



TARA
CENTRE

**REPORT &
FINANCIAL
STATEMENTS**

For the Year ended 31st March 2024



*“...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 2024.

PROFESSIONAL ADVISORS

Auditors: McAleer Jackson Ltd
Chartered Accountants
and Statutory Auditors
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,
BT79 0AH

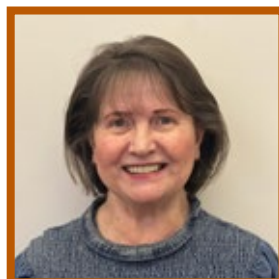
TRUSTEES/DIRECTORS



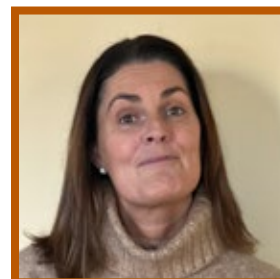
Godfrey Young
Company Chairperson



Catherine Friel
Company Secretary



Marian Harte
Company Treasurer



Tara Boyle
Deputy Chairperson



Noreen McGirr



Hugo Sweeney



Margaret Moohan
(Resigned April 2023)



John Slane



Mary O'Reilly

A Message from the Chairperson

A very warm welcome to everyone. It is with great pleasure that I present this our Annual Report for 2023-2024.

This year was a very special year for the Tara Centre and all associated with it when in November 2023 we were able to celebrate its 27-year contribution to our community

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

As you may recall from previous reports we had hoped to celebrate our 25th anniversary over 2 years ago. This was not however to be as Covid restrictions prevented us from doing so.

The November 2023 celebratory event was a fitting tribute to the enormous contribution made by Maura Twohig and Mary Daly in founding the Tara Centre and the contribution they and so many others have made since its inception to ensure that the message contained in its Vision Statement remains as relevant and real as ever. Later in this report you will find some of the very memorable and meaningful testimonies presented on the day illustrating the important contribution made by the Tara Centre to healing, peace and holistic well-being. I would like to sincerely thank all who contributed to the planning and delivery of this event.

The Tara Centre continues to provide a multi-disciplinary range of services to those most in need of our help. Unfortunately, we are unable to meet all of the demands upon our services as reflected in the growing waiting list for our counselling/psychotherapy and art therapy services. There is an increasing level of need within our community and regrettably this comes at a time when we face the prospect of one of our major funders, the N.I. Mental Health Support Fund (MHSF), ceasing to provide funding at the end of September 2024. This may further diminish our capacity to meet the need which exists. Steps need to be taken at government level to ensure that vital funding for essential mental health and well-being services is maintained.

The Funding Committee established by the Board will however continue to explore other funding opportunities in the event of the probable withdrawal of MHSF funding.

During 2023-2024 there were once again changes within our management team and amongst Trustees/Directors. Victoria McCloughan joined the Tara Centre in April 2023 as our Co-ordinator of Operational Services following the departure of Diane Coyle. Kathleen McGread also finally retired at Easter 2023



and I wish to extend a special word of thanks for her dedication and commitment to Tara over so many years and especially during the challenging Covid period. I wish also to pay tribute to Katrina our General Manager, John our Co-ordinator of Therapeutic Services and Victoria our Co-ordinator of Operational Services, for their dedication and commitment throughout the year. They collectively ensured the on-going provision of services and programmes whilst at all times adhering to the Tara Centre vision and ethos.

In terms of changes to Board membership April 2023 saw the retirement of Margaret Moohan and in October 2023 we welcomed our newest Director Mary O'Reilly. In March 2024 the position of Deputy Chairperson was created and one of the existing Directors, Tara Boyle, was appointed to the role. There were 8 Directors at the beginning of the year and 8 Directors at the year-end. I wish to thank my fellow Directors for their on-going commitment and support.

Turning to the important issue of governance and the responsibilities of the Board of Directors/Trustees there were 9 Board meetings during the year with the required quorum met on all occasions in accordance with our Articles of Association. In addition to attendance at Board meetings nominated Directors attended meetings of Committees including the Finance Committee, Funding Committee and Salary Sub-Committee plus the Anniversary Planning group and Strategic Review and Business Plan Planning group. The Committees referred to are fundamental to our succession and sustainability strategies. They also enabled all statutory requirements to be met in terms of submissions to both the Charity Commission for Northern Ireland and Companies House.

This year's final accounts are included for your information. Suffice to say that there are on-going challenges related to underfunding of staff costs and overheads related to such matters as the maintenance of our beautiful Tara Centre building. These are challenges faced by all organisations working in the

charitable sector. Given this difficult financial climate we remain eternally grateful for the contribution made by our funders both large and small and of course those who so generously make contributions by monthly standing order and by donations.

Another important aspect of the Board's governance role is of course that of strategic management and development and once again these were very much the focus of its attention and indeed that of Company Members. During the year a strategic review was undertaken and in March 2024 a one year Strategic Review Action Plan was approved by the Board.

Included amongst the priorities for action were:

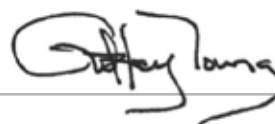
- A review of the Managements Structure and Administrative Support;
- Archiving the development and history of the Tara Centre;
- Improving induction and appraisal systems;
- Developing a Funding and Sustainability Strategy;
- Developing a Communication Strategy;
- Maintaining and developing Tara Centre services.

The following policies were also updated and approved by the Board in 2023-2024:

- Data Protection Policy
- Children and Adults Safeguarding policies
- Health & Safety Policy

Work was also on-going in relation to a number of policies including our Complaints, Protecting Life, Social Media and Records and Document Management policies.

Finally, on a very positive note, work is on-going in relation to the transfer of the Tara Centre property from the Mercy and Presentation Orders to the Tara company. When completed this will represent a further important milestone in the progress and development of the Tara Centre company and its commitment to deliver a range of healing, peace and holistic well-being services for the benefit of the people of Omagh.



Godfrey Young MBE
Company Chairperson



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.”

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 organisation.

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

“Generosity is the most natural outward expression of an inner attitude of compassion and loving kindness”

Dalai Lama

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.

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

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. The Board of Directors is accountable to the Members.

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.

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 organisational 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 meet approximately once per month. They 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.

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.

- (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 Committee (FC) of the Board.

The members of the FC are the Chairperson of the Company, the Company Secretary and the Company Treasurer. The FC 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 FC 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 FC 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 practices 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 (COOS) 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 minimise 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

The past year at the Tara Centre has been one of profound reflection and renewal. Guided by our vision of fostering healing, peace, and holistic well-being, we have navigated a period of strategic realignment, operational optimisations, and continued with our impactful service delivery. Despite challenges rooted in the disruptions of recent years, including the aftermath of the COVID-19 pandemic, we are proud that our work remains a beacon of hope for the community we serve.

The year was marked by a renewed focus on reviewing and refining processes and procedures that had suffered from disruption. This critical work went hand in hand with the Strategic Steering Group and the practical, day-to-day dedication of our staff. With a spirit of collaboration, we undertook a thorough examination of roles, consolidated our recruitment procedures and operational practices, ensuring they reflected the highest standards and aligned with our values of integrity, respect, compassion, transparency, accountability, and confidentiality.

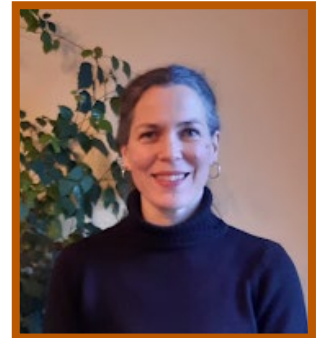
Among the year's highlights was our celebratory event, an exceptional occasion that brought together our supporters, staff, and service users to honour the essence of Tara Centre's mission. It symbolised not only our gratitude but also our commitment to connecting with the community and fostering resilience.

Our operational capacity has seen significant improvements. The full implementation of the SAGE electronic accounting system streamlined financial management, enhancing both efficiency and transparency. Cost-saving measures further strengthened our financial sustainability without impacting on the quality of our service delivery. While the bookshop remains inactive, this too is under review as part of our ongoing strategic planning.

The Centre's service delivery continued to be wide-ranging and impactful. Our counselling/psychotherapy and art therapy services provided vital support to clients navigating complex challenges such as anxiety, trauma, bereavement, and personal relationships. This year, there was an increase in delivering counselling/psychotherapy and art therapy and complementary therapy sessions. Please refer to John Friel's (Co-ordinator of Therapeutic Services) article on the next page for more details in respect.

Education and personal development continues to be at the heart of our activities. The Centre hosted an array of workshops and seminars, including sessions on positive mindsets, energy healing, and dream work. Weekly meditation groups and yoga classes continued to provide spaces for reflection and growth, while our annual Christmas Meditation remained a cherished tradition. While we are eager to explore new territory in this realm, the year 23/24 was still marked by engaging past presenters that guaranteed the delivery of high quality

content our audiences so much rely on. As always, we have placed a strong emphasis on evaluation and feedback. Participant evaluations from workshops offered valuable insights into their experiences. These measures are essential for continuous improvement and for tailoring our services to meet the evolving needs of our clients.



Support groups such as PATHS and the Omagh Men's Support Group continued to offer a nurturing environment for individuals to share their experiences and find solace, hope, and strength. The feedback from participants affirms the transformative impact of these important gatherings on their lives.

Throughout the year, we completed repairs to our dining room, continued to follow rigorous fire safety protocols, and regular servicing of equipment reflect our commitment to providing a safe and welcoming environment for all who enter our doors. Safeguarding training and the development of a risk register ensure we remain vigilant and proactive in managing risks.

Financially, we owe deep gratitude to our funders, including the Western Health & Social Care Trust, VSS, the Mental Health Support Fund, the Mercy Project Fund, Awards for All from The Lottery Foundation, and our generous donors. Their support has been instrumental in enabling us to run the Centre and deliver our wide range of services. Regular monitoring of grants and service-level agreements ensured that we maintained transparency and accountability in all our financial undertakings.

In conclusion, the 2023/24 period has been a year of reflection, growth, and achievement. As we look ahead, we carry with us the lessons of this transformative year and deep gratitude for the enduring support of our funders, staff, and community members. Together, we reaffirm our commitment to bring healing, peace and holistic well-being to the community.

My deep thanks go to Maura and Mary and their unwavering support and infinite wisdom in practical and spiritual realms; to Godfrey who is inspiring through his exemplary leadership and who is a joy to work with; to the Tara Centre Board and Company Members with their extraordinary dedication volunteering infinite working hours; to my dear colleagues, past and present, who deliver an exceptional service to the Community; and all our friends who fill this building with their unique light and energy.

Katrina Deas

Counselling/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 Centre counsellors/psychotherapists are professionally trained to at least Practitioner Diploma Level. They are accredited by a recognized professional body, e.g., BACP, IACP, BABCP, IAHIP 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. All counsellors/psychotherapists also have monthly clinical supervision provided by the Co-ordinator of Therapeutic Services.

Counselling/Psychotherapy Provision 2023/24

In 2023/24, we provided 4,111 counselling/psychotherapy sessions for 301 clients. This was an increase from 2022/23, when we provided 3,539 counselling/psychotherapy sessions for 292 clients. **Figure 1** on the following page shows the overall increase in numbers of counselling/psychotherapy and art therapy clients and sessions.

Counselling/psychotherapy is available at the Centre for individuals of all ages over eighteen years who seek healing, hope, inner peace and a renewed sense of purpose in life. Clients who attended for counselling/psychotherapy during 2023/24 presented with a range of issues that included, anxiety, depression, low mood, stress, bereavement, trauma, abuse, domestic violence, suicide ideation, self-esteem, personal relationships, gender and/or sexual identity, NI Troubles related trauma, isolation and anger management.



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:

- Attachment, Trauma and Psychotherapy: Neural Integration for Resilience and Well-being - Dan Siegel - Online
- Genspect Conference, Killarney – “The Bigger Picture” - Online
- Effect of Trauma on the Individual and Relationships
- Trauma Informed Care
- Neuroscience – the body and trauma
- Working therapeutically with dissociation
- Suicidal thoughts and ideation – BACP
- Internal Family Systems
- Shame and the Person Centred Approach
- Neuroplasticity: The learning Model of Addiction
- Resolving trauma – A Somatic Approach
- Grief Trauma
- Supervision Training

John Friel

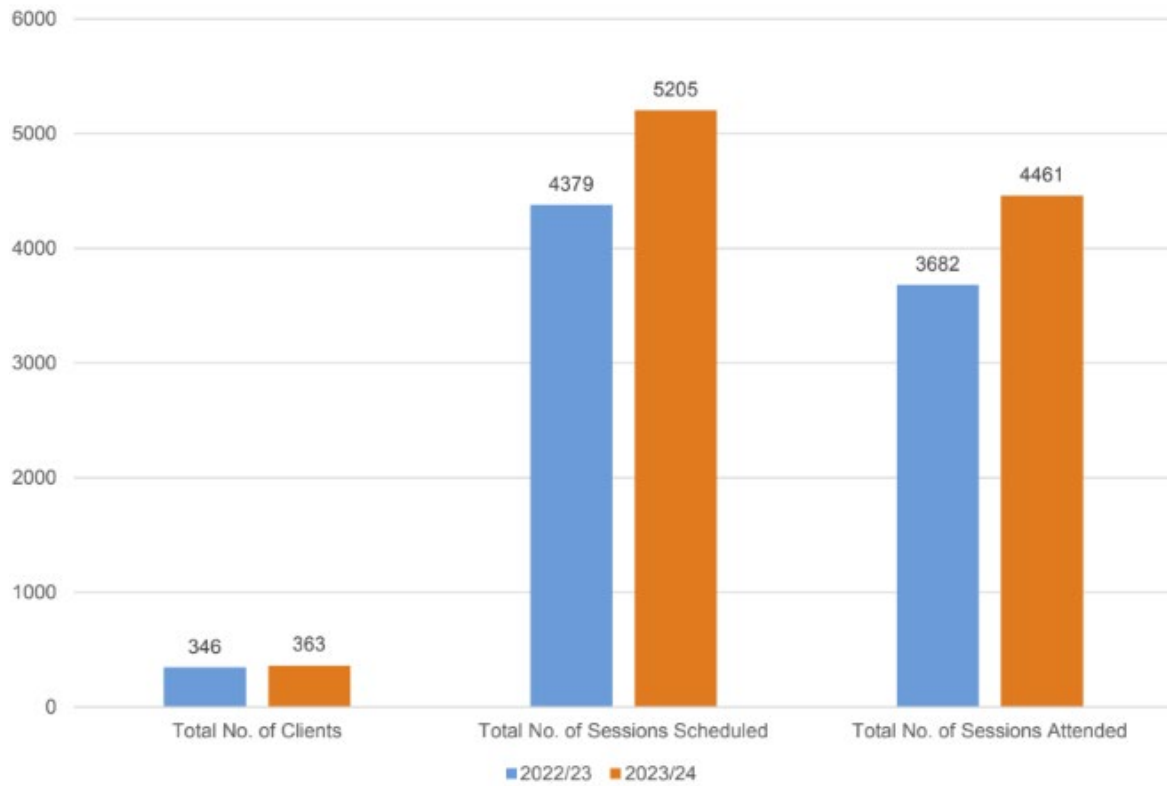
Co-ordinator of Therapeutic Services

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

Albert Schweitzer

Counselling/Psychotherapy/Art Therapy

Fig 1: No. of Clients/Sessions



Counselling/Psychotherapy Client Feedback

I learned that I was normal, just the same as everyone else and I am worth something.

Invaluable service available in the local community. I feel truly lucky to have been supported by the Tara Centre during very difficult time.

My therapy has helped me with my grieving and my sickness.

I am feeling a lot better in myself and I would recommend the service to others.

I have learned about how past events can impact you for many years.

I've learned to move forward with life.

My counselling was life changing and I am very grateful.

I gained during my therapy sessions the understanding that I cannot do everything or be everything to everyone. Taking a step back.

I was sceptical before I started my sessions. I am now very happy and satisfied with the service provided by the Tara Centre.

I am in a much more hopeful place.

I am in a better place than I have been for a long time, my counsellor has been an inspiration.

My therapist was genuine and empathic, she made my thoughts and experiences feel valid and important. I feel much more positive moving forward.

I have enjoyed attending for counselling at the Tara centre, always welcoming and friendly atmosphere.

Tara Centre Celebrates 27 Years

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

On Saturday, 18th November the Tara Centre, a beacon of support in Omagh, marked its remarkable journey of 27 years with a celebratory event, made possible with funding from the National Lottery Awards For All Grant. The celebration, attended by 120 selected guests and live-streamed with viewers from Australia, Germany, and the Republic of Ireland, marked a significant milestone in the Centre's history.

The event was opened by the Chairperson of the Board of Trustees/Directors, Godfrey Young MBE, who gave a warm welcome to the audience. He expressed sincere thanks to those organisations and individuals who had vitally contributed to the creation and on-going development of the Tara Centre. Mary Daly, Co-founder, led a centering exercise which calmly closed with the reading of the Centre's Mission and Vision Statement, setting the tone for the day. Maura Twohig, Co-founder, enriched the morning's programme with 'How it All Began' from its foundation in 1996. The audience showed their appreciation to both co-founders with a standing ovation.

Setting an uplifting tone for the afternoon were a number of heart-warming pieces sung by the Omagh Community Youth Choir accompanied by its Musical Director Daryl Simpson. The Chairperson along with local musicians Tom Sweeney and Gerarda McCann later added to the celebratory atmosphere with further pieces of poetry and song.

Keynote speaker Tim O'Connor, who served in the Department of Foreign Affairs during the critical period of the Peace Process addressed the audience giving an insight into peace and reconciliation with warmth and humour. Moving the theme 'from macro to micro', Mr O'Connor's words eloquently underscored the Centre's significant contributions to peace and reconciliation, echoing the sentiments of many who have witnessed and benefitted from the Centre's work over the years. Alice Phoenix, wife of the late historian and Tara Centre friend Dr Éamon Phoenix, reiterated in her follow-up speech the importance of the centre's work in this realm. 'Remembering' marked a part in the programme in which contributors who have passed and who had formed an essential part of shaping the Tara Centre were fondly called to mind.

The theme 'Bearing Witness' celebrated the power of transformation, with five thought provoking talks. The speakers spoke with emotion and passion as to how the multidisciplinary approach of various services and programmes available at Tara have positively impacted



lives. Please refer to page 19 for a full transcript of one witness's talk. "All change comes from within" another speaker concluded, thanking the centre and its therapists. "I came with a broken heart, and I was always received with an open heart".

The Tara Centre, since its inception, has been a cornerstone in the community, providing invaluable support and fostering a spirit of healing, peace and holistic well-being. This milestone event, with its blend of music, testimonials, and inspiring speeches, was not just a reflection of the Centre's past but a beacon of hope and resilience for the future.

As the Tara Centre looks forward to continuing its vital work in the community, the support and involvement of people from all walks of life remain integral to its enduring success.

Link to view the full event:

<https://www.youtube.com/watch?v=c2BBYPRtzGk>



Board with keynote speaker

BACK ROW: Marian Harte, Catherine Friel, Tara Boyle, Hugo Sweeney, Noreen McGirr, Mary O'Reilly, John Slane
FRONT ROW: Tim O'Connor (keynote speaker), Godfrey Young (Chair)



Co-founders with keynote speaker and Chair

Tim O'Connor, Mary Daly, Maura Twohig, Godfrey Young



Speakers and musicians with GM

BACK ROW: Tom Sweeney, Katrina Deas (GM), Katrina McCrory, Lorena Cassidy, Fergus Cumiskey, Gerarda McCann, Joe Cuthbertson
FRONT ROW: Alice Phoenix, Declan Coyle



Lunch

(Photo taken in Réalt Na Mara, the meditation room at the Tara Centre)



Audience

(Photo taken in the Great Hall at the Tara Centre)

“We can't understand Tara and its power without understanding what's happening in the wider society. And you can't understand that wider world without understanding the lessons that Tara teaches us every day here.”

Tim O'Connor

Art Therapy

When Words Are Not Enough



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

Art Therapists at the Centre are professionally trained and adhere to the highest professional standards in accordance with the British Association of Art Therapists (BAAT) Code of Ethics 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 externalisation of thoughts and feelings which may otherwise remain unexpressed.

Art Therapy Provision 2023/24

2023/24 was a very successful year for our Art Therapy service. We provided 1,094 art therapy sessions for 62 clients, this was an increase from 2022/23 when we provided 840 sessions for 54 clients. Children and young people who attended for Art Therapy presented with a range of issue including, anxiety, attachment, bereavement, low mood, experiencing terminal illness of a parent or sibling, trauma, abuse, gender and/or sexual

identity issues, autism/Asperger's/ADHD, bullying, parental separation, Special Education Needs (SEN), pressures of social media, mutism and self-esteem. Art Therapy is not only for children and young people, some adults also choose Art Therapy. They find that Art therapy facilitates a unique way of expressing feelings without the need for words. It helps them to grow in awareness and process their emotions in a way that they find more helpful than Talking Therapies.

Art Therapy Feedback

The positive impact that Art Therapy can have on the lives of children, young people and adults includes, reduction in stress, anxiety, depression and growth in confidence/self-esteem. Art Therapy can help clients to improve their social skills and increase their sense of well-being and internal strength for healing. The following is some of the feedback we have received from parents/guardians whose children and young people attended for Art Therapy:

- My son has improved by being able to explain how he is feeling sometimes rather than lashing out in anger.
- I would recommend the Tara Centre, my child learned coping mechanisms and recognised that her behaviour needed to change, her behaviour has improved, and this has helped our home life.
- My daughter had an amazing time attending Art Therapy, she was always keen to attend her weekly appointment.
- My daughter has come on immensely with her self-confidence and her anxiety going to school has completely stopped six weeks ago.
- The Art Therapist was just fantastic with my son who has selective mutism, she was able to help him express his feelings. I would definitely recommend the Tara Centre.

*“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

Bearing Witness: My Experience of Art Therapy

This article is the transcript of Katrina McCrory giving testimony at the Tara Centre's celebratory event.

Friends of the Tara, it is a privilege to celebrate with you all on this special day and to share my experience with this very special place. My name is Katrina McCrory. I'm from Omagh. At 3 years old, I became the youngest user of this service.

Like any child, I was drawn to art and creative forms of self-expression. In the wake of the bomb, my mum noticed this very medium conveying a different kind of expression. Scribbles of dinosaurs and tigers were replaced by angry blotches – in hues of black, red and orange. My behaviour changed markedly – I became distressed at seeing objects floating or flying away for fear of 'losing control'. Childish games, like blowing bubbles and playing with balloons incited terror and confusion, not only for myself, but my family. A local health visitor listened to these concerns, and recommended that we contact the Tara Centre for advice.

I began a course of art therapy here at the Tara Centre, with Margaret. Those Thursday afternoon appointments became a fixture in my early childhood development. I saw the Tara as something of an otherworldly place – the old staircase leading to a fortress above Campsie. The smell of wax, clay and paint opened a portal to a new realm of possibilities and imagination. Most importantly, I felt safe here. Safe enough that I could talk about "the Monster". I could draw it and confront it, at 3 years of age.

Even at that age, I had a sense of the transcendental power of the Tara Centre. The protection continued even when I left the 'fortress'. My nightmares were caught by the trusty Dream Catcher which came from the Tara. The music, the lighting and essential oils that soothed us at night came from the Tara. We understood that meant they were powerful! The sanctuary that the Tara Centre offered to our family and other families like ours, remained constant in those confusing and painful years following the bomb.

Through the medium of art therapy, I could convey emotions that I couldn't comprehend at 3 years old. The 'distraction' of using my hands whilst talking about my worries with Margaret opened up parts of my mind that couldn't be accessed through words. This offered solace from the symptoms, and allowed me the opportunity to resume an otherwise happy childhood. Even at this young age, I began to develop a strong sense of oneness with my inner self, and an ability to recognise and communicate my worries and fears.

It was this recognition that would lead me back to the Tara Centre 13 years later. Turbulent teenage years had arrived, and with it too unfortunately, a resurgence of those same feelings of losing control. Whilst I could articulate the superficial emotion to school counsellors, I couldn't have grasped how my early childhood experience could still

manifest all this time later, subconsciously.

I returned to the art therapy sessions with Margaret, and although the Centre itself had changed, the sense of solace and sanctuary here remained the same. The weekly sessions were challenging at times as I had to confront not only my present circumstance, but the trauma from childhood that now felt like they came from a distant, past life.

Through the mediums of mosaic, clay, wax etc., I could engage with my feelings at my own pace. Weekly, we worked towards milestones both physically in terms of the art, as well as emotionally. Margaret helped me to draw my own conclusions about my feelings and experiences, fostering the development of intuition and self-awareness.

After concluding the course of therapy, I went on to make the most of the time I had left in school, before I headed off to England to continue my studies. As I began to navigate the world as an adult, I encountered new experiences, new opportunities, and new challenges. I soon realised that with independence comes responsibility for your own well-being. The ability to trust my intuition and to listen to my inner self (things that the Tara Centre taught me), has made me the person I am today.

I was diagnosed with Obsessive-Compulsive Disorder just over a year ago, which can manifest occasionally as intense, sometimes overwhelming anxiety. This is likely a culmination of early childhood and adolescent experiences. An 'early' diagnosis and the success of the treatment was made possible by the strong foundations of self-awareness and healthy coping mechanisms, laid here by Margaret and the Tara Centre, for which I will be forever grateful.

Confronting the monster in whatever guise or form, at either 3 or 28 years old, is never easy. My own anecdotal experience shows that inner solace is never a destination – it is a journey, and a lifelong one at that. I am indebted to the Tara Centre for equipping me with instruments to manifest a future free from trauma and despair. I am also grateful that the Tara's unfaltering presence in the town has granted this opportunity to so many others.

Permission to make time for and to acknowledge one's feelings is ever diminishing in this busy world. By failing to listen to our inner selves, we may unwittingly perpetuate cycles of trauma and despair. As beneficiaries of the Tara Centre, and as people from Omagh, we represent a generation of people who are not defined by any collective trauma, but instead, offer hope that there is a future beyond despair. And now more than ever, we need healing and sanctuary – we need places like the Tara.

Katrina McCrory

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.

- We provided Reflexology, Aromatherapy and Indian Head Massage Complementary Therapy treatments in 2023/2024.
- 733 VSS Funded Complementary Therapy treatments for 102 clients were provided during 2023-2024 and 18 Private Complementary Therapy treatments.
- 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.



Complementary Therapy Client Feedback

“I really enjoyed the sessions and I am very grateful to my complementary therapist and the Tara Centre for providing me with the opportunity to receive these treatments.”

“The treatments have really helped my anxiety levels. My mood has improved greatly as well. Thank you for the treatments.”

“I really enjoyed my sessions and they have contributed to my symptoms greatly improved.”

“Treatments are excellent at the Tara Centre.”

“It has been a pleasure to receive these complementary therapy treatments. Thank you.”

“My complementary therapist was amazing. I benefitted greatly from the treatments.”

“I feel less stressed and my sleep pattern has improved. Thank you.”

“The complementary treatments are excellent at Tara.”

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 well-being” 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 and 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 2023- March 2024

- Declan Coyle – The Green Platform
- Kathleen Duffy – Working with the Wisdom of our Dreams
- Bronagh Starrs – Parenting Adolescents
- Dr Aileen O'Kane – An Introduction to Ayurveda
- Michael O'Doherty – Bio-Energy Healing: Triple 8. A New Model of Living
- Meditating Together with Mary Tuesday mornings
- Meditation Soul of Healing (Maura & Mary)
- Christmas Meditation (Maura & Mary)



“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

Testimonials

Anonymised Extracts from Client Evaluations

Declan Coyle
The Green Platform

- "The course has given me tools to improve my life".*
- "Be positive and grateful for what you have in your life and that you have the choice to change it".*
- "Don't focus on the outcome. Positive thoughts process".*
- "I won't be afraid of the outcome, - enjoy the experience".*



Kathleen Duffy
Working with the Wisdom of our Dreams

- "How everything is connected, - the importance of listening to our dreams".*
- "Very interesting to learn about what dreams are telling us".*
- "Pay attention to what is happening in your life at the time of dreams".*
- "Dreams are communicating with us, - messages from the soul to promote healing".*



Dr Aileen O'Kane
An Introduction to Ayurveda

- "a deeper understanding of a good diet and body composition".*
- "to gain knowledge of nutrition, well-being, mental health, mind, body and spirit".*
- "excellent informative course, presented by a well-informed professional with confidence and compassion".*
- "I feel this course gives great wealth of information on how to tailor lifestyle".*



Michael O'Doherty
Bio-energy Healing: Triple A - A New Model of Living

- "it gives an opening into the safe approach to improving our attitude to health and well-being".*
- "thank you for broadening my knowledge to recovery and healing, to know good techniques to work with".*
- "This event is hugely beneficial for everybody from all walks of life, you won't be disappointed with the information and the techniques taught".*
- "an excellent, informative, participative workshop. Michael is a font of knowledge".*



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 well-being, 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 2023-2024, 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 Kemp
Yoga Teacher

Comments from Clients

“Heather is a fantastic teacher, so calm and informed. I am very grateful for her.”

“Thank you Heather for the excellent yoga classes, well-placed and inspirational meditations and positive affirmations.”



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

PATHS Omagh

Supporting families and individuals bereaved by suicide.

We are a confidential self-help group. We meet on the second Tuesday of every month in the Tara Centre Campsie Omagh at 8 pm.

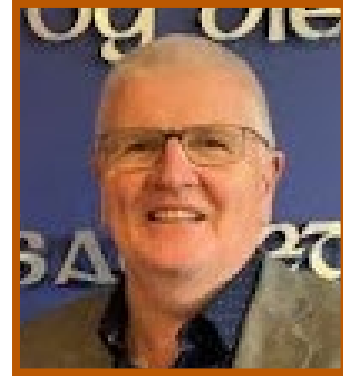
What we provide:

- We provide a safe environment for people to share their thoughts, feelings and emotions.
- We explain the suicide bereavement process.
- We offer one – one counselling and alternative therapies for members who need them.
- We provide opportunities to learn from each other.
- We educate people in healthy coping and healing skills.
- We provide information on surviving suicide.
- We signpost individuals towards other services and resources which are available.
- We advocate for those bereaved by suicide.
- We generate new ideas and approaches towards improving services for those bereaved by suicide.
- We invite appropriate guest speakers to our group.
- We provide an annual remembrance service for all those bereaved by suicide.

An average of 8-12 people attended our monthly meetings for this period.

We had our annual night away in the Kilmore Hotel on October 7th 2023. This experience provided our members with the opportunity to connect with new members, share their feelings with each other and gain strength for the future.

We held our traditional Annual Service of Remembrance at the Tara Centre on Sunday December 3rd 2023 and 32 members attended. Dr Brendan Harding (Sandplay



Therapist) was our guest speaker. This event is always a very emotional experience for our members because it provides them with the opportunity to remember their loved ones in a very special way and share their feelings with others.

We held a Reflection and Healing Day at the Tara Centre on May 12th 2024 which was attended by 18 members. Our guest speaker (by popular demand) was again Dr Brendan Harding who spoke on "The Inner Journey" and how meditation, mindfulness and Jungian Sandplay therapy are helpful on that journey. This session was followed by alternative therapy sessions delivered by Cecilia and Siobhan, both are contracted Complementary Therapists at the Tara Centre.

The day proved to be a very valuable experience for all members who attended.

We would like to thank the Tara Centre for the use of their premises and express our appreciation to all the staff who helped out in any way.

(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.

Monday the 1st July brought the curtain down on another year of busy activity for Omagh Mens Support Group. The core structure remains our weekly Monday evening meetings and attendance figures have remained consistently high demonstrating a continuing need to provide 'a safe and secure space where men can talk about their emotions and find help in managing the stress in their lives'. OMSG has an average membership of 20 members with an average weekly attendance figure of 12-14 members. Enquiries relating to membership are frequent and we have been fortunate to maintain a natural balance between new members and those men who have been part of the group for some time, this mix works well allowing the group to remain 'fresh' in its thinking and activities.

Through our WhatsApp group, created originally during the time of Covid when we could not meet face to face, and individually created friendships group members have an additional framework of supports outside our weekly meetings whilst still respecting the confidentiality of the sharing that takes place on Monday evenings. A further interesting perspective on this is the huge variety of experience and differing occupational and recreational skills held by the men in the group and which can be shared as a valuable resource amongst group members. This is usually preceded by the question ...'Does anyone know someone who could help with ...?' !!



An interesting development in our activities this year has been, on a relatively regular basis, to invite local groups / individuals providing a health and well-being service of varying kinds, to join us on a Monday evening. This both helps create and cement relationships between OMSG and the local community as well as helping to compensate somewhat for our continuing funding difficulties. Despite our charitable status, we have struggled to secure adequate funding for our residential weekends programme but intend to re-double our efforts in this regard over the summer months in anticipation of a new year commencing in September. These weekends fulfill a number of important functions in the life of OMSG and are greatly looked forward to by all the men.

Finally, to end on a positive note, all the efforts of OMSG would not be possible without the continuing generosity and support of the Tara Centre. We are most fortunate in having the use of such superb facilities and, as another year in the life of OMSG draws to a close, we again express our heartfelt gratitude to all at Tara who make our efforts possible. We look forward to our next year and continuing to offer support to our members, both old and new. Thank you.

Gerry Madden
Facilitator

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

Jack Kornfield

Summary of Services Delivered 2023–2024

SERVICES	ATTENDEES	
	23/24	22/23
Counselling/Psychotherapy and Art Therapy Sessions:	5,205	4,379
• Counselling/Psychotherapy and Art Therapy Clients:.....	363	346
Complementary Therapies treatments:	751	298
Complementary Therapies clients:.....	102	59
Educational Seminars and Workshops:	173	252
Support Groups - average number attending		
• Soul of Healing: 5–7 sessions per year.....	27	22
• Tuesday meditation: weekly.....	25	21
• Yoga: 3 times per week, 8–10 week blocks per quarter.....	19	19
• Omagh Men’s Support Group: weekly.....	13	10
• PATHS: once per month.....	10	10
Phone calls at reception		
• Counselling related:.....	588	611
• General calls:.....	132	254
Digital Reach -Facebook		
• Likes:.....	2,654	2,414
• People reached:.....	16,700	9,081
• Website page views:.....	13,249	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
- National Lottery Community Fund - Awards for All
- Mercy Project 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
- Proceeds of Fundraising Events:
 - * The Nature Trail
 - * Nutured Living
 - * Todd's Leap
- Lease of premises free of charge to the Tara Centre by the Joint Owners, the Mercy & presentation Sisters, Northern and North Eastern Provinces respectively

Our deep and sincere gratitude to one and all for choosing to support the good work of the Tara Centre.





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

***Financial Statements**
for the financial year ended
31 March 2024*

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 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement 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 2024 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.

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.

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.

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.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

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.

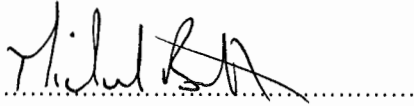
In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; assessed whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluated the business rationale of any significant 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.

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

Date: 18 June 2024

Tara Centre Statement of Financial Activities for the Year Ended 31 March 2024

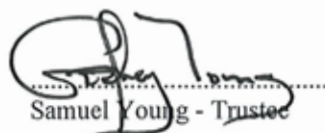
	Notes	Unrestricted funds £	Restricted fund £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	86,078	-	86,078	57,475
Charitable activities					
Bookshop	4	313	-	313	475
Room rent		400	-	400	320
Course subscriptions		11,962	-	11,962	12,311
Charitable projects		60,628	313,273	373,901	290,834
Service agreements		27,232	-	27,232	24,139
Other income		<u>31,958</u>	<u>2,218</u>	<u>34,176</u>	<u>34,176</u>
Total		<u>218,571</u>	<u>315,491</u>	<u>534,062</u>	<u>419,730</u>
EXPENDITURE ON					
Raising funds	5	117,519	-	117,519	79,219
Charitable activities					
Bookshop	6	175	-	175	149
Room rent		740	-	740	429
Course subscriptions		15,784	-	15,784	16,754
Charitable projects		80,718	303,305	384,023	317,857
Service agreements		<u>33,765</u>	<u>-</u>	<u>33,765</u>	<u>31,653</u>
Total		<u>248,701</u>	<u>303,305</u>	<u>552,006</u>	<u>446,061</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	18	(30,130)	12,186	(17,944)	(26,331)
		<u>12,186</u>	<u>(12,186)</u>	<u>-</u>	<u>-</u>
Net movement in funds		(17,944)	-	(17,944)	(26,331)
RECONCILIATION OF FUNDS					
Total funds brought forward		855,445	-	855,445	881,776
		<u>855,445</u>	<u>-</u>	<u>855,445</u>	<u>881,776</u>
TOTAL FUNDS CARRIED FORWARD		<u>837,501</u>	<u>-</u>	<u>837,501</u>	<u>855,445</u>

The notes form part of these financial statements

Tara Centre Balance Sheet 31 March 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible assets	11	740,851	793,881
CURRENT ASSETS			
Stocks	12	6,645	7,186
Debtors	13	41,902	27,934
Cash at bank and in hand		<u>142,896</u>	<u>202,727</u>
		191,443	237,847
CREDITORS			
Amounts falling due within one year	14	(19,497)	(66,809)
		<u>171,946</u>	<u>171,038</u>
NET CURRENT ASSETS			
		912,797	964,919
TOTAL ASSETS LESS CURRENT LIABILITIES			
		912,797	964,919
CREDITORS			
Amounts falling due after more than one year	15	(75,296)	(109,474)
		<u>837,501</u>	<u>855,445</u>
NET ASSETS			
		<u>837,501</u>	<u>855,445</u>
FUNDS	18		
Unrestricted funds		<u>837,501</u>	<u>855,445</u>
TOTAL FUNDS		<u>837,501</u>	<u>855,445</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 18 June 2024 and were signed on its behalf by:


 Samuel Young - Trustee


 Anna Harte - Trustee

The notes form part of these financial statements

The Tara Centre,
11 Holmview Terrace,
Omagh,
Co. Tyrone,
BT9 0AH

Tel: 028 8225 0024

Email: info@taraomagh.com

Web: www.taraomagh.com

f [taraomagh](#)



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, No. 103397.