

**SUICIDE DOWN TO ZERO (SDZ)**

**TRUSTEES REPORT**

**FOR THE YEAR ENDED**

**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

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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 10<sup>th</sup>.

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 31<sup>st</sup> March 2024 consisted of cash at bank of £36,826.60 an increase of £14,365.26 on the balance at 31<sup>st</sup> 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](mailto:pat@sdz.org.uk)

Tel: 07809441950

Website: [www.sdz.org.uk](http://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 19<sup>th</sup> 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 27<sup>th</sup> September 2024.

  
PATRICK MCGREEVY  
CHAIR

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DARRAN McQUOID  
SECRETARY