

**Charity Registration Number 102155**

**SUICIDE DOWN TO ZERO (SDZ)**

**TRUSTEES REPORT**

**FOR THE YEAR ENDED**

**31ST MARCH 2025**

**EAMONN P McGRADY & Co**

Chartered Accountants &

Registered Auditors

4-6 Market Lane

DOWNPATRICK

Co Down

BT30 6TH

Tel: 028 4461 4340

Fax: 028 4461 4408

**SUICIDE DOWN TO ZERO (SDZ)**

**TRUSTEES REPORT**

**FOR THE YEAR ENDED**

**31ST MARCH 2025**

**CONTENTS**

	<b>PAGE</b>
Charity Information	1
Trustees' Report	2-8
Independent Examiner's Report	9
Statement of Receipts and Payments	10
Statement of Assets and Liabilities	11

**SUICIDE DOWN TO ZERO (SDZ)**

**TRUSTEES REPORT**

**FOR THE YEAR ENDED  
31ST MARCH 2025**

**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 2025 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)**

**Annual Trustees Report for the Year 1 April 2024 to 31 March 2025**

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

### **ACTIVITIES**

#### **SUMMARY OF MAIN ACTIVITIES**

Suicide Down to Zero (SDZ) was set up in the Downpatrick in 2014 area by a group of people with an interest in tackling the issue of deaths by suicide. At that time the number of people dying by suicide had, for the first time, exceeded 300 and those who came together to form the group collectively felt that this was a totally unacceptable number of suicide deaths.

These founding members included those who had been bereaved by suicide as well as those who were involved in supporting those who have self-harmed, attempted suicide and those who had a personal or professional interest in preventing deaths by suicide. SDZ was recognised as charity by the Charity Commission in May 2015.

The charity campaigns for a zero target for suicide deaths; works to raise understanding of the preventability of suicide; provides specific suicide prevention skills training and helps people affected by suicide death or injury.

Over recent years the charity has developed a whole context, seven-element framework approach to suicide safety which can be applied to any context.

The elements are Leadership & Accountability; Mental Health & Wellbeing Promotion; Suicide awareness and prevention; Training; Suicide intervention & ongoing community support; Postvention and Evaluation.

**Suicide Down to Zero (SDZ)**  
**Annual Trustees Report for the Year 1 April 2024 to 31 March 2025**  
**Suicide Down to Zero - Charity Number 102155.**

**TRAINING**

The commitment to training people from all backgrounds in specific suicide prevention skills continued at several levels.

Awareness of the 5 Ways to Wellbeing was delivered to 1500 people.

The 'We need to talk about ...suicide' facilitator familiarisation was delivered to 150 and this enabled them to deliver the 45 minute programme to 1000 participants.

A total 120 people participated in the 3&1/2 hour safeTALK programme.

One hundred and fifty one people were trained as suicide first aiders through their attendance at the 2 day ASIST workshops. The training enabled them to spot the signs of suicide distress and to provide a suicide intervention.

A further 10 people, four of whom will work directly for the charity, were trained to deliver the suicide alertness programme, safeTALK. They will go on to train others to be alert to the possibility of suicide and how to connect the distressed person to a keepsafe connection.

Three organisations—Down Business Connect, Leo Matheson and Company, and Lydian Care—sponsored three individuals to complete safeTALK Training for Trainers, and the charity is very grateful for their support.

The charity made a bid to Public Health Agency Making Life Better programme and received £5,000 which made a lot of the awareness raising and training outlined. The charity is also very grateful to have received such a significant grant.

## **Suicide Down to Zero (SDZ)**

**Annual Trustees Report for the Year 1 April 2024 to 31 March 2025**

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

### **IMPACT AND BENEFITS**

SDZ activities during 2024-25 have contributed to fulfilling our public benefits as follows:

**Enhanced awareness of the causes of suicide** – achieved through enabling 151 people to receive specific suicide prevention skills training through attending the 2-day ASIST workshop

In November 2024 ten people were trained to deliver the safeTALK workshop and so enable many people to be alert to the possibility of suicide

**Access to relevant and accurate information** – achieved through continued distribution of suicide prevention information. At the core of these efforts is The `We need to talk about... suicide` booklet. One domiciliary care organisation was provided with 1500 of these for staff and clients and received 400 staff help cards along with 1500 Five Ways to Wellbeing leaflets for clients and staff.

A strong presence is maintained on social media to deliver accurate and relevant information and challenge some of myths that have grown up about suicide.

The importance of asking clearly and directly about suicide is a central message in all our material as demonstrated in the short film `You need to Ask` on the charity`s website

**Access to holistic care; improved self-care strategies and self-help strategies; reduced levels of stress, anxiety, and suffering** –The charity`s development work contractors 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. In addition, a few new workplaces have signed up to Whole Company Approach. The charity entered a partnership with a counselling organisation to enable more counselling to be available for people in the Downpatrick area

The charity provides a monthly support group for people bereaved by suicide, and this enables attendees to give help and receive help from each other.

Every November the Hope & Healing service is provided to mark International Survivors of Suicide Loss Day for all who have lost a loved one to suicide at any time in the past.

**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.

The charity takes a lead role in providing suicide prevention training for many of the organisations and agencies in their network.

## **Suicide Down to Zero (SDZ)**

**Annual Trustees Report for the Year 1 April 2024 to 31 March 2025**

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

### **FINANCIAL REVIEW**

2025 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 increase from £45,135 to £71,296. Expenditure for the year was £75,741. The year finished with a cash balance of £32,382. Net receipts for the year were a deficit of £4,445, compared with a surplus for 2023/24 of £14,366.

### **Receipts and Payments Accounts**

#### **Income**

Funding came from both active and more passive efforts. Our charity often receives approaches from individuals and groups who want to fundraise on our behalf. A sum of £550 was received from Belfast International Airport in a quarterly charity scheme that sees customers vote for which charity should receive funds.

A car & tractor run raised £1,580 (special thanks to Clendenning family & friends). Proceeds from collections at football matches brought in £757. A group of lady golfers who played over the winter months collecting funds throughout presented the charity with £1,117. Locally firefighters from Downpatrick NIFRS distributed monies from their annual charity collection which brought in £1,059.

A porch collection at Crossgar Supevalu realised £340.

Two families donated in different circumstances. A sum of £295 was received from the Nugent family who collectively decided to donate to charity in lieu of buying each other Christmas presents.

The McDonald family donated £60 in ongoing instalments in memory of their late husband /father/grandfather Noel.

The annual Out of Darkness walk held in May at raised £1,520 and again special thanks are due to the Clendenning family and friends.

Three organisations with very little encouragement agreed to donate £1,060 each to enable the Charity to send three people on the safeTALK training for trainers so that they could deliver this programme throughout area. The companies/organisations are: Down Business Connect, Leo Matheson Ltd & Lydian Care.

Mr Paul Smyth ran Belfast Marathon in memory of a friend lost to suicide and he donated the sponsorship monies of £2,050 received from family & friends.

## **Suicide Down to Zero (SDZ)**

**Annual Trustees Report for the Year 1 April 2024 to 31 March 2025**

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

### **Expenditure**

The largest element of expenditure was to Livingworks Education for the provision of safeTALK Training for trainers which totalled £63,371. A further £3,864 was expended on providing the hospitality for these specific training events. Expenditure is offset by training fees received from candidates' organisations of £49,230. The shortfall of £14,141 is where the charity enabled candidates to undertake these trainings on behalf of the charity.

The other expenditure relates to Training & Event hospitality £1,308; Payments to subcontractors for Development work £3,600; Promotional materials £2,243; Insurance (Public liability & Event) £567; Payments to ASIST Trainers for workshop delivery £3,347; Web maintenance £300; Advertising £ 1,356.00; Music for Hope & Healing service £150.00; Memberships & Fundraising support £496.00; Ballynahinch Counselling (enabling more counselling to be provided in Downpatrick £1,266).

**Suicide Down to Zero (SDZ)**

**Annual Trustees Report for the Year 1 April 2024 to 31 March 2025**

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

**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 2025 consisted of cash at bank of £36,382 a decrease of £36,826 on the balance at 31<sup>st</sup> March 2024.

**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 2024/2025 year and trustees wish to place on record their acknowledgement of Eamonn P 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.

**Suicide Down to Zero (SDZ)**  
**Annual Trustees Report for the Year 1 April 2024 to 31 March 2025**  
**Suicide Down to Zero - Charity Number 102155.**

**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 2025 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.

**Meetings**

There were 11 meetings of Suicide Down to Zero Board during the year 1 April 2024 to 31 March 2025. Minutes were kept of all meetings.

  
PATRICK/McGREEVY  
CHAIR

  
DARRAN McQUOID  
SECRETARY

## SUICIDE DOWN TO ZERO (SDZ)

YEAR ENDED 31ST MARCH 2025

### 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 2025, which are set out on pages 10 and 11.

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.

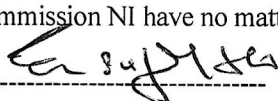
The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such 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 2025**

	2025	2024		
	Restricted Funds £	Unrestricted Funds £	Total Funds £	Total Funds £
<b>RECEIPTS</b>				
Donations and Legacies	-	16,836	16,836	19,463
Fundraising Activities	-	50,460	50,460	24,860
Grants	<u>4,000</u>	<u>-</u>	<u>4,000</u>	<u>812</u>
<b>Total</b>	<u>4,000</u>	<u>67,296</u>	<u>71,296</u>	<u>45,135</u>
<b>PAYMENTS</b>				
Direct Charitable Activity	4,000	68,113	72,133	29,033
Website Costs	-	300	300	1,006
Promotion	-	1,356	1,356	-
Membership	-	420	420	285
Administrative Costs	-	850	856	313
Insurance	-	567	567	-
Bank Charges	<u>-</u>	<u>129</u>	<u>129</u>	<u>132</u>
<b>Total</b>	<u>4,000</u>	<u>71,741</u>	<u>75,741</u>	<u>30,769</u>
<b>Net Receipts/Payments</b>	-	(4,445)	(4,445)	14,366
<b>Reconciliation at: 31 March 2025</b>				
(Deficit)/Surplus for the year	-	(4,445)	(4,445)	14,366
Bank balance at 31 March 2024	<u>-</u>	<u>36,827</u>	<u>36,827</u>	<u>22,461</u>
<b>Bank balance at 31 March 2025</b>	<u>-</u>	<u>32,382</u>	<u>32,382</u>	<u>36,827</u>

**SUICIDE DOWN TO ZERO (SDZ)**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**YEAR ENDED 31ST MARCH 2025**

	<b>2025</b> <b>Unrestricted</b> <b>Funds</b> <b>£</b>	<b>2024</b> <b>Unrestricted</b> <b>Funds</b> <b>£</b>
Cash at bank 1/4/2024	36,827	22,461
(Deficit)/Surplus Year Ended 31/3/25	<u>(4,445)</u>	<u>14,366</u>
Total Cash Funds at	<u>32,382</u>	<u>36,827</u>
Liabilities at 31/03/2025	<u>-</u>	<u>-</u>