund - 'Healing Hearts'	18,090	-	(18,090)	-
Goodman foundation	-	5,000	-	5,000
One Stop	-	500	(150)	350
Asda Community Fund	-	980	-	980
St Hildas	-	3,000	-	3,000
William Leach	-	5,000	(3,800)	1,200
NWH Group	-	1,200	(1,200)	-
New Start	-	300	(300)	-
	33,179	27,980	(42,009)	19,150

17 Restricted funds **(Continued)**

Previous period:	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
BBC Children In Need - Bereavement Support	-	12,000	(333)	11,667
Sport England - 'Lifeline Striders'	-	9,740	(6,838)	2,902
National Lottery Community Fund	-	10,260	(9,740)	520
National Lottery Community Fund - 'Healing Hearts'	-	18,090	-	18,090
	-	50,090	(16,911)	33,179

National Lottery Community Fund

The National Lottery provided a grant to the charity in the previous year for £18,090 for the 'Healing Hearts' project, supporting families through bereavement after suicide.

BBC Children in Need
This is a 3 year project providing £12,000 a year for bereavement support to children and young people to cope with the emotional impact of suicide loss.

Sport England
Sport England provided a grant of £9,740 for delivering a support walking group 'The Lifeline Striders'.

Goodman Foundation
Funding received towards providing a counselling service to children.

One Stop
Funding received towards providing bereavement counselling to children and young people.

Asda
Funding received to support children and young people.

New St Hildas
Funding received towards providing a counselling service to children.

William Leach
Funding received to provide support groups.

NWH Group
Funding received to provide 20 counselling sessions.

New Start
Funding received for new start staff training.

18 Unrestricted funds

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

	At 1 April 2025 £	Incoming resources £	Resources expended £	At 31 March 2026 £
General funds	(17,775)	40,276	(27,542)	(5,041)

Previous period:	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
General funds	-	62,680	(80,455)	(17,775)

19 Analysis of net assets between funds

	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £
At 31 March 2026:			
Current assets/(liabilities)	(5,041)	19,150	14,109
	(5,041)	19,150	14,109

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 March 2025:			
Current assets/(liabilities)	(17,775)	33,179	15,404
	(17,775)	33,179	15,404

20 Related party transactions

There were no disclosable related party transactions during the year (2025 - none).

BILLY'S LIFELINE

IMPACT REPORT 2025-2026

JUNE 2026

Billy's Lifeline is a Registered Charity - 1205627. Registered in England & Wales.
Registered office: Unit 13 Cookson House, River Drive, South Shields, NE33 1TL.

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A WELCOME FROM OUR CEO

This year has been one of progress, resilience, and meaningful change. As we look back on 2025 and into 2026, we're reminded of the foundations we laid in our first year - a year marked by deep gratitude, pride, and the humbling privilege of supporting many individuals through some of the most painful and complex moments of their lives.

What matters most isn't the number of people we've reached (although sadly, this is rising rapidly), but the trust we've earned and the impact we continue to make.

The challenges of this year have been real. Grief remains heavy, conversations around suicide loss are still difficult, and the need for compassionate, specialised support continues to grow. Yet through it all, the dedication of our supporters, volunteers, and partners has never wavered. Because of you, we have been able to reach more people, strengthen our programmes, and deepen our impact in ways that honour every life touched by suicide loss.

We have also continued to shift the conversation within our wider community. By encouraging open, honest dialogue around suicide and grief, we are helping to build greater understanding, compassion, and connection, all of which are so critically needed. This work is slow, often challenging, but profoundly important.

There is still more to do. We remain firmly committed to this vital work; for every person who needs us, and for every life lost that we honour with love and purpose. With your continued support, we step into the year ahead with hope and courage. We firmly believe that together, we can make an even deeper impact.

NATALIE KIRK
FOUNDER AND CEO



WHO WE ARE

Billy's Lifeline is a registered charity (1205627) dedicated to supporting families and loved ones who have lost someone or have been affected by suicide.

Based in the Northeast of England, we provide a safe, compassionate space for those affected, offering immediate emotional and practical support.

Our mission is to break the stigma surrounding suicide loss and promote mental well-being within the community.

The charity was founded in memory of Billy, Natalie's much-loved brother, who tragically passed away in 2019.

Billy was more than a brother — he was a son, a father, an uncle, and a loyal friend known for his humour, kindness, and deep compassion. His loss left a lasting impact on all who knew him.

In the aftermath of his death, Billy's family and friends found themselves without the guidance, resources, or support they so desperately needed. The stigma around suicide made it difficult to talk openly or find help, leaving many feeling isolated and overwhelmed by grief.

Struggling to cope, they were left with unanswered questions and a sense of helplessness that made healing seem out of reach. This painful experience led to the creation of Billy's Lifeline.

OUR TEAM

Chief Executive Officer:	Natalie Kirk
Chair Trustee:	Trevor Shingler
Trustee:	Dionne Thompson
Trustee:	Marcie Briggs

Our team of managers and trustees is supported by a group of dedicated, trained support workers. In 2025, the team grew further with the appointment of a part-time Manager and a volunteer Deputy Manager, strengthening our leadership and capacity. Alongside them, we are extremely fortunate to have a small team of volunteers who generously give their time to the charity. The team's commitment and passion remain at the heart of everything we do and it simply would not be possible without their dedication.

OUR MISSION

We are dedicated to supporting families and loved ones who have lost someone to suicide. Evidence suggests that family, friends and acquaintances who are bereaved by suicide may have a risk of dying by suicide that is up to a 3 times higher than the general population. Compassionate, effective and timely support for people bereaved by suicide is essential - known as Postvention.

With the **Policy Paper: Suicide prevention in England: 5-year cross-sector strategy** and **BSI Standards Publication BS 30480:2025** in mind, our charity aims are:

- Make initial contact with clients within 72 hours
- Provide 1-to-1 emotional support by phone and in person
- Offer early and practical support to those in need
- Deliver training, supervision, and ongoing support to staff
- Maintain continuous assessment of staff and service delivery
- Foster awareness and understanding of local services for effective signposting
- Empower clients to share feedback and shape the service they receive
- Conduct risk assessments, reporting, and governance responsibly
- Continuously evaluate the service and associated risks for improvement
- Provide compassionate and effective bereavement support
- Make suicide prevention everyone's responsibility
- Actively work to reduce the stigma surrounding suicide and mental health

OUR VALUES

The Ripple Effect - Picture a sudden death as a pebble dropped in a pond. While the first and biggest waves hit the family and those closest to the deceased, the impact spreads outwards to others exposed to the death such as friends, witnesses, first responders, treatment providers and colleagues – potentially up to 135 people.

These principles guide how we serve our mission, how people can expect to be treated and how we build trust with our clients. We feel honoured to be able to support people to navigate their grieving journey through the lived experience of our team.



A MESSAGE FROM OUR CHAIR TRUSTEE

As we reflect over another year of walking alongside individuals who have lost a loved one to suicide, I want to take a moment to recognise the extraordinary people who make this work possible.

Every member of our team has contributed to building a charity grounded in compassion, dignity, and hope. Their commitment has brought comfort, understanding, and stability to those navigating some of the most painful moments of their lives.

I am deeply grateful to the board for continuing to entrust me with the role of Chair Trustee. It is a responsibility I hold with great respect. Being able to support and guide our mission at this level is both humbling and meaningful.

This year's impact reflects the strength of our collective effort. From expanding our reach to enhancing the quality of our support, we have continued to grow in ways that truly matter. The stories shared within this report are a testament to the care, professionalism, and humanity that define our work.

Together, we are building a service that not only supports those in grief but also honours the memory of the loved ones they have lost.



TREVOR SHINGLER
CHAIR TRUSTEE



OUR YEAR AT A GLANCE

57

The number of new clients onboarded April 2025-March 2026

150

The total number of individuals supported April 2025-March 2026

112

The number of group support sessions held

62

The total number of adult therapeutic counselling sessions held

153

The total number of children and young persons therapeutic counselling sessions held.

HIGHLIGHTS OF THE YEAR

Strengthening Postvention Support in South Tyneside

This year, a standout moment for us was delivering our bespoke Postvention Training to staff from South Tyneside Council and other local organisations; group of people whose openness and empathy transformed the sessions into something truly special.

Participants described the experience as “moving, helpful, and delivered with genuine passion,” and their reflections reminded us why this work matters so deeply. Postvention support provided after a suicide plays a vital role in reducing risk, strengthening community resilience, and ensuring that those affected are not left to navigate their grief alone. It is a core pillar of the national and local suicide prevention strategies, recognising that compassionate, informed responses can prevent further harm and support long-term healing.

For us at Billy’s Lifeline, this training is not about presenting ourselves as experts. We show up as people with lived experience, offering understanding, guidance, and practical tools to those who may one day be supporting someone through unimaginable loss.

By equipping professionals with the confidence to respond safely and sensitively, we contribute directly to the wider goal of creating suicide-safer communities.

Knowing that this training resonated so deeply and that it strengthens the broader suicide prevention strategy stands as one of the most meaningful affirmations of our year.



Celebrating an Extraordinary Achievement

Billy's Lifeline celebrated a remarkable milestone this year as our Founder and CEO, Natalie, was honoured as the **Winner of the Unsung Hero Award at the Best of South Tyneside Awards 2026.**

This recognition reflects her dedication to supporting people bereaved by suicide, a mission shaped by the loss of her brother Billy and carried forward with courage, empathy, and relentless commitment. What began as one woman's determination to ensure no one faces this devastation alone has grown into a compassionate, community-rooted charity that changes lives every day.

We were also immensely proud to see Edna, Donna, Helen and Dionne shortlisted as finalists in the same category, and to have Billy's Lifeline recognised as a finalist for Community Group of the Year; an incredible testament to the strength, heart, and impact of our entire team.





OUR IMPACT

PROGRAMME AREA: 1-2-1 SUPPORT

Programme Aim

The 1-2-1 support service aims to provide a safe, compassionate space where individuals can openly share their thoughts and feelings. Whether delivered face-to-face or over the phone, the service ensures people feel heard, understood and never judged. The goal is to reduce emotional distress, build confidence, and help individuals feel more connected and supported.

Key Outcomes

- Increased emotional wellbeing and reduced feelings of isolation.
- Improved confidence in expressing thoughts and emotions.
- Greater ability to cope with day-to-day challenges.
- Strengthened trust in support services and willingness to seek help early.
- Enhanced sense of being valued, listened to and respected.

Case Study

After struggling with overwhelming emotions, ***Client K*** accessed 1-2-1 support. They described feeling anxious about opening up but quickly found comfort in speaking with someone who listened without judgement. Over several sessions, ***Client K*** gained confidence, learned new coping strategies, and reported feeling "lighter and more in control." They now feel more able to manage difficult moments and have begun reconnecting with activities they enjoy.

"For the first time in a long time, I felt like someone genuinely listened to me."



PHOTOGRAPH SHOWS OUR 1-2-1 SUPPORT ROOM AT CHRISTMAS 2025

OUR IMPACT

PROGRAMME AREA: PEER SUPPORT

Programme Aim

To provide a safe, supportive group environment where individuals with shared experiences can connect, build confidence, and take part in meaningful activities, workshops, and community outings. The programme aims to reduce isolation, strengthen emotional wellbeing, and help participants develop practical skills for everyday life.

Key Outcomes

- **Increased sense of belonging — participants report feeling understood and supported by peers with similar experiences.**
- **Improved emotional wellbeing — regular engagement in structured sessions helps reduce stress and build resilience.**
- **Enhanced social confidence — our group activities encourage communication, teamwork, and positive social interaction.**
- **Development of practical skills — workshops and sessions build everyday skills such as problem-solving, planning, and self-expression.**
- **Greater community engagement — outings help participants feel more confident navigating local spaces and trying new experiences.**

Case Study

***Client P* - age 22 joined the group feeling anxious about meeting new people. Over several weeks, they began coming to the groups, bringing their pet dog for support and gradually joined in discussions. "Such a wonderful little community that has been built out of grief and bereavement. All of the staff are amazing in every way going, they haven't just helped me with the loss of my dad but have helped me find a purpose to wake up, leave the house and given me something to look forward to on a Monday and Thursday. Staff are very patient, friendly and kind. I couldn't be more thankful for the community that I've gotten involved with".**



PHOTOGRAPH SHOWS OUR PEER SUPPORT SESSION ACTIVITY BEING LED BY ALISHA

OUR IMPACT

PROGRAMME AREA: SPECIALIST GROUP FOR MOTHERS BEREAVED BY SUICIDE

Programme Aim

This specialist group is led by Edna, our volunteer who is mother to Billy, our namesake. This session is held on the last Tuesday of every month and provides a safe, specialist, peer-supported space for mothers who have lost a child to suicide. Its aims are to:

- Reduce isolation by connecting mothers with others who share similar lived experiences
- Improve emotional wellbeing through facilitated group support and trauma-informed guidance
- Build coping strategies that help participants navigate grief, guilt, stigma, and complex emotions
- Strengthen resilience and confidence in daily life
- Ensure mothers feel heard, validated, and supported without judgement

Key Outcomes

- Increased sense of connection and belonging among participants
- Improved ability to talk openly about grief and loss
- Reduction in feelings of shame, self-blame, and isolation
- Greater awareness of coping tools and support pathways
- Participants report feeling more hopeful and better able to manage day-to-day challenges

Case Study

Client J, a mother, heard about Billy's Lifeline only 2 weeks after losing her adult son to suicide. She described feeling anxious, isolated, ashamed and lost, her world felt empty. As well as this she felt physically ill. Mixing with other people was difficult but coming to the mother's group allowed me a safe place with like-minded people. A small group size, plus a quiet room helped to go to if feeling anxious or upset. Over time, hearing other mothers share their stories helped her feel less alone. ***J*** said the group gave her a space where she didn't have to explain or justify her grief; a place where she felt understood and accepted. She now supports newer members and shares her story to "help others and reduce the stigma of suicide"



PHOTOGRAPH SHOWS A SOCIAL MEDIA POST TO ADVERTISE OUR MOTHER'S SPECIAL SUPPORT GROUP

OUR IMPACT

PROGRAMME AREA: MINDFUL MONDAY

Programme Aim

Our Mindful Monday Sessions aim to provide weekly opportunities for team members and clients to learn and practice mindfulness, self-care, and stress-management techniques while creating a calm and supportive space that promotes wellbeing, emotional resilience, and positive mental health. It also seeks to strengthen community connections by welcoming local organisations that generously share their expertise, and to encourage long-term habits that enhance overall quality of life for everyone who takes part.

Key Outcomes

- Increased confidence among staff and clients in using mindfulness tools during stressful moments.
- Improved emotional regulation and reduced anxiety reported informally by participants.
- Stronger relationships with local partner organisations who donate their time and skills.
- Consistent weekly attendance, showing sustained engagement and interest.
- Enhanced sense of community and belonging within the service.

Case Study

Client R who initially struggled with anxiety began attending Mindful Monday sessions on a regular basis. At first, they found it difficult to settle into the exercises, but over several weeks they became more comfortable with the routines and began to look forward to the sessions. They reported feeling increasingly in control of their emotions and started using simple breathing and grounding techniques at home when they felt overwhelmed. Staff also observed noticeable improvements in their confidence, communication, and ability to cope with challenging situations. ***Client R*** has since encouraged others to join, runs their own group activities and has a great way with words when other people are struggling. Mindful Monday has become an important part of their weekly wellbeing.



PHOTOGRAPH SHOWS DECORATED JARS CREATED BY THE GROUP AND THEIR WRITTEN AFFIRMATIONS AND SELF LOVE QUOTES TO PICK OUT WHEN WE MAY BE HAVING A TOUGH DAY

OUR IMPACT

PROGRAMME AREA: ADULT THERAPEUTIC COUNSELLING SERVICES

Programme Aim

Through our close partnership with Mark Walsh at Lighthouse Therapy Group, we ensure that clients are met with warmth, expertise, and a deep understanding of the unique complexities of suicide loss. We strive to help people make sense of experiences that feel overwhelming or impossible to understand, rebuild a sense of emotional security, and move forward in a way that respects their grief. Our work centres on restoring steadiness, easing feelings of loneliness, and supporting each person as they gradually reconnect with the world around them in their own time.

Key Outcomes

- Reduced traumatic distress
- Greater emotional safety
- Improved mental wellbeing
- Stronger coping and resilience
- Reconnection and stability
- Feeling understood

Case Study

Client J, was referred to Lighthouse Therapy Group following the suicide of her son. Daily functioning had become difficult, and they felt unable to talk openly with family for fear of causing more pain.

Through weekly sessions with Mark, ***Client J*** explored the trauma surrounding the loss, learned grounding techniques to manage panic and intrusive memories. “Access to Lighthouse Therapy came at a vital point in my journey. I feel more hopeful for the future, I now have an acceptance of my situation which came at a pace I could take, and I can experience joyfulness”.

Lighthouse THERAPY GROUP

OUR IMPACT

PROGRAMME AREA: CHILDREN AND YOUNG PERSON'S THERAPEUTIC SERVICES

Programme Aim

Our Children and Young Person's therapeutic counselling service aims to provide a safe, confidential space where children and young people can explore difficult emotions, build resilience, and develop healthier coping strategies. This includes specialist support for those affected by suicide loss, helping them process grief, make sense of overwhelming feelings, and reduce the isolation that often follows a traumatic bereavement. The service focuses on early intervention to prevent issues from escalating, supporting emotional wellbeing, improving communication skills, and strengthening relationships at home and school. The overarching goal is to help young people feel heard, understood, and empowered to navigate their experiences with confidence, compassion, and hope for the future.

Key Outcomes

- Better ability to manage and express difficult emotions linked to traumatic loss
- Increased confidence, self-esteem, and sense of identity while grieving
- Reduced anxiety, low mood, and distress related to bereavement
- Stronger relationships and improved communication with family, peers, and school
- Improved engagement in education and daily routines

Case Study

A 13-year-old, ***Client K,*** referred for counselling was struggling with anxiety, social withdrawal, and conflict at home. Over 12 sessions, they explored the roots of their worries, learned grounding techniques, and built confidence in expressing their needs. By the end of the programme, the young person began re-attending school, engaging with school activities, and their parent described a "noticeable improvement in communication and calmness at home".

PHOTOGRAPHS SHOW OUR CHILDREN'S COUNSELLOR AND OUR DAY SPENT WITH PUDSEY FROM BBC CHILDREN IN NEED





OUR IMPACT

OTHER PROGRAMME AREAS

Befriending Services we have offered and the impact this had

- *Food shopping:* helped client manage this essential task when grief felt too heavy to do this alone to ensure they had groceries.
- *Accompanied to GP appointment:* reduced anxiety when explaining their feelings around their bereavement and ensured client felt supported during some difficult moments.
- *Transported to alcohol rehab centre*: this removed the practical barrier of accessing the vital help that our client needed for rehab and recovery.
- *Met for a coffee prior to joining their first support group*: discussed concerns about attending as a new member, explained the set up and gently encouraged to alleviate fears
- *Welfare checks*: agreed during onboarding; if clients miss planned contact or appointments, we check in to ensure they are safe and supported.

- **Assisting with Practicalities and the impact this had**
-
- ***Immediate paperwork:*** **the many essential documents and administrative processes at the time of a death feel extremely overwhelming and we can help our client understand the priority and support them to complete.**
- ***Home and personal responsibilities:*** **we often advise and support when the practicalities become difficult to manage alone which takes the pressures off our clients.**
- ***Collected a loved one's belongings:*** **during an emotionally challenging task we offered compassionate support and have undertaken this task on behalf of our clients when we have been requested to do so.**
- ***Support with funeral, inquest, or solicitor processes:*** **this help our clients navigate complex and often distressing procedures with clarity and reassurance.**
- ***Letters for employers or housing and benefits agencies:*** **this is important to ensure our clients receive understanding, time, and financial stability while they grieve from their workplace or supporting agencies.**
- ***Rehoming pets:*** **when pets have been left without their owner we have helped remove urgent pressures on the family or friends and ensured animals were cared for when client could not manage.**
- ***Coordinating with schools:*** **in coordination with our specialist counsellor, we support children and young people affected by the bereavement, this ensures their needs are understood and met in school or further education.**



PHOTOGRAPH SHOWS A POEM WRITTEN FOR OUR CLIENTS BY A FRIEND OF THE CHARITY

STORIES OF CHANGE

Name: Client **MM**

Challenge: SELF CARE AND CONFIDENCE - **MM** felt unable to leave the house or mix with other people; felt difficulty in opening up to people and expressing feelings. Did not care about self; personal hygiene, household chores etc. Felt anger towards people and life in general

Support provided: "All staff and peers gave me a very warm welcome, understanding of my emotions and feelings. Being open in conversations and offered any support I need."

Outcome: "Venturing out to the support groups is giving me more confidence, month by month, to leave my house which is my comfort zone. Being able to talk openly about every part of my loss is comforting to me, allowing me to feel validated."

Name: Client **SA**

Challenge: THE LEGALITIES AND DECLINE IN OWN MENTAL HEALTH - **SA** felt a decline in her own mental health. After feeling anxious in public settings, they became isolated and felt lonely. There were specific challenges around the inquest and dealing with solicitor communications

Support provided: "Being part of the groups and the individual support from the team. In particular the help I received around attending the coroners office, and dealing with solicitors, I could not have managed without the support of Trevor and the team at Billy's Lifeline."

Outcome: "My life has changed tremendously, I have a new lease of life. I feel like we have gained another family. I feel at ease and starting to heal. I am now looking after my family and most importantly, myself"

Name: Client **TM**

Challenge: LACK OF COMMUNICATION FROM POLICE - **TM** felt her world end as she knew it and navigating the aftermath was a daily struggle. With no direct correspondence from the police force, **TM** felt frustrated with the lack of communication around the death of her only son.

Support provided: "Billy's Lifeline was instrumental in confirming the place where my son died. Through the charity I was linked up with a community police officer who resolved my issue within a month after many months of silence."

Outcome: "In the early days, coming to the groups and meeting like minded people is what kept me going. Since receiving support I now realise that I am not alone in this journey; sharing my story has helped and keep my son's memory alive with stories of his life and not just his death."

TESTIMONIAL

Finding Support After Suicide Bereavement

In November 2025, life changed forever when my husband of 29 years died by suicide. The loss was devastating, and I was left trying to navigate overwhelming grief, confusion, and isolation.

I was introduced to Billy's through a recommendation from my sister's best friend, who works in a related support service. From my first contact, I felt understood and supported by people who recognised the unique challenges that come with losing someone to suicide.

One of the biggest difficulties after my loss was that many people around me didn't know what to say or how to help. Through Billy's, I found a safe and confidential space where I could share my thoughts and feelings without judgement. Being able to talk openly with others who had experienced similar losses helped me realise that many of the emotions and thoughts I was having were normal, and that I was not alone.
The one-to-one support I received at the beginning of my journey was invaluable. It gave me somewhere to share feelings that I didn't want to burden my loved ones with. When I reached out for help, I was able to access support quickly, rather than facing a long wait. I also attended peer support groups and therapy sessions, including support through Lighthouse Therapy, which became an important part of my healing process. Listening to other people's stories and seeing how they were coping had a significant impact on me. Through the peer groups, I made new friends and found comfort in connecting with people who truly understood what I was going through.

Today, I continue to access ongoing therapy and know that I can attend support groups whenever I need them. Billy's has supported me from the very beginning, helping me rebuild my life and return to work. Knowing that support remains available for both me and my loved ones gives me great reassurance.
I am always willing to share my story if it helps others. My advice to anyone experiencing a similar loss is simple: reach out. Speaking to people who have lived through a similar experience can make a huge difference. Being among others who understand can help you feel heard, accepted, and less alone.

Key Impact Highlights

- Accessed immediate one-to-one bereavement support following the loss of her husband.
- Found a safe, confidential space to talk openly about suicide bereavement.
- Connected with others through peer support groups, reducing feelings of isolation.
- Built new friendships with people who understood her experience.
- Received ongoing therapeutic support to aid long-term recovery.
- Returned to work and began rebuilding her life with continued support from Billy's.
- Now advocates for reaching out and sharing experiences to help others facing similar grief.

The ripple effects go far beyond the individuals directly helped. Families are held together. Friends become better equipped to support each other. Communities learn that it’s okay to talk about loss, trauma, and healing. **In short, Billy’s Lifeline doesn’t just support people, it saves them.**

PARTNERSHIPS AND COMMUNITY

Billy's Lifeline collaborates with several key local initiatives that share its mission of fostering mental well-being and community resilience.

For the second year we worked closely with Sunderland College; students Ruby and Autumn completed their work placement with us over several weeks. The staff and the clients really welcomed the students with open arms and they contributed to our groups activity sessions



Autumn said: "Overall, this experience has had a very positive impact on how I view my future career. It has encouraged me to think more seriously about working in a role where I can support others and make a meaningful difference in people's lives. I found the placement extremely rewarding and enjoyable, and it is somewhere I would love to return to in the future, either for further experience or as a volunteer, as I felt comfortable, welcomed, and inspired during my time there."



Karbon Homes New Start is an initiative funded by UK Government and supported by South Tyneside Council to create life changing employment pathways for local residents, giving them a chance to shine. Billy's Lifeline was thrilled to welcome Tim and Emily to the team, who both overcame significant challenges in securing employment to land their career-starting roles. Tim and Emily fitted in well with the team and the clients; they were integral to the implementation of our Mindful Monday sessions, planning weekly activities. Tim also helped us celebrate the Lunar New Year; in addition to enjoying food together, we wrote fai chun (festive calligraphy banners), embraced the blessings of the season, and explored the cultural meanings behind the traditions.



SOBS - Survivors of Bereavement by Suicide - We had the privilege of joining the local talking group in Whitley Bay, welcomed by Gill, Glen and Lauren the group facilitators. We met some truly remarkable people who have faced the unimaginable heartbreak of losing someone they love. Together, we listened, shared stories, and honoured the beautiful memories of their loved ones. The strength, honesty, and compassion in the room were deeply moving. Grateful for the chance to connect, to listen, and to offer even a small moment of hope.





We were delighted to welcome a four-legged friend, Shadow, from **Shadows of Light CIC** who pops in to some of our small group sessions which can help reduce anxiety and provide comfort through simple presence and connection.

We have been overwhelmed by the generosity of local well-being organisations who have so kindly donated their time and expertise for our weekly Mindful Monday sessions. So far this year we have had some fantastic session which contribute to the mental wellness of not only our clients but our team members too:

Good for the Soul Holistics - Sound Bath with Alex
Reset and Restore - Hand and shoulder massages with Molly
Wise Witchery - Love yourself spells with Alisha
NECA Gardens - Christmas Wreath Making
The Botanical Apothecary - The Perfect Blend with Beth
Serenity Wellness - Crystal Clarity with Steph
Star Bakers - Therapeutic Baking with Lesley













Through these partnerships, Billy's Lifeline strengthens its capacity to deliver vital practical help, therapy, respite, workshops, one-to-one and group support.
More importantly, these collaborations help reduce the stigma around suicide in our region—creating a community that truly listens, supports, and heals—together.

WHERE THE MONEY COMES FROM

Billy's Lifeline is proud to be supported by a range of generous funders who provide grants and funding to help us deliver vital services to individuals and families affected by suicide and emotional crisis. This funding allows us to offer tailored support, develop our team, and grow our reach within the community.

We are deeply grateful to the following partners for believing in our mission and investing in our work:

- Albert Hunt
- Asda Community Fund
- BBC Children in Need
- Bloom
- Goodman Foundation
- Greatham Foundation
- Groundwork
- Inspire
- New Start
- NWH Group
- St Hildas
- William Leach

Each of these funders plays a crucial role in helping us deliver emotional and practical support, reduce stigma, and ensure that suicide prevention remains everybody's business.

During 2025–26, Billy's Lifeline continued to rely on the extraordinary generosity of our local community. As a grassroots charity, community-led fundraising remains central to our sustainability, and this year we once again saw remarkable commitment from individuals, families, and businesses across the region.

Local fundraising activities including community events, charity runs, sponsored challenges, donation drives, raffles, coffee mornings, and bake sales played a vital role in supporting our services. Each contribution, whether financial or in-kind, directly strengthened our ability to provide essential emotional and practical support to those who need us most.

Partnerships with local businesses continued to be a key source of sponsorship, donations, and practical assistance. Many of our clients and their families also chose to give back by raising awareness and funds, helping to extend our reach within the community.

We remain deeply grateful to our volunteer fundraisers, event participants, and supporters of all kinds. Their dedication and willingness to go the extra mile underpin the resilience of our organisation. This collective effort ensured that Billy's Lifeline could continue delivering life-changing support throughout 2025–26.

We had an amazing team of runners who took on the 2025 Great North Run in support of our work. Thanks to the dedication and generosity of Joe, Kev, Neil, Callum, Dale, Jade, Jessica, Richard and Katie, along with junior runners Harper and Lyle, who proudly completed the Junior GNR with their dad — an incredible amount was raised.



To each runner, sponsor and supporter: thank you. Your commitment makes a real difference, and we couldn't be more grateful.

Generosity has taken many forms: time, skills, donations, fundraising, and countless acts of kindness. Our supporters include a wide range of local partners, from nail salons, cafés, restaurants, barbers, beauty studios, gyms, and independent shops, to professionals who donated their services, and businesses who contributed vouchers, products, and expertise.

We want to extend our heartfelt thanks to:

- Barbara from South Tyneside Pledge for organising a welcoming coffee morning that brought Pledge members together to learn more about our charity and the support we offer to those in need.
- Eunice and Jim from One For All; a fabulous community drop in service supporting local homeless, isolated, struggling individuals with a safe space - for kindly donating beautiful gifts for our raffle.
- June, Manager at Nando's Trinity Gateshead for championing our cause in her restaurant, raising money.
- Ford Aerospace and Hitachi for hosting a charity football match and raising an incredible amount to help us continue supporting bereaved families.
- Lynette and Kathleen for completing the Walk of Hope 2025 and fundraising with dedication and heart.
- Lynn from The People's Angels CIC for donating some wonderful items for our support groups
- Kath from The Steamboat and Barry the Quizmaster for hosting a Halloween themed fundraiser quiz night.
- South Tyneside Mayor and Mayoress for their kind donation from fundraising during their term.
- Chris from Box Clever Events for promoting our cause to his charity fighters, several of whom fundraised.
- South Tyneside Council Leader and Deputy for their kind donation.
- Toni from Tesco at Westoe Crown for her kind raffle prizes donation.
- Emma from Tesco Simonside for her continued support.



LOOKING AHEAD

A bold, focused year lies ahead. Here's where we're heading next:

Short Film Campaign

- Launching a series of short films to highlight the impact of suicide
- Piloting innovative approaches shaped by lived experience
- Expanding support into marginalised groups such as LGBTQI+, Neurodivergent communities and ethnic minorities.

Expansion Plans

- Growing our reach across the Northeast
- Strengthening outreach and digital access
- Building new partnerships to scale impact

Funding Priorities

- Securing multi-year grants
- Growing individual and corporate giving
- Investing in long-term sustainability

Strategic Goals

- Stronger impact measurement
- Embedding equity and inclusion
- Enhancing organisational resilience
- Deepening collaboration across sectors

Opportunities Ahead

- New community partnerships
- Volunteer and client led initiatives
- Advocacy and awareness campaigns
- Innovation in service delivery

Be Part of What Comes Next

We invite supporters, partners, and community members to help shape the future with us. Together, we can create lasting change.

Charity registration number 1205627 (England and Wales)

BILLY'S LIFELINE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

BILLY'S LIFELINE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr T Shingler Ms M Briggs Ms D Thompson	 (Appointed 20 June 2025)
Charity registration	England and Wales	1205627
Principal address	Unit 13 Cookson House South Shields Tyne And Wear NE33 1TL	
Independent examiner	Nicholas Liley FCA BK Plus Limited 13 Windsor Terrace Newcastle upon Tyne NE2 4HE	
Bankers	Virgin Money 67 Queen Street Wolverhampton WV1 3BY	

BILLY'S LIFELINE

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BILLY'S LIFELINE

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2026

The trustees present their annual report and financial statements for the year ended 31 March 2026.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Objectives and activities

The relief of need of those affected by the suicide of a close family member or loved one in the North-East of England by assistance to obtain counselling and bereavement services and to raise awareness about mental and physical health issues caused by the impact of suicide through educational campaigns, workshops, and community outreach programmes, promoting open discussions and reducing the stigma surrounding mental health challenges.

Our mission is to save the lives of those who have lost a loved one through suicide, offer comfort, and empower individuals to seek help and support during their most challenging moments, ensuring that no one faces the aftermath of suicide alone.

We will support families and individuals affected by suicide for the public benefit across the North East of England. We will provide of a safe and understanding space where those impacted by suicide can find immediate practical, mental, respite and emotional support following the loss of a loved one through suicide. We will relieve stigma surrounding mental health and suicide, while fostering resilience and promoting mental well-being.

Achievements and performance

Strengthening Postvention Support in South Tyneside

This year, a standout moment for us was delivering our bespoke Postvention Training to staff from South Tyneside Council and other local organisations; group of people whose openness and empathy transformed the sessions into something truly special.

For us at Billy’s Lifeline, this training is not about presenting ourselves as experts. We show up as people with lived experience, offering understanding, guidance, and practical tools to those who may one day be supporting someone through unimaginable loss.

By equipping professionals with the confidence to respond safely and sensitively, we contribute directly to the wider goal of creating suicide-safer communities. Knowing that this training resonated so deeply and that it strengthens the broader suicide prevention strategy stands as one of the most meaningful affirmations of our year.

Celebrating an Extraordinary Achievement

Billy’s Lifeline celebrated a remarkable milestone this year as our Founder and CEO, Natalie, was honoured as the Winner of the Unsung Hero Award at the Best of South Tyneside Awards 2026.

This recognition reflects her dedication to supporting people bereaved by suicide, a mission shaped by the loss of her brother Billy and carried forward with courage, empathy, and relentless commitment. What began as one woman’s determination to ensure no one faces this devastation alone has grown into a compassionate, community-rooted charity that changes lives every day.

Financial review

Billy's Lifeline is primarily funded by donations and grants. The total income for the year was £68,256 (2025 - £112,770), of which £27,980 (2025 - £50,090) was restricted. This income is allocated across respective funds on the Statement of Financial Activities in accordance with the Statement of Recommended Practice.

The Statement of Financial Activities for the year ended 31 March 2026 shows a net deficit across all funds of £1,295 (2025 - net surplus of £15,404).

The Balance Sheet at 31 March 2026 shows a total fund carried forward of £14,109 (2025 - £15,404) of which there are£19,150 (2025 - £33,179) of restricted funds and a shortfall due to an overspend on unrestricted funds of £5,041 (2025-£17,775).

Reserves policy

Billy's Lifeline has established a policy whereby the unrestricted funds not invested in fixed assets held by the charity should be between three and six months of annual expenditure. The charity has a substantial shortfall in this figure at the 31 March 2026.

Structure, governance and management

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Charitable Incorporated Organisation - Foundation Model - whereby the only voting members are the charity Trustees. We have adopted the Charity Commissions Model Constitution to ensure we comply with the Charities Act 2011 (the 2011 Act) and the General Regulations. This helps us to ensure we:

> Reflect recommended best practice; and
> Are legally compliant

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr T Shingler	
Ms M Briggs	
Ms A Cummings	(Resigned 20 June 2025)
Ms D Thompson	(Appointed 20 June 2025)

Recruitment and appointment of trustees

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Any appointment must be made at a meeting held according to the ordinary practice of the appointing body.

Organisational structure

The members of the CIO shall be its charity trustees for the time being. The only persons eligible to be members of the CIO are its charity trustees. Membership of the CIO cannot be transferred to anyone else.

Any member and charity trustee who ceases to be a charity trustee automatically ceases to be a member of the CIO.

The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO.

If the CIO is wound up, each member of the CIO is liable to contribute to the assets of the CIO such amount (but not more than £1.00 as may be required for payment of the debts and liabilities of the CIO contracted before that person ceases to be a member, for payment of the costs, charges and expenses of winding up, and for adjustment of the rights of the contributing members among themselves.

The charity trustees may delegate any of their powers or functions to a committee or committees, and, if they do, they shall determine the terms and conditions on which the delegation is made. The charity trustees may at any time alter those terms and conditions, or revoke the delegation.

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

Mr T Shingler
Trustee

7 October 2026

BILLY'S LIFELINE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BILLY'S LIFELINE

I report to the trustees on my examination of the financial statements of Billy's Lifeline (the charity) for the year ended 31 March 2026.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

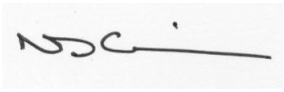
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.

2 the financial statements do not accord with those records; or

3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Nicholas Liley FCA
BK Plus Limited
13 Windsor Terrace
Newcastle upon Tyne
NE2 4HE
7 October 2026

BILLY'S LIFELINE

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Income and endowments from:							
Donations and legacies	**3**	17,067	-	17,067	21,187	260	21,447
Charitable activities	**4**	15,725	27,980	43,705	35,598	49,830	85,428
Other trading activities	**5**	7,466	-	7,466	4,741	-	4,741
Investments	**6**	18	-	18	114	-	114
Other income	**7**	-	-	-	1,040	-	1,040
Total income		40,276	27,980	68,256	62,680	50,090	112,770
Expenditure on:							
Raising funds	**8**	2,683	-	2,683	2,279	21	2,300
Charitable activities	**9**	24,859	42,009	66,868	78,176	16,890	95,066
Total expenditure		27,542	42,009	69,551	80,455	16,911	97,366
Net income/(expenditure) and movement in funds		12,734	(14,029)	(1,295)	(17,775)	33,179	15,404
Reconciliation of funds:							
Fund balances at 1 April 2025		(17,775)	33,179	15,404	-	-	-
Fund balances at 31 March 2026		(5,041)	19,150	14,109	(17,775)	33,179	15,404

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

BILLY'S LIFELINE

BALANCE SHEET

AS AT 31 MARCH 2026

	Notes	2026 £	£	2025 £	£
Current assets					
Debtors	**15**	-		160	
Cash at bank and in hand		18,829		22,884	
		18,829		23,044	
Creditors: amounts falling due within one year	**16**	(4,720)		(7,640)	
Net current assets			14,109		15,404
The funds of the charity					
Restricted income funds	**17**		19,150		33,179
Unrestricted funds	**18**		(5,041)		(17,775)
			14,109		15,404

The financial statements were approved by the trustees on 7 October 2026

Mr T Shingler
Trustee

1 Accounting policies

Charity information

Billy's Lifeline is a Charitable Incorporated Organisation. The address of the charity's registered office and principal place of business is Unit 13 Cookson House, South Shields, Tyne and Wear, NE33 1TL.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

1.4 Income

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

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

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

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

1.6 Cash and cash equivalents

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

1.7 Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

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

Derecognition of financial liabilities

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

2 Critical accounting estimates and judgements

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

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

3 Income from donations and legacies

	Unrestricted funds 2026	Restricted funds 2026	Total 2026	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£	£	£	£
Donations and gifts	17,067	-	17,067	21,187	260	21,447

4 Income from charitable activities

	Unrestricted funds 2026	Restricted funds 2026	Total 2026	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£	£	£	£
Charitable activities						
Grant income	15,725	27,980	43,705	35,598	49,830	85,428

4 Income from charitable activities **(Continued)**

Performance related grants analysis

	Charitable activities 2026 £	Charitable activities 2025 £
BBC Children In Need	12,000	12,000
Goodman Foundation	5,000	-
William Leach	5,000	5,000
Inspire	3,000	998
Albert Hunt	5,000	-
NWH Group	1,200	-
Greatham Foundation	1,100	-
New Start	300	750
Asda	980	-
New St Hildas	3,000	-
South Tyneside Council	5,000	-
Groundwork	1,625	-
Bloom	500	-
The Albert Hunt Trust	-	4,000
The Allen Lane Foundation	-	6,600
The Barbour Foundation	-	2,000
Catherine Cookson Charitable Trust	-	1,000
Doggers Bank	-	1,000
The Elsie Davis Trust	-	5,000
Finn Family Fund	-	1,000
Hadrian Trust	-	1,000
Karbon Homes	-	1,500
Neighbourly Fund	-	500
The Rothley Trust	-	750
The Roy and Pixie Baker Trust	-	2,000
W A Handley Trust	-	2,000
The Arnold Clark Community Fund	-	500
National Lottery Community Fund	-	28,090
Sport England	-	9,740
	43,705	85,428

5 Income from other trading activities

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Fundraising events	7,466	4,741

6 Income from investments

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Interest receivable	18	114

7 Other income

	Unrestricted funds 2026 £	Unrestricted funds 2025 £
Other income	-	1,040

8 Expenditure on raising funds

	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Fundraising and publicity						
Other fundraising costs	2,683	-	2,683	2,279	21	2,300

9 Expenditure on charitable activities

	Charitable activities 2026	Charitable activities 2025
	£	£
Direct costs		
Staff freelancers	23,837	32,163
Staff travel	-	361
Beneficiary activities	-	4,235
Counselling services	9,555	4,105
Support group	-	1,385
Publicity	2,092	2,172
Volunteer expenses	52	822
Venue hire	1,151	3,355
Equipment	-	79
Staff training	270	2,013
Professional services	9,512	19,671
	46,469	70,361
Share of support and governance costs (see note 10)		
Support	18,899	23,265
Governance	1,500	1,440
	66,868	95,066
Analysis by fund		
Unrestricted funds	24,859	78,176
Restricted funds	42,009	16,890
	66,868	95,066

10 Support costs allocated to activities

	2026	2025
	£	£
Trustees expenses	-	227
Rent, rates and water	13,593	11,426
Insurance	623	977
Light and heat	1,980	815
Telephone and internet	786	783
Postage and stationery	-	1,310
IT and computer costs	-	5,114
Subscriptions	672	566
Professional fees	227	500
Repairs and maintenance	974	1,237
Governance costs	1,500	1,440
Bank charges	-	19
Cleaning and sundries	44	291
	20,399	24,705
Analysed between:		
Charitable activities	20,399	24,705

11 Net movement in funds

	2026	2025
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,500	1,440

12 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year. None (2025 - 2) of the trustees were reimbursed expenses in the year (2025 - £227).

13 Employees

The average monthly number of employees during the year was:

	2026	2025
	Number	Number
Total	-	-

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

14 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

15 Debtors

Amounts falling due within one year:	2026 £	2025 £
Trade debtors	-	160

16 Creditors: amounts falling due within one year

	2026 £	2025 £
Trade creditors	3,220	6,200
Accruals and deferred income	1,500	1,440
	4,720	7,640

17 Restricted funds

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

	At 1 April 2025 £	Incoming resources £	Resources expended £	At 31 March 2026 £
BBC Children In Need - Bereavement Support	11,667	12,000	(15,047)	8,620
Sport England - 'Lifeline Striders'	2,902	-	(2,902)	-
National Lottery Community Fund	520	-	(520)	-
National Lottery Community Fund - 'Healing Hearts'	18,090	-	(18,090)	-
Goodman foundation	-	5,000	-	5,000
One Stop	-	500	(150)	350
Asda Community Fund	-	980	-	980
St Hildas	-	3,000	-	3,000
William Leach	-	5,000	(3,800)	1,200
NWH Group	-	1,200	(1,200)	-
New Start	-	300	(300)	-
	33,179	27,980	(42,009)	19,150

17 Restricted funds **(Continued)**

Previous period:	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
BBC Children In Need - Bereavement Support	-	12,000	(333)	11,667
Sport England - 'Lifeline Striders'	-	9,740	(6,838)	2,902
National Lottery Community Fund	-	10,260	(9,740)	520
National Lottery Community Fund - 'Healing Hearts'	-	18,090	-	18,090
	-	50,090	(16,911)	33,179

National Lottery Community Fund

The National Lottery provided a grant to the charity in the previous year for £18,090 for the 'Healing Hearts' project, supporting families through bereavement after suicide.

BBC Children in Need
This is a 3 year project providing £12,000 a year for bereavement support to children and young people to cope with the emotional impact of suicide loss.

Sport England
Sport England provided a grant of £9,740 for delivering a support walking group 'The Lifeline Striders'.

Goodman Foundation
Funding received towards providing a counselling service to children.

One Stop
Funding received towards providing bereavement counselling to children and young people.

Asda
Funding received to support children and young people.

New St Hildas
Funding received towards providing a counselling service to children.

William Leach
Funding received to provide support groups.

NWH Group
Funding received to provide 20 counselling sessions.

New Start
Funding received for new start staff training.

18 Unrestricted funds

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

	At 1 April 2025 £	Incoming resources £	Resources expended £	At 31 March 2026 £
General funds	(17,775)	40,276	(27,542)	(5,041)

Previous period:	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
General funds	-	62,680	(80,455)	(17,775)

19 Analysis of net assets between funds

	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £
At 31 March 2026:			
Current assets/(liabilities)	(5,041)	19,150	14,109
	(5,041)	19,150	14,109

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 March 2025:			
Current assets/(liabilities)	(17,775)	33,179	15,404
	(17,775)	33,179	15,404

20 Related party transactions

There were no disclosable related party transactions during the year (2025 - none).