

Charity Registration Number 102155

SUICIDE DOWN TO ZERO (SDZ)
TRUSTEES REPORT
FOR THE YEAR ENDED
31ST MARCH 2024

EAMONN P McGRADY & Co
Chartered Accountants &
Registered Auditors
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TRUSTEES REPORT

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31ST MARCH 2024

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SUICIDE DOWN TO ZERO (SDZ)

TRUSTEES REPORT

**FOR THE YEAR ENDED
31ST MARCH 2024**

COMPANY INFORMATION

CHARITY NAME: Suicide Down to Zero

CHARITY REG NO: NIC102155

REGISTERED OFFICE: Pepper Johns Memorial Community Centre
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

Following a change to the Governing Document the following served from February 19 2024 up to the date of this report

Joseph Canavan
William Fyffe
Martina Clendenning
Darran McQuoid
Ursula Tumelty

ACCOUNTANTS: Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
4-6 Market Lane
DOWNPATRICK
BT30 6TH

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

Suicide Down to Zero (SDZ)
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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.

The charity Board now applies a seven-element framework to all its work whether it is in supporting schools, sports clubs, or workplaces. The elements are Leadership & Accountability; Mental Health & Wellbeing Promotion; Suicide awareness and prevention; Training ; Suicide intervention & ongoing community support; Postvention and Evaluation.

In July the Charity, with the help of a good friend of the Charity, drafted a new strategy and forwarded it to some 50 stakeholders for feedback. When the feedback was received the strategy was redrafted and agreed by the Charity Board. In February a new governing document was adopted by the Board. A copy has since been forwarded to Charity Commission Northern Ireland.

In the same month a new Board member joined and has made a significant contribution to the work of the Board since. One large post primary school with over 700 pupils agreed to pursue our seven-element Whole School Approach. To coincide with World Suicide Prevention Day, the charity relaunched a refreshed website. Through the website and social media the messaging about suicide prevention potential remained strong and constant.

The charity agreed a pilot project with a counselling organisation to make counselling provision more accessible for people in Downpatrick and provided a setting and funding to enable this.

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TRAINING

safeTALK 60 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 58 attended the two-day workshop people and were trained to be suicide first -aiders and enabled to intervene with people with thoughts of suicide.

SafeTALK Training for Trainers 20 people were trained to be able to deliver the safeTALK workshop.

ASIST Training for Trainers 24 people were trained to deliver the 2-day ASIST workshop. In September to coincide with World Suicide Prevention Day, the charity organised a series of events in the week leading to September 10th.

In October a support group for those who have lost a loved one or friend to suicide. The group now meets monthly for one and a half hour and is facilitated by Board members, one of whom is a suicide survivor. She lost a family member to suicide over 25 years ago.

An evaluation of the Board's work is expressed in the Impact and Benefits section below. The schools clubs and workplaces were provided from the stock of 5,000 'We need to talk about.....suicide' booklets.

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IMPACT AND BENEFITS

SDZ activities during 2023-24 have contributed to fulfilling our public benefits as follows:

Enhanced awareness of the causes of suicide – achieved through enabling 60 people to be suicide alert through attending safeTALK training. 58 people were enabled to become suicide first aiders through attending the 2-day ASIST workshop. 20 people were trained to deliver the safeTALK workshop and 24 trained to deliver the ASIST workshop. In May 2023 the charity held an Out of Darkness dawn walk to symbolically encourage the topic of suicide to be brought out of the darkness and into the light where it can be talked about openly and clearly.

Access to relevant and accurate information – achieved through continued distribution of information in the `We need to talk about... suicide`. The interactive session that emerged from this resource was delivered in two settings and provided to a large school to enable them to deliver it independently. Some film clips were produced to assist the explanation and encourage adoption of our approach in the school, sports clubs and workplace settings

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. A Keep well,Keep safe health fair was provided for the school undertaking Whole School Approach. The entire pupil population attended and gained information about the array of helping agencies.

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

2024 Suicide Down to Zero - Charity Number 102155.

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 a income decrease from £59,599 to £45,135. Expenditure for the year was £30,769 The year finished with a cash balance of £36,827.

Accounts for the year ended 31 March 2024.

Receipts and Payments Accounts

Income

During the year £45,135 was raised through some of the following activities :-
Newry Mourne and Down Sports Awards collection £1,633.04; Belfast Marathon relay team sponsorship £1,632.04; Captains Charities, Ardglass Golf Club £1,600; Newcastle and District Amateur League charity collections £1,265.72; Vintage car rally & dance £820; ASDA Foundation £600; Out of Darkness Walk £1,070.58; Quiz Horatio Todds £384.00; Saul Parish Church £200.

A significant amount of funds came through online donations via Localgiving which totalled £3,430.79.

The then Chair of Newry Mourne and Down Council, Mr Michael Savage made Suicide Down to Zero one of his three Charities of the year and in addition to the Sports Awards collection £5,250 was received from the proceeds of the Charity Ball & raffle.

Expenditure

Expenditure related to bank charges of £131.85 and a payment of £1,006 for maintenance and hosting of the charity's webpage.

The largest element of expenditure was to Livingworks Education for the provision of safeTALK Training for trainers which totalled £13,259.23

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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 2024 consisted of cash at bank of £36,826.60 an increase of £14,365.26 on the balance at 31st March 2023.

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 2023/2024 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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REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name
Suicide Down To Zero

Charity Number

102155

Principal Address

Pepper Johns Memorial Community Centre, 4 Church Avenue, Downpatrick BT30 6AG
Email: pat@sdz.org.uk

Tel: 07809441950

Website: www.sdz.org.uk

Charity Trustees as at 31 March 2024 are, Chair Pat McGreevy, Alison Carson and Kevin McGuinness Joseph Canavan Martina Clendenning William Fyffe Ursula Tumelty

Structure and Governance

Constitution

SDZ has a written constitution which is typical of those of small voluntary organisations. A copy of the new document approved by Trustees on February 19th 2024 was supplied to the Commission

Meetings

There were 2 Zoom board meetings and 8 face to face meetings of Suicide Down to Zero during the year 1 April 2023 to 31 March 2024. Minutes were kept of all meetings.

Approved by the Trustees on 27th September 2024.


P. McGREEVY
PATRICK MCGREEVY
CHAIR

DARRAN McQUOID
SECRETARY

SUICIDE DOWN TO ZERO (SDZ)

YEAR ENDED 31ST MARCH 2024

Independent Examiner's Report to the Trustees of Suicide Down to Zero

Eamonn P McGrady & Co report on the accounts of the Suicide Down to Zero for the year ended 31 March 2024, which are set out on pages 9 and 10.

Respective responsibilities of trustees and examiner

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

It is the responsibility of Eamonn P McGrady & Co to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general directions given by the Charity Commission under section 65(9) (b) of the Charities Act.
- state whether particular matters have come to our attention

Basis of independent examiner's statement

Eamonn P McGrady & Co have examined your charity accounts as required under section 65 of the Charities Act and an examination Commission NI under section 65(9) (b) of the Charities Act.

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

The role of Eamonn P McGrady & Co is to state whether any material matters have come to our attention giving cause to believe:

- 1 that accounting records were not kept in accordance with section 62 of the Charities Act
- 2 that the accounts do not accord with those accounting records
- 3 that the accounts do not comply with the accounting requirements of the Charities Act
- 4 that there is further information needed for a proper understanding of the accounts to be reached

Independent examiners statement

Eamonn P McGrady & Co have completed the examination and have no concerns in respect of the matters 1 to 4 listed above and, in connection with following the Directions of the Charity Commission NI have no matters that require to be drawn to your attention.

Eamonn P McGrady & Co
Chartered Accountants &
Registered Auditors
4-6 Market Lane
DOWNPATRICK
Co Down
BT30 6TH

Date

SUICIDE DOWN TO ZERO (SDZ)

**STATEMENT OF RECEIPTS AND PAYMENTS FOR THE
YEAR ENDED 31ST MARCH 2024**

			2024	2023
	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	£	£	£	£
RECEIPTS				
Donations and Legacies	-	19,463	19,463	14,909
Fundraising Activities	-	24,860	24,860	200
Grants	<u>812</u>	<u>-</u>	<u>812</u>	<u>44,490</u>
Total	<u>812</u>	<u>44,323</u>	<u>45,135</u>	<u>59,599</u>
PAYMENTS				
Direct Charitable Activity	812	28,221	29,033	50,744
Website Costs	-	1,006	1,006	-
Promotion	-	-	-	2,321
Membership	-	285	285	25
Administrative Costs	-	313	313	1,275
Bank Charges	<u>-</u>	<u>132</u>	<u>132</u>	<u>166</u>
Total	<u>812</u>	<u>29,957</u>	<u>30,769</u>	<u>54,531</u>
Net Receipts/Payments	-	14,366	14,366	5,068
Reconciliation at: 31 March 2024				
Surplus for the year	-	14,366	14,366	5,068
Bank balance at 31 March 2023	<u>-</u>	<u>22,461</u>	<u>22,461</u>	<u>17,393</u>
Bank balance at 31 March 2024	<u>-</u>	<u>36,827</u>	<u>36,827</u>	<u>22,461</u>

SUICIDE DOWN TO ZERO (SDZ)
STATEMENT OF ASSETS AND LIABILITIES
YEAR ENDED 31ST MARCH 2023

	2024 Unrestricted Funds £	2023 Unrestricted Funds £
Cash at bank 1/4/20223	22,461	17,393
Surplus Year Ended 31/3/24	<u>14,366</u>	<u>5,068</u>
Total Cash Funds at	<u>36,827</u>	<u>22,461</u>
Liabilities at 31/03/2024	<u>-</u>	<u>-</u>