

SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

FOR THE YEAR ENDED

31ST MARCH 2023

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SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

**FOR THE YEAR ENDED
31ST MARCH 2023**

COMPANY INFORMATION

CHARITY NAME: Suicide Down to Zero

CHARITY REG NO: NIC102155

**REGISTERED OFFICE: 95 Loughinisland Road
DOWNPATRICK
Co Down
BT30 8JL**

TRUSTEES:

The following served as charity trustees during the year and up to the date of this report

**Patrick McGreevy
Alison Carson
Kevin McGuinness**

**ACCOUNTANTS: Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
21a Market Street
DOWNPATRICK
BT30 6LP**

**BANKERS: AIB Bank
44-46 Hill Street
NEWRY
Co Down
BT34 1AU**

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2023 Suicide Down to Zero - Charity Number 102155.**

ACTIVITIES

SUMMARY OF MAIN ACTIVITIES

Suicide Down to Zero (SDZ) was set up in the Downpatrick area by a group of people with an interest in tackling the issue of deaths by suicide. The members involved include those who have been bereaved by suicide as well as those involved in supporting those who have self-harmed, attempted suicide or have a personal or professional interest in preventing deaths by suicide. SDZ was recognised as charity by the Charity Commission in May 2015

Two local brothers Peter and Donnan Ritchie decided to do a fundraiser for the charity as they had lost a family member to suicide. Eight of their friends Eamon Dalton, Nicky Casement, Seamus Carville, Gerard Grant, Niall Montgomery, Marty McIlmail, Leonard Smyth, and Bernard Duffy agreed to join them. Over the Easter weekend the men took on the challenge of a sponsored cycle the from Mizen Head to Malin Head. They had set themselves the target of raising £10,000 but in fact raised £22,466.

This is the largest single donation the charity has ever received.

Later that month the charity trialled the interactive ‘We need to talk about.... suicide’ with year 11 pupils in one local post primary school. The 60-minute session aimed to raise awareness of the myths that surround suicide and replace them with facts along the strong message that suicide needs to be talked about openly and directly. Two of the presenter’s role – played how signs of suicide thoughts can be identified and how the suicide question can be asked.

The session received excellent feedback from pupils and staff.

In April the charity contracted with an independent contractor to carry development work on behalf of the charity. It was felt that a contractor would accelerate the work that was being attempted by since inception entirely by volunteers.

The contractor began spreading the Whole School/Sports Club/Workplace approach which is a seven-element prevention initiative adapted to the differing contexts.

The person contracted made a lot of progress in engaging schools and sports clubs. Gaelic Athletic Clubs who were pursuing Healthy Club recognition found resonance with the Whole Club approach.

The contractor was successful in getting the charity recognition across the area of benefit and beyond.

The schools clubs and workplaces were provided from the stock of 5,000 ‘We need to talk about.....suicide’ booklets.

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TRAINING

safeTALK – 42 people attended the 3- & 1/2-hour workshop that enabled them to be suicide alert, to be able to spot the signs of suicide, ask clearly and directly and get the suicidal person to a keep safe connection.

ASIST – 46 attended the two-day workshop people were trained to be suicide first -aiders and enabled to intervene with people with thoughts of suicide.

SafeTALK Training for Trainers – 17 people were trained to be able to deliver the safeTALK workshop.

ASIST Training for Trainers – 10 people were trained to deliver the 2-day ASIST workshop. In September to coincide with World Suicide Prevention Day organise a series of events in the week leading to September 10th.

The events began with an Interdenominational Service of Hope in Newry for people who had lost loved ones to suicide.

The next day one of the world`s foremost experts in the care of people who have lost loved ones to suicide, Dr Frank Campbell provided a talk by Zoom from Texas, U.S.A on his Active Postvention Model and LOSSTeam.

Later in the week the `Quiet shuffling of feet` film was shown in Newcastle. The film centred on the work of Mr David Bolton who had was central to the post trauma response provided to survivors of the Enniskillen and Omagh bombings.

The week ended with a showcase event in Hilltown where the work of the charity in schools, sports clubs and workplaces was demonstrated.

This event was attended by the Chair of Newry Mourne and Down Council who indicated his intention to have Suicide Down to Zero as his charity of the year during his year as Chair.

In October the charity moved to a new website company to host and manage the website.

In November the Charity Board decided to become a member of NICVA.

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IMPACT AND BENEFITS

SDZ activities during 2022-23 have contributed to fulfilling our public benefits as follows:

Enhanced awareness of the causes of suicide – achieved through enabling 42 to be suicide alert through attending safeTALK training. Forty-six people were enabled to become suicide first aiders through attending the 2-day ASIST workshop. Seven people were trained to deliver the safeTALK workshop and 10 were trained to deliver the ASIST WORKSHOP

Access to relevant and accurate information – achieved through publication and distribution of information in the redrafted and retitled `We need to talk about.... suicide`; It contains guidance on how to listen, talk and ask about suicide and how to get help for the suicidal person along with a list of back up helping resources.

Access to holistic care; improved self-care strategies and self-help strategies; reduced levels of stress, anxiety, and suffering – As part of our seven element Whole School/Sports Club/Workplace we continued to promote the robustly evidence based 5 ways to Wellbeing. The charity`s development work contractor introduced several schools and sports clubs to the Whole School and Whole Club Approaches and enabled them to begin working on making their environments suicide safer.

Increased efficiency and effectiveness of community and voluntary organisations, resulting in enhanced outcomes and service delivery and consequently an improved quality of life for those who benefit from the work of these organisations
– SDZ representatives continue to attend and collaborate with local suicide prevention task groups in Downpatrick and Ballynahinch and to assist them in their suicide prevention activities.

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FINANCIAL REVIEW

The receipts and payments accounts are based on information from an Excel maintained cash book which matches the charity's bank statements. The year saw income increase from £20,180 to £59,599. Expenditure for the year was £54,531. The year finished with a cash balance of £22461.

Accounts for the year ended 31 March 2023.

Receipts and Payments Accounts

Income

During the year £59,599 was raised through some of the following activities.

Payments received against safeTALK & ASIST Training for Trainers training equated to £36,890.

Sponsorship of the cyclists who undertook the run from Mizen Head to Malin Head over Easter continued to come in. By the end of March 2023 £12,229.60 had been received via Localgiving with cash lodgements of £845 and £410 received by supporters of the event.

Charity collections at key football games saw sums of £210 & £118 being received. A donation of £200 was made by a large construction as gratitude for training provided to company employees.

A film showing in September minus venue hire realized the sum of £247.

Expenditure

Expenditure related to bank charges of £90.98 and monthly payments of £485.91 for maintenance and hosting of the charity's webpage. A decision was made to move to a new website host and management company and an initial payment of £600 was made for redesign of the website. The charity provided the 10 cyclists who undertook the cycle run with logo branded cycle clothing at a cost of £1190. A new print run of the `We need to talk aboutsuicide` along with pop up banners pin badges, pens & pencils came to £3184.80. The Development work contractor received payments totalling £6037.50

The largest element of expenditure was to Livingworks Education for the provision of safeTALK and ASIST Training for trainers which totalled £33,339.45.

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Statement of Assets and Liabilities

SDZ's only assets are cash funds held in the charity's AIB bank account. The cash assets at 31st March 2023 consisted of cash at bank of £22461.34 an increase of £5,468 on the balance at 31st March 2022.

Notes to Accounts

In assessing the finances and assets of SDZ it must be noted that no trustees or members claimed or received any payments from SDZ funds. Members also give generously of their time in meetings with external groups and individuals as well as research, advocacy and training. The Independent Examiner also did not charge for the examination of the accounts for the 2022/2023 year and trustees wish to place on record their acknowledgement of Eamonn McGrady and Co for their work.

The trustees as always are grateful for all those who made a financial contribution to the work of the charity.

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Annual Trustees Report for the Year 1 April 2022 to 31 March
2023 Suicide Down to Zero - Charity Number 102155.**

REFERENCE AND ADMINISTRATIVE DETAILS

**Charity Name
Suicide Down To Zero**

Charity Number

102155

Principal Address

**95 Loughinisland Road, Downpatrick, County Down, BT30 8JL.
Email: mcgreevy_pat@yahoo.co.uk**

Tel: 07809441950

Website: www.sdz.org.uk

Charity Trustees as at 31 March 2023 are, Chair Pat McGreevy, Alison Carson and Kevin McGuinness.

Structure and Governance

Constitution

SDZ has a written constitution which is typical of those of small voluntary organisations. A copy was submitted to the Charity Commission at the time of registration.

Meetings

There were 3 Zoom board meetings and 7 face to face meetings of Suicide Down to Zero during the year 1 April 2022 to 31 March 2023. Minutes were kept of all meetings .

Approved by the Trustees.

McGreevy
PATRICK MCGREEVY
CHAIR

Rose M. DiGirolamo
Secretary