



REPORT & FINANCIAL STATEMENTS

For the Year ended 31st March 2023



*“...in the service
of healing, peace and
holistic well-being.”*

A Warm Welcome to the Tara Centre



*“There is no better way of explaining the
importance of Tara than by viewing it as a
timeless, sacred place, a sanctuary for all.”*

Michael Slevin

Report of the Board of Trustees/Directors

The Board of Trustees/Directors presents the Report together with the Financial Statements of the Tara Centre for the Year ended 31st March 2023.

Professional Advisors

Auditors: McAleer Jackson Ltd
Chartered Accountants and
Statutory Auditor
24 Dublin Road
Omagh BT78 1HE

Solicitors: Lewis Silkin (N.I.) LLP,
32-38 Linenhall St.
Belfast, BT2 8BG

McConnell & Fyffe,
21 Church Street,
Omagh, BT78 1DG

Bankers: Allied Irish Bank,
2-6 East Bridge Street,
Enniskillen, BT74 7BT

Allied Irish Bank,
Diamond, Monaghan, EIRE

Company Status

The Tara Centre is a Company Limited by Guarantee and a registered Charity. The governing document is the Articles of Association (30th September 2021).

Charity Name: Tara Centre
Charity Registration Number: NIC103397
Company Registration Number: NI037403

Registered Office & Operational Address: 11 Holmview Terrace,
Omagh, BT790AH

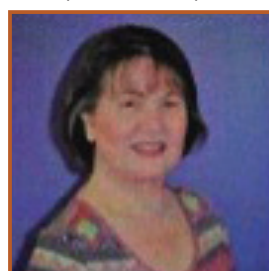
Trustees/Directors:



Godfrey Young
Company Chairperson



Catherine Friel
Company Secretary



Marian Harte
Company Treasurer



Tara Boyle



Frank McGlone
(Resigned May 2022)



Hugo Sweeney



Margaret Moohan



John Slane



Noreen McGirr



Niamh Murnaghan
(Resigned December 2022)

A Message from the Chairperson

A very warm welcome to everyone. It is with great pleasure that I present our 2022-2023 Annual Report. Much of what I have to say was shared verbally at the Annual General Meeting held in the Tara Centre on Saturday 24th June 2023.

Later in this report you will read about the multi-disciplinary range of services provided at the Tara Centre including contributions from some of our staff and most importantly from those whom we have had the privilege of helping. It is so very reassuring for the Board of Directors to know that we continue to provide services which are valued by so many. This provides sound evidence of the Tara Centre's benefit to the public in the service of "healing, peace and holistic well-being".

In last year's annual report I commented in detail on the continuing, albeit reducing, impact of the Covid pandemic. I am happy to report that during 2022-2023 all Covid restrictions were lifted in accordance with government guidance with a return to normal services including unrestricted face to face activity and the restoration of our workshop programmes. Once again, I should like to pay tribute to Tara managers and staff, past and present, who helped Tara safely negotiate the most challenging of times.

Another unexpected challenge did however present itself at the end of March 2022 when as a result of injuries sustained in an accident, I was unable to continue as chairperson of the Board and as a Director. Although I returned as a Director in July 2022 it was December 2022 before I was able to resume my role as chairperson. I wish to thank all who sent me get well messages during my absence and the support received from Members and Directors.

I am indebted to Hugo Sweeney (April to July 2022) and Niamh Murnaghan (August to December 2022) for their chairing of Board meetings during my absence. Niamh fully assumed the role of chairperson between August and December 2022 playing a vital role in supporting Katrina Deas our new General Manager who took up post in November 2022.

Katrina's appointment was a great relief to all at the Tara Centre since despite our best efforts there had been no General Manager in post for several months. Already Katrina has demonstrated a very clear understanding of, and commitment to, the Tara vision and ethos making an important contribution to the maintenance and development of Tara services.

My unplanned absence, coinciding as it did with the absence of a General Manager, presented a significant challenge for the company. I wish to



acknowledge the enormous contribution made during this period by our co-founders Maura Twohig and Mary Daly. Thanks also to Kathleen McGread (Assistant Manager of Support Services) and John Friel (Co-ordinator of Therapeutic Services) for their operational oversight during the same period.

Returning to the important issue of governance and the responsibilities of the Board of Directors there were 11 Board meetings held during 2022-2023 all of which took place in the Tara Centre with the required quorum met on each occasion in accordance with our Articles of Association.

In addition to the regular Board meetings there were quarterly Finance Sub-Committee meetings, meetings of a Salary Policy Review group established in February 2023 and meetings of our Strategic Review and Business Plan steering group established in November 2022. At the end of March 2023 plans were also in place to re-establish a Funding group to take forward the development of a funding strategy to hopefully ensure long-term financial sustainability.

I should like to publicly acknowledge the invaluable contribution of Una Colgan, (Senior Statutory Auditor), McAleerJackson (Chartered Accountants) for the professional advice she continues to provide to our Finance Committee and the company as a whole.

As mentioned in previous reports we were unable to celebrate the Tara Centre's 25th anniversary due to the Covid restrictions in place at the time. The National Lottery Community Fund had provided funding for such an event in 2021 and very kindly agreed to extend the funding until November 2023. A planning group was established to plan for what will be a celebration of the Tara Centre's 27 year presence in Omagh. I am optimistic that by the time you read this report a suitable celebratory event will already have taken place.

During 2022-2023 two Directors resigned due to work commitments. Frank McGlone resigned in May 2022 and Niamh Murnaghan in December 2022. Frank had been a Director since 2018 and with his exceptional knowledge and business acumen made a significant contribution to the Board including facilitating the development of the Tara strategic action plan referred to in last year's annual report.

Niamh was appointed to the Board as a Director in March 2022 and as outlined earlier played an important role as chairperson during my absence. On behalf of the Board I wish to thank both Niamh and Frank for their contributions to the Tara Centre and wish them well in the future.

March 2023 did however see the welcome appointment of 2 new Directors, namely, Noreen McGirr and John Slane. We are very pleased they have joined us bringing their valuable knowledge and experience to the governance and future development of the Tara Centre.

Still on the theme of good governance It is worth noting that a full day governance workshop was held in December 2022 involving Company Members, Directors, and the Tara Centre management team. The aim of the day was:

“To promote a shared understanding of the complementary rights and responsibilities of Members, Directors/Trustees, and General Manager in the governance and management of the Tara Centre Company in accordance with sound governance principles as set out in the Tara Centre Articles of Association 2021.”


The workshop involved contributions from our co-founders Maura and Mary focusing on the “soul of Tara” and from Sarah Burrows (solicitor) Edwards and Co. who reminded us of our legal responsibilities under company and charity law. All contributions were regarded as very informative.

In accordance with our legal responsibilities the Board submitted its 2021-2022 annual report and final accounts to Companies House and the Charities Commission. I should like to thank Catherine Friel (Company Secretary) for the considerable work which she undertakes in relation to this.

Thanks also to all of our funders both large and small whose on-going support is invaluable in terms of sustaining our services. A special mention to the Friends of Tara who continue to contribute by way of Standing Orders and associated Gift Aid. Thanks also to those who make voluntary donations towards our services and those who organise fund-raising events. You will find details of key avenues of funding later in this report.

In last year’s report I mentioned the commissioning of a strategic review and business plan and in April 2022 an external consultant was appointed to take this review forward. Unfortunately the Consultant was unable to continue the review in the absence of both myself as chairperson and a General Manager. However, in November 2022 another external consultant was appointed to carry this work forward. A Strategic Review & Business Planning group was established to oversee this work consisting of nominated Company Members and Directors. The review was on-going at 31st March 2023 and we look forward to the completion of this work.

A few final words of appreciation to our managers and staff, to my fellow Directors and the Company Members who all give so freely of their time on a voluntary basis to ensure that the Tara Centre ethos and values are maintained, and we continue to serve the people of Omagh and beyond.



Godfrey Young, Company Chairperson

“...in the service of healing, peace and holistic well-being”.

Aims and Objectives of the Company

The Tara Centre was founded in June 1996

“... in the service of healing, peace and holistic well-being”.

The Company's purposes, as set out in the Articles of Association, are:

- (i) 'the advancement of health and the saving of lives by bringing relief to those in distress or despair through healing and transcending pain and trauma;
- (ii) the relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage;
- (iii) the promotion of conflict resolution and reconciliation, religious and racial harmony, and equality and diversity;
- (iv) the advancement of education by nurturing a deep, active and enlightened awareness of humanity and the wider universe;
- (v) the promotion of such other charitable purpose as may from time to time be determined.”



Vision Statement

We believe that, in essence, there is a quintessential unity to the whole of life.

Our Mission at Tara is to develop an awareness of this truth and support the practice of living life, in all its aspects, from this perspective.

Coming from this perspective, the multi-disciplinary range of services offered at Tara focusses principally on:

- * healing and transcending pain and trauma;
- * bringing hope to those in despair;
- * building an inclusive community of peace and reconciliation;
- * supporting those who seek to free themselves from the poverty trap and its negative consequences;
- * educating beyond narrow, divisive, tribal loyalties;
- * encouraging a deepening awareness of this amazing universe -manifest and unmanifest- which sustains and embraces the whole community of life and within which, we, humans, discover and cherish our true identity and our life's purpose.

Ethical Principles

Core Values and Ethical Principles, inspired by the Tara Centre's founding vision, inform every aspect of life throughout the Company.

The ethos of the Centre emanates from these values and principles.

Together they underpin and inform the entire living culture of the organization.

- **Integrity**
- **Respect for all**
- **Compassion**
- **Confidentiality**
- **Transparency**
- **Accountability**



Profile of Tara's Governance Structures

Members

The Members are the custodians of the vision, ethos and values of the Company; they appoint the Board of Directors and the Auditors, make decisions regarding any alteration of the Articles of Association of the Company and other matters so required by statute.

Board of Directors

The Board of Directors runs the Centre on behalf of the Members and takes full responsibility for developing an appropriate strategy to this end, implementing the strategy, assessing risk, making commercial decisions and ensuring good governance.

Management Team

The Management Team holds delegated authority from the Board of Directors to implement the strategy on behalf of the Board and takes responsibility for managing the organisation within the legislation as set out in the Companies Act 2006.

Accountability

The Members are responsible for ensuring fidelity to the founding vision of the Company.

The Board of Directors is accountable to the Members. Management is accountable to the Board of Directors in line with agreed reporting protocols.

Governance in Practice at Tara

Good Governance at the Tara Centre is ensured by relying not only on its own Core Values and Ethical Principles, but also by operating in accordance with the Code of Good Governance Principles approved by the Charity Commission NI and articulated succinctly by NICVA, as stated below.

An effective Board will provide Good Governance and leadership by:

- (i) *understanding its role and responsibilities;*
- (ii) *working well as individuals and as a team;*
- (iii) *ensuring delivery of organizational purpose;*
- (iv) *exercising appropriate control;*
- (v) *behaving with integrity and being open and accountable.*

Principle 1

The Board of Trustees/Directors safeguards the ethos, values, vision and reputation of the Tara Centre, ensures that the Company acts in compliance with the Articles of Association, which were revised in September 2021, takes responsibility for the stewardship of the Centre's assets, for the Centre's operating environment and for its structure, oversees the work of the Centre, and fulfils its obligations in terms of its legal duties.

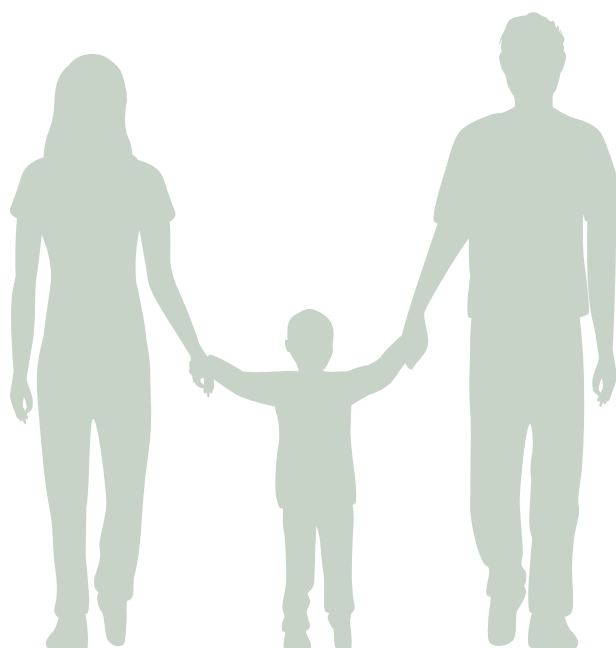
Principle 2

The Trustees/Directors of the Company are adequately trained in the exercise of this role and provide sound governance and authentic leadership by working well both as individuals and as a team under the steady guidance of an experienced and competent Chairperson.

The Board of Trustees/Directors met approximately once monthly during 2022-2023.

Principle 3

The Board ensures that the Tara Centre's purpose remains relevant and valid by regular evaluations of the services, and assessing the outcomes and impact. The Annual Budget is monitored by the Board on a quarterly basis and proposed spending is presented against agreed plans and budgets at the regular meetings of the Board. Amendments are made to plans and budgets as appropriate. In its governance and leadership role, the Board of Trustees/Directors maintains a positive relationship with the General Manager who presents a detailed report on all operational matters at meetings of the Board.



Principle 4

The Board of Trustees/Directors, as an accountable body, exercises appropriate control by:

- (i) Ensuring there is a comprehensive understanding of and compliance with all legal and regulatory requirements that apply to them according to their level of responsibility within the organisation.

In this regard, at Tara training for the General Manager, staff and volunteers took place in the following areas this year:

- *Children and Adult Safeguarding Training*
- (ii) Ensuring proper accounting records are maintained which accurately disclose, at any time, the financial position of the Company thus ensuring that the financial statements comply with the Companies Act 2006, the Charities Act 2006 and the Companies Act (NI) 2008, the Charities (accounts and Reports) Regulations (NI) 2015, and the Charities Act 2008 (Substitution of Sums) Order (Northern Ireland) 2015 and with the Statement of Recommended Practice for Accounting and Reporting by Charities. This includes outsourcing particular areas of financial management to an Accountancy Agency to ensure maximum regulatory compliance.

(i) Financial Management

At Tara the critical aspect of good governance, the management of the finances, is delegated to a Finance Sub-Committee (FSC) of the Board.

The members of the FSC are the Chairperson of the Company, the Company Secretary and the Company Treasurer. The FSC meets on a quarterly basis and also in attendance at its meetings are the General Manager, the Coordinator of Operational Services who has responsibility for management accounting and the Company Accountant.

The FSC reviews and previews all aspects of the finances of the Company. In this context a detailed Quarterly Financial Report is presented with observations and/or recommendations from the Company's Accountant. This Report is submitted by the Company Treasurer at the

next meeting of the Board as a basis for decision making by the Board.

In compliance with Company Law, the Board of Trustees/Directors acting on behalf of the Company approves and submits the financial statements for each financial year. The FSC reviews the final accounts prior to their submission to the Board of Trustees/Directors for approval. The protocol/procedure followed to this end is as follows:

- suitable accounting policies are set and applied consistently;
- the methods and principles in the Charities SORP are observed;
- judgements and estimates are made which are reasonable and prudent;
- applicable accounting standards and statements of recommended practice are followed without any material departures;
- financial statements are prepared on the 'going concern basis', unless it is inappropriate to presume that the Company will continue in business.

The total income and all assets of the Company have been and will continue to be applied solely towards the promotion of the Tara Centre's charitable purpose.

(ii) Statement as to Disclosure of Information to Auditors

As far as the Board of Trustees/Directors is aware, there is no relevant auditing information pertaining to the Tara Centre, (as defined by the Companies Act 2006), of which the Company's Auditor is unaware. To this end, each Trustee/Director, has taken all the steps that he/she ought to have taken as a Trustee/Director in order to make himself/herself aware of relevant audit information and to establish that the group's auditors are aware of that information.

(iii) Management and Staffing

The leader of the Management Team, the General Manager, holds delegated authority from the Board of Trustees/Directors and is directly accountable to them. The General Manager exercises responsibility for planning, developing and managing the services and

the strategies of the Tara Centre, within clear policies and procedures set by the Board of Directors. This includes exercising responsibility for finance, human resources, service delivery, customer relations, marketing, stakeholder communication, public relations, media strategy, policy and professional practice, and IT systems. The General Manager ensures that a staff team is recruited and supported to provide the skills and expertise needed to run a successful organisation and to deliver its services in a manner that upholds the ethos and values of the Tara Centre Company.

Given the exceptional level of confidentiality and safeguarding considerations enshrined in the professional Code of Ethics which pertains to the services of counselling/psychotherapy and art therapy offered at Tara, the General Manager works in particularly close co-operation with the Co-ordinator of Therapeutic Services (COTS). The Tara Centre is a member of the British Association of Counselling and Psychotherapy and adheres to its Code of Ethics.

The General Manager also works closely with the Coordinator of Operational Services who has line management responsibility for Tara support staff as well as a range of duties which include managing the day to day finances of the company.

(iv) Risk Management

The Board of Trustees/Directors has ensured the implementation of all aspects of its Risk Management Strategy which comprises;

- the creation and propagation of policies, systems and procedures to mitigate potential risks;
- the implementation of procedures designed to minimize or manage any potential impact on the Charity should these risks materialise.

Principle 5

The Trustees/Directors of the Board are appointed by Company Members at its Annual General Meeting or at a General Meeting of Members convened for this purpose. In appointing Trustees/Directors, careful consideration is given to ensuring that prospective appointees:

- Embrace the core values which emanate from the founding vision of the Centre as articulated in the Vision Statement;
- Act with integrity at all times;
- Act according to high moral standards;
- Identify and understand conflicts of interest, which are declared prior to appointment and checked at the beginning of each Board meeting;
- Commit to being a Trustee/Director of the Tara Centre Company which values and adheres to being open and accountable;
- Possess the relevant skillsets and the expertise considered necessary to achieve the strategic aims and direction of the Tara Centre Company;
- Are capable of maintaining independence of decision making;
- Understand and embrace the Tara Centre's responsibilities to the wider community, to society, and to the environment;
- Know and honour the Tara Centre's responsibility in promoting equality and good relations;
- Respect the Tara Centre's commitment to listen and respond to the views of beneficiaries, service users, funders and supporters.

*“Tara ... a place from which
there is a broad perspective.”*

Michael Slevin



Report from the Desk of the General Manager

An overview of the operational side of Tara

2022 was a year of challenge and change. The General Manager's post had been vacant since February; we were still slowly coming out of COVID, cautiously waiting for restrictions to ease while respectfully keeping in place hand sanitisers, screens and other protective measures. While recruitment was running for the GM post it is thanks to Kathleen McGread as Assistant Manager and John Friel as Co-ordinator of Therapeutic Services stepping beyond their roles and ensuring that operations continued running smoothly, with the unfailing support from the Board of Directors/Trustees, Members and Co-Founders.

If you were a visitor in April, you would have noticed the transformation of the inner courtyard as well as completion of the car park at the rear of the building.

By May 2022, Management found themselves recruiting for Counselling / Psychotherapy, Complementary Therapy as well as Art Therapy. This was due to gaps that needed filled after the pandemic, as well as the receipt of the Mental Health Support Fund grant by the Department of Health and administered by the Community Foundation. Between July and October, we had recruited five therapists; the centre had resumed yoga, meditation and support groups, and organised educational seminars with Michael O'Doherty, Jim Cogley, Dr Aileen O'Kane and Declan Coyle, still guardedly limiting the number of participants.

I took up my post as General Manager on the 1st November 2022, with the main focus on getting to know the ins and outs of the Tara Centre. I quickly learned to appreciate how the deeply engrained vision statement (see page 7) has been the foundation for all at Tara, 'through thick and thin' keeping mind and heart focussed on the core values. Being supported by Niamh Murnaghan, Interim Chair, and then Godfrey Young has been and still is invaluable, along with the wise guidance from Co-Founders Maura Twohig and Mary Daly.

As for our remaining services; the bookshop has not resumed sales just yet. However, the lending library is available again and opens to the public. Lastly, we are currently reviewing our strategy regarding the hiring of our premises. While we



believe that it is important to continue to offer rooms for hire to the community we are mindful that our capacity does not always allow us to cater for one-off events.

Our focus, as always, has been to build on our strengths and to continue to move Tara forward as a sustainable and vibrant resource in the community whilst remaining true to the founding vision. Adequate financial resources are vital to sustainability and we are very grateful to the many funders both public and private for the grants and donations as detailed elsewhere in this report.

At Tara, we have continued to face change and challenges in the past year but we have been supported by the dedication, flexibility and hard work of the Staff, the Management Team, the Board of Directors/Trustees, Company Members, and Co-Founders. The strong support, good wishes and appreciation from the local community and beyond has been heart-warming and we now move forward with renewed strength and enthusiasm to continue our work....

A handwritten signature in black ink that reads "Katrina Deas". The signature is written in a cursive, flowing style.

Katrina Deas, General Manager

“.... In the service of healing, peace and holistic wellbeing”

Counselling and Psychotherapy

Ethos

The ethos of the Tara Centre is one of reverence and respect for life, compassion for pain and suffering, and a conviction that what hurts can heal. A holistic perspective is adopted whereby, the physical, emotional, intellectual, volitional and spiritual dimensions of the person are honoured.

Professional Standards

The Tara Centre is a registered member of the British Association of Counselling/Psychotherapy and is committed to the Ethical Framework for the Counselling Professions published by BACP in 2018. Tara's Counsellors/Psychotherapists are professionally trained to at least Practitioner Diploma Level. They are accredited by a recognized professional body, e.g., BACP, BABCP, IACP, IAHIP, etc., or are actively engaged in the accreditation process. They are committed to personal supervision, on a monthly basis which is provided by a qualified and accredited external supervisor. Clinical supervision is provided monthly by the Co-ordinator of Therapeutic Services.

Counselling/Psychotherapy Provision 2022/23

In September 2021, we were successful in securing additional funding that enabled us to recruit two additional Counsellors/Psychotherapists. When the recruitment process was completed in October 2022, the service had eight Counsellors/Psychotherapists, the highest number of therapists working in the Tara Centre since it was founded in 1996. We received many requests for counselling/psychotherapy during 2022/23, it was great to have the additional therapists to respond to many in our community seeking healing, hope, inner peace and a sense of renewed purpose in life.

We provided 3,539 counselling/psychotherapy sessions in 2022/23 for 292 clients presenting with issues that included, anxiety, depression, low mood, stress, bereavement, trauma, abuse, domestic violence, suicide ideation, self-esteem, personal relationships, gender identity, NI Troubles related trauma and anger management.

During 2022/23, the majority of clients had their sessions face to face again unlike during the pandemic in 2020/21 and 2021/22 when most sessions were provided by telephone.



Counsellors/Psychotherapists Training

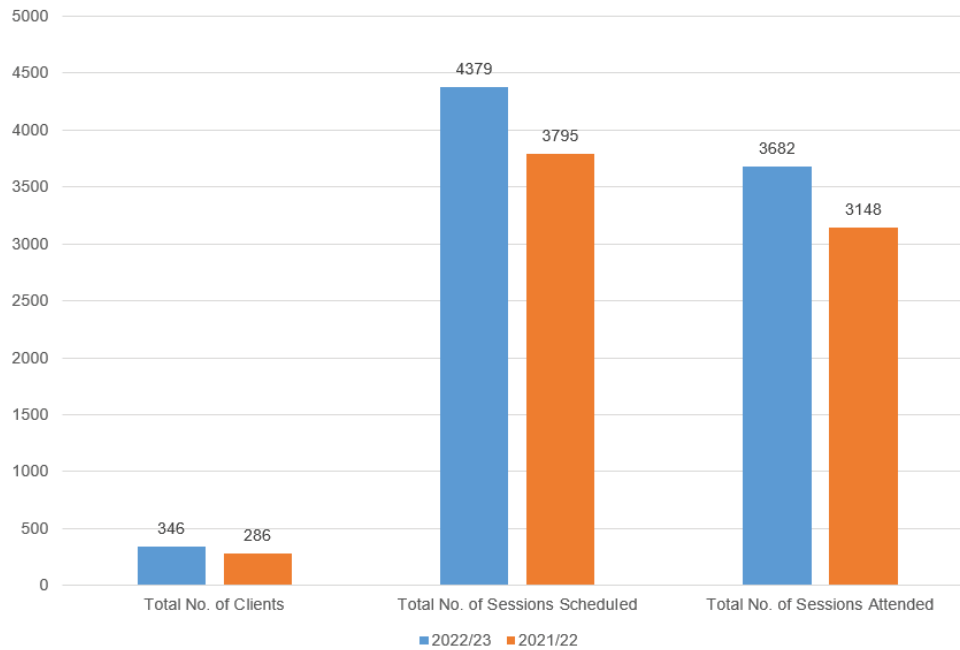
Tara Centre Counsellors/Psychotherapists completed a range of Continuous Professional Development training workshops both individually and collectively as a team. The following are some examples of the training completed:

- 2 Day Trauma Summit June 2022 - Belfast
- Dyadic Developmental Psychotherapy (DDP) – Level 1 and 2
- 23rd International Study Days for Anthroposophical Arts Therapies
- Certificate in Complex Trauma and Childhood Sexual Abuse – Zest for Life
- Person Centred Therapy and Counselling in Action: Essential skills/Theoretical underpinnings - Mick Cooper
- Single Session Therapy - Professor Windy Dryden
- Internal Family Systems – Clinical Application of IFS Model: Dr Frank Anderson
- Domestic Abuse Awareness/Suicidal Risk Awareness
- Equality, Diversity and Inclusion CINI Risk Assessment and Risk Management
- A Safe Space to Be Me, Working therapeutically with Children and Young People
- Losing the Will to Live: Working with Suicidal Clients
- Working with suicide: essential suicide intervention and prevention strategies
- Delivering effective counselling for people with dementia and their families – BACP
- Working with complex grief - BACP

John Friel

Co-ordinator of Therapeutic Services

Counselling/Psychotherapy/Art Therapy No. of Clients/Sessions



“Sometimes our light goes out, but is Blown again into instant flame by an Encounter with another human being”.

Albert Schweitzer

Reflection from a Counsellor/Psychotherapist

The Vision Statement is a lived statement of principles and values that are at the core of everything that is the "Tara Centre". It is read at the beginning of meetings in the Centre, with time left for reflection. I commenced my role as a Counsellor/Psychotherapist at the Tara Centre in June 2022 and I consider the vision statement to be my daily instruction manual for my work in Tara. The vision statement includes the line "healing and transcending pain and trauma". I would like in this article to reflect on what this means in practice.

The word healing comes from the Old English word 'hælan' or the Gothic 'gahailjan', meaning to cure, save or make whole. The expression 'make whole' has a resonance across the theories of Abraham Maslow, 'self-actualisation', Carl Rogers, 'fully functioning person' and Carl Jung, 'individuation'. What links these together is the human desire to grow, develop and achieve their maximum potential.

The therapeutic process facilitates the provision of a safe space, to open up the healing potential within the client. It is within this space that transformation and growth towards wholeness can take place. I describe this space within my own humanistic approach as the transpersonal, a place where all aspects of the self can be examined, particularly our spiritual selves - that which is beyond our conditioned human ego. Transpersonal therapy is a holistic approach that goes beyond traditional psychological frameworks, it is about the whole person, physical, mental, emotional and spiritual.

I commenced transpersonal training in 2013 at the Transpersonal Institute of Ireland before I had thought about training as a therapist. I found that this was certainly the place to 'heal and transcend' my own pain and trauma. It was an experiential training programme that challenged me and fellow participants, to explore deeply within ourselves our pain and trauma. This training set the foundation for my Counsellor/Psychotherapist training which I started in 2019. The personal growth that I experienced when completing my transpersonal training and the academic learning during the Integrative Counselling/Psychotherapy training come together when I am working with clients at the Tara Centre.



I have a particular interest in the collective unconscious which is a concept by Carl Jung. It refers to inherited conscious knowledge that is expressed through universal symbols and archetypes. Jung discovered that these archetypal myths and symbols, which often appear in dreams, were common across all cultures, existing in the human psyche as collective memories. The 'Hero' is one archetype that my own transpersonal journey has focussed on the most. The 'Hero' is one of the archetypes that I think we can all relate to at some level. There are times throughout our lives when our resilience is challenged, or our strength of character tested. I have developed an understanding of my own hero's journey which I believe is the process of growing to wholeness or individuation. This helps me when I am working with clients who are dealing with pain and trauma wherever they are at in their stage of life's journey.

The words of Carl Rogers are very important to me as a therapist. He believed that when the core conditions of empathy, congruence and unconditional positive regard were present, the individuation process could actualise. As a therapist, I aim to offer compassion, non-judgement, love, authenticity and the transpersonal heart to another human being. I do this with whatever they have experienced in the past or present that has brought them to have Counselling/Psychotherapy at the Tara Centre.

Áine McCaffrey
Counsellor/Psychotherapist

"The privilege of a lifetime is to become who you truly are"

Carl Jung

Client comments about their counselling/psychotherapy sessions

I am able to deal with things a lot better now and manage my anxieties, much appreciated for all the help I received.

The counsellor was extremely helpful, saved my life in my opinion, he gave me the strength to keep going.

My sessions got me through some very dark times, my counsellor has been a blessing that came into my life.

I felt I had complete trust and my counsellor understood my situation.

I would like to say a big thank you to my counsellor, very caring in all aspects of my time spent with her, much appreciated.

I learned from counselling to breathe and not be too fast to respond to others.

All communication with the Tara centre has been very positive, respectful and genuinely pleasant.

I learned how to better deal with my thoughts and feelings, I express them and understand myself better.

I thoroughly enjoyed the experience, I hadn't been to counselling before and didn't know what to expect.

I have been helped through a very, very traumatic experience.

I would like to say a big thank you to my counsellor, very caring in all aspects of my time spent with her, much appreciated.

I really enjoyed my sessions with my counsellor, she was very professional and she helped me a great deal.

I feel more hopeful now on my grieving journey.

All communication with the Tara centre has been very positive, respectful and genuinely pleasant.

It has been a lot easier to identify patterns and triggers for anxious thoughts or behaviours and implement a coping strategy before any escalation occurs.

I feel so much clearer now and how to move forward in my life, work towards positive goals again as I once did.

Art Therapy



Art Therapy is a form of psychotherapy that uses the art media as its primary mode of expression and communication. Artistic ability is not a requirement as the focus is on providing a non-judgemental environment in order to nurture creativity and healing when words do not come easily.

The art object can function for the client in a number of ways, from creative expression, catharsis, mirroring the self, relaxation, communication and the containment of difficult or painful feelings, depending on the individual's needs and journey within the safe and supportive structure of the therapeutic space.

Professional Standards

The Art Therapists at the Centre are professionally trained and adhere to the highest professional standards in accordance with the Code of Ethics of the accrediting body, British Association of Art Therapists (BAAT), and of the Health Care Professions Council, (HCPC), Standards of Conduct, Performance and Ethics.

Art Therapists at Tara work primarily with, though not exclusively, with children and young people. In the therapeutic space, the making of visual images in the presence of the Art Therapist can contribute towards the externalization of thoughts and feelings which may otherwise remain unexpressed.

Art Therapy 2022/23

This year has been great for our Art Therapy service. We included at the end of the Art Therapy report in 2021/22 news about recruiting an additional Art Therapist. We were awarded funding in September 2021 and we said that, "the funding will ensure that many more children, teenagers and adults will be able to avail of the Art Therapy service in 2022/23". This has indeed been the case and clients who were waiting for some time for their sessions commenced their appointments in 2022/23. Children, teenagers and adults have been able to address issues relating to their experience of the pandemic, including lockdown related issues, anxiety, social anxiety, isolation from friends/peers/school. There were also a wide range of other issues brought by clients using the Art Therapy service including, low mood, attachment, bereavement, parental separation, emotional regulation, behaviour issues, autism, ADHD, identity, mutism, and self-esteem.

The number of Art Therapy sessions provided in 2022/23 was 840 sessions for 54 clients. This was a very significant increase from 2021/22 when 302 sessions were provided for 21 clients.

*"No-one else can see the world the way you see it
No-one else can feel your life the way you feel it."*

John O'Donohue

Complementary Therapies

Complementary Therapy treatments are a significant dimension of the multi-disciplinary approach taken at the Centre.....

“...in the service of healing, peace and holistic well-being”.

In keeping with the Centre’s strongly held belief that ‘one size does not fit all’, Tara offers a range of Complementary Therapy treatments in addition to other therapeutic and life-enriching interventions available at the Centre.

- The provision of Complementary Therapy treatments (Reflexology, Aromatherapy and Indian Head Massage) resumed in November 2022.
- During the period November 2022 and March 2023, 298 sessions were provided for 59 clients
- Main presenting issues - Anxiety, Chronic Pain, Insomnia, Isolation, Low Mood, Stress, NI Troubles related trauma and Health Related Conditions.
- The Tara Centre is a registered member of the Federation of Holistic Therapists (FHT) UK, a professional association operating a healthcare register for qualified professional and insured therapists. All adhere to the core principles of the FHT Code of Conduct and Professional Practice



CLIENT COMMENTS ABOUT THEIR COMPLEMENTARY THERAPY TREATMENTS

“Reflexology sessions have helped me manage my mental health better. My sleeping and walking have both improved greatly too. Thank you”

“Very enjoyable, the treatments have made a difference to my mental health and overall well-being, very grateful. Thank you”

“I have ongoing family issues and coming for the treatments has been a “lifesaver” for me. Many thanks.”

“The treatments have been great, thank you for everything.”

“I feel the treatments have significantly eased my pains that I have been experiencing. My general wellbeing has been elevated beyond all I could have hoped for. Thank you”

“I have had a good time coming here and have felt very good, the treatments helped me every way with my chest and mental health. ”

“I keep a positive mindset most days, some days can be very tough, very grateful to the Tara Centre.”

Meditation – A Way of Life

Ever since the Tara Centre opened in June 1996, the practice of meditation, as part and parcel of everyday life, has been facilitated as a “user friendly” approach to the deepening of “...healing, peace and holistic wellbeing” in our lives.

In recent years the practice of mindfulness, closely associated with Eastern spirituality, has put down deep roots in the West. At Tara, we have always approached the teaching of meditation from a generic perspective which respects each participant’s world view and spiritual orientation.

We have adapted our programme to include an appropriate emphasis on core elements on mindfulness within the broad canvas of the universal, age old multi-faceted generic approach to the practice of meditation which had been the context within which we offer our teaching.

Soul of Healing Meditations, led by Maura Twohig and Mary Daly were delivered in the Tara Centre in May, June, October and November 2022 and in the Spring Term 2023. The annual Christmas Meditation took place on 12th December 2022.

Weekly Meditation Sessions, led by Mary Daly were held throughout the year.



“Meditation practice isn’t about trying to throw ourselves away and becoming something better. It’s about befriending who we are already”.

Pema Chodron

Educational Seminars & Workshops

The holistic philosophy which informs the Tara Centre's vision encourages intellectual inquiry and shapes a wide range of healing and life enhancing initiatives.

The Educational Seminars and Workshops delivered by the Tara Centre provide participants with the opportunity to explore the meaning of life to growing understanding of the nature of

human behavior and its complexities, to learn and appreciate the culture and history of this country and these islands towards building a reconciled society, to experience stillness and peace through meditation and mindful living, to find pathways towards holistic living, and to grow in the awareness of this amazing universe of which we, humans, form a creative and integral part.



Workshops and Seminars - delivered April 2022-
March 2023

Summer 2022-2023

- Dr Aileen O'Kane –Lifestyle Adjustments to Optimise and Take Responsibility for Our Own Health
- Meditating Together with Maura and Mary Tuesday mornings May-July
- Meditation Soul of Healing

Autumn/Winter 2022-2023

- Dr Aileen O'Kane –An Introduction to Ayurveda
- Declan Coyle – The Green Platform
- Meditating Together with Maura and Mary Tuesday mornings Oct-Dec
- Meditation Soul of Healing (Maura & Mary)
- Christmas Meditation (Maura & Mary)

Spring 2022-2023

- Meditating Together with Maura and Mary -Tuesday mornings Jan-March
- Meditation Soul of Healing (Maura & Mary)
- Michael O'Doherty – Bio-Energy Healing: Triple 8. A New Model of Living
- Jim Cogley – Loss and Recovery
- Jim Cogley – Getting the Past out of the Present

“There can be no growth if we do not remain open and vulnerable to what is new and different. I have never seen anyone take a risk for growth that was not rewarded a thousand times over.”

Meister Eckhart

In Appreciation of Dr Éamon Pheonix



Dr Éamon Phoenix was a regular Presenter and valued friend of Tara. His enlightening seminars covered significant periods Irelands history from the mid-19th Century and into the 20th Century. He passed away following a short illness in November 2022.

The abiding gift Éamon leaves us with here at Tara is the cherished memory of the life-giving quality of his presence among us as he unveiled for us some of the darkest corners of the troubled story of our shared history in Northern Ireland in the context of the broader story of the Island of Ireland and of the British Isles. Without fear or favour on his part Dr Éamon empowered us all to embrace the full spectrum of facts and feelings stirred by visiting this, our so-often turbulent story in a manner consistent with the

Centre's commitment to being "...in the service of healing, peace and holistic well-being" at the heart of the community.

The Centre's Conference Hall provided a safe space for so many of us from so many different backgrounds and historical perspectives to come together, banish fear of the unknown and together, under the gentle and enlightened guidance of Dr Éamon, gain an understanding of and respect for the multiple strands of our complex history.

Maura Twohig, Co-Founder

Testimonials: Anonymised Extracts from Client Evaluations

Jim Cogley: **Getting the Past Out of the Present**

"Responsibility lies within me to change the future and not get bogged down in the past".

"Acknowledging the past, embracing it and relating it to now. Working with it as I journey through life appropriately".

"It has touched on things and made me more aware of past events. Learning to bring more healing into the future".



Michael O'Doherty: **Transforming Stress and Anxiety into Vitality**

"It was fantastic. Opened up my awareness of health and healing. Wanted to learn Michael's techniques to help myself, friends and family".

"I will be more mindful in relation to diet, exercise and looking after my own health".

"Excellent way of explaining emotions. The Tara Centre is a safe place and (makes one) feel at peace in the building".



Dr. Aileen O'Kane: **Healing and Integration – Becoming Our True Selves**

"A very informative course with opportunities to ask questions. This was a mine of information from beginning to end".

"Aileen has a wealth of knowledge. This is such a great workshop, you always learn more and more."

"The most informative course I have ever been to".



Introduction to Ayurveda

"I feel empowered with the knowledge. I feel able to positively impact my health and wellbeing and able to share the knowledge with others".

"Diet and time for myself – Healing the body, mind and soul".

Declan Coyle: **The Green Platform**

"I had found myself overwhelmed by life and the expectations of others. This workshop helped me reconnect with my own power and choice and reframe my thinking".

"Has reminded me of how I always have a choice in how I react to circumstances".



Yoga at Tara

When entering the building, people often comment on the ambiance, the relaxed peaceful atmosphere which provides a safe nurturing space for all. It is in this beautiful space that I have been teaching Yoga since 1998, and to this day a number of the students still attend these classes.

Yoga, an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing, has much to offer in today's world. One of the basic aims of Yoga is to harmonize and bring balance to the mind, body and emotions through using postures, breath and relaxation techniques. The postures are performed slowly and mindfully, keeping the body supple and helping to alleviate any physical discomfort. As the practice deepens, ones capacity for developing self-awareness improves the general well-being.

Yoga classes were held twice weekly for Beginners and Intermediates throughout 2022-2023, with an average of 20 persons attending per 10 week programme block.

The Tara Centre has a very special place in my life. There is a great sense of community, a care



for all who walk over its threshold. I have made many friends through the years – I feel I belong here. It feels like home.

Heather Kemps, Yoga Teacher

COMMENTS FROM CLIENTS

"To be able to have more flexibility and take time for myself"

"Easy to follow and so relaxing. Heather is a brilliant Coach"



Support Groups

The ethos of the Centre and its ambience provide a safe and nurturing space for groups. It is the Centre's policy to continue to have this service available, particularly for groups whose members may be experiencing a especially vulnerable period in their lives.

“If your compassion does not include yourself, it is incomplete”.

Jack Kornfield

The groups who avail of the facility on a regular basis are PATHS and Omagh Men's Support Group.

PATHS Omagh

Supporting families and individuals bereaved by suicide.

PATHS Omagh is a confidential self-help group for those bereaved by suicide. It meets on the second Tuesday of every month in the Tara Centre Campsie Omagh.

Our aim is to provide a safe environment for people to share their thoughts, feelings and emotions.

Myself and a colleague Nuala, facilitate the group. The Tara Centre has been our base for many years, because it provides us with a calm and tranquil atmosphere.

The suicide of a family member is one of the most difficult losses to endure and cope with and self-help groups are considered one of the better ways to help such individuals and families. Self-help groups encourage individuals to re-tell their experiences in a safe environment and move towards hope and healing. The Tara Centre provides the ideal environment for this process.

We also offer one-to-one counselling and complementary therapies for our members, which are provided by the therapists in the Tara Centre. This service offers reassurance for our members in the knowledge that their needs will be met.



We also run an annual service of remembrance and other activities from time to time and the Tara Centre provides the facilities to accommodate these larger groups. All staff within the centre are most accommodating and helpful. A restaurant is also available for refreshments.

On behalf of all our members we would like to thank the Tara staff for their continuous support over the years and indeed throughout some very difficult recent times.

We are indebted to you all.

(If you have been bereaved by suicide please get in touch by contacting Jimmy on 07879414385).

Jimmy Carrigan, Facilitator

Omagh Men's Support Group

This group offers men a safe and secure place where they can talk about their emotions, find help in managing the stress in their lives and explore possible solutions to life's challenges. It meets on a weekly basis throughout the year.

Omagh Men's Support Group offers all men within the wider Omagh community a safe and secure space where they can talk about their emotions, find help and support in managing the stresses in their lives and explore possible solutions to life's problems. Issues raised can include relationships, raising children, work, feelings of failure and ambition, loss, health and money worries. The resulting increase in self-confidence from this process alongside the acquisition of new skills has led men to have a renewed sense of optimism both in relation to their own particular circumstances and very often in turn a meaningful re-engagement with their own community.

Founded in 1999, and throughout the years since, OMSG has been very fortunate in having the enthusiastic support of the Tara Centre in creating a space for our work.



Indeed, the vision of Tara as a centre working in the service of peace, healing and holistic well-being complements very naturally the work of OMSG, so that we feel very much 'at home' in the centre and remain always indebted to its founders Maura Twohig and Mary Daly and to the Tara Centre Board of Directors for their vision in accommodating our group and its work. We look forward to strengthening our relationship with the Tara Centre in the years ahead, thank you.

Gerry Madden, Facilitator

Summary Of Services Delivered 2022-2023

SERVICES	ATTENDEES
➤ Counselling/Psychotherapy and Art Therapy Sessions.....	4,379
Counselling/Psychotherapy and Art Therapy Clients.....	346
➤ Complementary Therapies treatments.....	298
Complementary Therapies clients.....	59
➤ Educational Seminars and Workshops.....	252
➤ Support Groups - numbers attending	
Soul of Healing.....	114
Meditating Together.....	300
Men's Group	350
PATHS.....	162
Yoga.....	550
➤ Phone calls at reception	
Counselling related.....	611
General calls.....	254
➤ <i>Digital Reach Facebook</i>	
Likes.....	2,414
People reached.....	9,081
Website page views.....	13,523

Avenues of Funding

The Chairperson and Board of Directors express deep gratitude to the funders, listed below, for their great generosity throughout this financial year.

It is thanks to financial support received, details of which are set out in the financial report section of this document, that the Centre has been able to deliver the services detailed earlier in this Report.

- Western Health & Social Care Trust - WHSCT
- Victims and Survivors Service – VSS
- Mental Health Support Fund
- Drumragh Family Practice Service Agreement
- Three Spires Service Agreement
- Personal Donations and Philanthropic Donations
- Personal Donations through Standing Orders and Gift Aid
- Presentation Sisters, North East Province
- Smile.co.uk
- National Lottery Community Fund - Awards for All
- Proceeds of Fundraising Events:
 - Darkness into Light, Pieta House & Dromore Organising Community
 - JP Duddy&Sons Ltd, The NatureTrail, Nutured Living, Johnson Car Transport Ltd, Prophysio NI.
- Lease of premises free of charge to the Tara Centre by the Joint Owners, the Mercy & Presentation Sisters, Northern and North Eastern Provinces respectively

Thank you, sincerely, for whatever way you choose to support the good work of Tara. Our gratitude to one and all is deep and sincere.



Tara Centre

*(A company limited by guarantee,
not having a share capital)*

Financial Statements

for the financial year ended 31 March 2023



Independent Auditor's Report to the Members of Tara Centre

(A company limited by guarantee, not having a share capital)

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF TARA CENTRE

Opinion

We have audited the financial statements of Tara Centre (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Independent Auditor's Report to the Members of Tara Centre

(A company limited by guarantee, not having a share capital)

continued

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Independent Auditor's Report to the Members of Tara Centre

(A company limited by guarantee, not having a share capital)

continued

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- the nature of the industry and sector, control environment and business performance including the remuneration policies, and its internal and external performance targets;
- results of our enquiries of management and other key persons about the charity's own identification and assessment of the risks of irregularities, including those that may occur either as a result of fraud or error, and matters we identified from our review of the policies, procedures and internal controls; and
- the matters discussed among the audit engagement team regarding potential indicators of fraud and where it might occur in the financial statements.

We also obtained an understanding of the legal and regulatory framework that the Charity operates in, focusing on provisions of those laws and regulations that had a direct effect on material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act, pensions and tax legislation, charity legislation together with provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the Charity's ability to operate or to avoid a material penalty. This included conditions of funding from various bodies.

From the above procedures, and in common with all audits under ISAs (UK), we identified the disclosure of adjusting items as a key audit matter with respect to potential risk of fraud, particularly in areas where management is required to exercise significant judgement.

We tailored our response to those identified risks to include enquiring of management concerning actual and potential litigation and claims, performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud, and reviewing correspondence with HMRC and other regulatory bodies.

In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; assessed whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluated the business rationale of any significant transactions that are unusual or outside the normal course of business, of which there were none.

Whilst our engagement team were fully briefed on the fraud risks and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit, we draw attention to inherent limitations in the scope of audit procedures since fraud, by its nature, may involve deliberate concealment, misrepresentation or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Independent Auditor's Report to the Members of Tara Centre

(A company limited by guarantee, not having a share capital)

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

MICHAEL BARNETT (Senior Statutory Auditor)
for and on behalf of McAleer Jackson Ltd
Chartered Accountants & Statutory Auditors
Church House
24 Dublin Road
OMAGH
Co. Tyrone
BT78 1HE

24 June 2023

Statement of Financial Activities

for the financial year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		57,475	-	57,475	113,626
Charitable activities					
Bookshop		475	-	475	414
Room rent		320	-	320	1,203
Course subscriptions		12,311	-	12,311	16,156
Charitable projects		55,442	235,392	290,834	239,440
Service agreements		24,139	-	24,139	20,485
Other income		<u>31,958</u>	<u>2,218</u>	<u>34,176</u>	<u>38,156</u>
Total		<u>182,120</u>	<u>237,610</u>	<u>419,730</u>	<u>429,480</u>
EXPENDITURE ON					
Raising funds		79,219	-	79,219	128,973
Charitable activities					
Bookshop		149	-	149	2,411
Room rent		429	-	429	2,297
Course subscriptions		16,754	-	16,754	18,767
Charitable projects		76,929	240,928	317,857	265,605
Service agreements		<u>31,653</u>	<u>-</u>	<u>31,653</u>	<u>25,160</u>
Total		<u>205,133</u>	<u>240,928</u>	<u>446,061</u>	<u>443,213</u>
NET INCOME/(EXPENDITURE)		(23,013)	(3,318)	(26,331)	(13,733)
Transfers between funds	14	<u>(3,318)</u>	<u>3,318</u>	<u>-</u>	<u>-</u>
Net movement in funds		(26,331)	-	(26,331)	(13,733)
RECONCILIATION OF FUNDS					
Total funds brought forward		881,776	-	881,776	895,509
TOTAL FUNDS CARRIED FORWARD		<u>855,445</u>	<u>-</u>	<u>855,445</u>	<u>881,776</u>

Financial Statements Balance Sheet

for the financial year ended 31 March 2022

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	7	793,881	847,294
CURRENT ASSETS			
Stocks	8	7,186	6,632
Debtors	9	27,934	27,101
Cash at bank and in hand		<u>202,727</u>	<u>265,839</u>
		237,847	299,572
CREDITORS			
Amounts falling due within one year	10	(66,809)	(121,440)
NET CURRENT ASSETS		<u>171,038</u>	<u>178,132</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		964,919	1,025,426
CREDITORS			
Amounts falling due after more than one year	11	(109,474)	(143,650)
NET ASSETS FUNDS		<u>855,445</u>	<u>881,776</u>
Unrestricted funds	14	<u>855,445</u>	<u>881,776</u>
TOTAL FUNDS		<u>855,445</u>	<u>881,776</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 24 June 2023 and were signed on its behalf by:

Samuel Young - Trustee

Anna Harte - Trustee

The Tara Centre

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TARA
CENTRE



Tara Centre, Omagh is a Company
Limited by Guarantee, registered
in Northern Ireland,
Company No. NI 37403;
Registered as a Charity by
The Charity Commission for
Northern Ireland.