

Suicide Or Survive Limited
Report and Financial Statements
for the year ended 31 December 2013

Suicide Or Survive Limited

INTRODUCTION BY CEO

2013 has been an unbelievable year for Suicide or Survive. With the generosity of our donors and grant providers we have increased our service offering and reached more people in the community.

Collaboration continues to be the key to our success in the current economic climate. Throughout 2013 Suicide or Survive worked in conjunction with a variety of partner organisations, including the National Office of Suicide Prevention, Wheatfield Prison, the Irish Country Women's Association, IBEC, See Change, the Irish College of G.P.s, Global Village and many more.

Suicide or Survive took the lead in a consortium of 12 organisations in the delivery and roll out of Recovery based training, mental health training and Advocacy training to all front line staff in these organisations, a project which commenced last year and will continue into 2014.

A number of Eden Programmes were delivered during the year and the manualisation of the last eight years of delivery of the Eden Programme was completed. Plans for the next phase, which is the roll-out of pilot programmes, are at an advanced stage and will be happen during 2014. Dublin City University, working in partnership with Suicide or Survive, completed an evaluation of the Eden Programme during the year.

We continued delivering Wellness Workshops throughout 2013 in partnership with the National Office of Suicide Prevention ("NOSP"), the Irish College of G.P.s and community based projects. In 2014, an increased number of workshops are planned with the support of the NOSP, which will see us reaching an even larger audience.

Our mental health, like our physical health, needs to be protected. It is likely at some point that everyone will experience a strain on their mental health particularly in the current climate.

By 2020 depression will be the leading cause of disability in the world. With this in mind Suicide or Survive is committed and dedicated to being a part of creating a nation that allows us to build on our emotional resilience to enable us to enjoy life, survive pain, disappointment and sadness. To create a nation that no longer buys into the myths that exist in our society.

All of the wonderful work that is taking place in collaboration with so many other individuals and agencies would not be possible without the belief, financial support, encouragement and kindness of the Iris O'Brien Foundation, the National Office of Suicide Prevention, our Donors and the wonderful fundraisers. Together we are making a difference.

Thank you

Caroline McGuigan

CEO

Suicide Or Survive Limited

ABOUT US

Suicide or Survive

Suicide or Survive (SOS) is an Irish charity focussed on breaking down the stigma associated with mental health issues and ensuring that those affected have access to quality recovery services that are right for them. We are working to build a society where people embrace their mental health wellness and those with difficulties are treated with dignity and respect, and experience a service that offers them hope, a safe place and a positive future. SOS is leading the way through active collaboration which we believe will drive positive social change.

We operate within a context and environment in Ireland where the voices of mental health service users have only recently been recognised as valid. It is only within the last few years that service users have been afforded their legitimate place at the table where policies are formed and services are designed. Their voices are vital to the emerging knowledge about mental health, suicide and what can work to prevent it.

Mission

SOS endeavours to challenge the stigma attached to mental illness and provide a range of educational and therapeutic programmes that increase understanding of suicide and play an active role in its prevention in Ireland.

Vision

A society where every person understands their own mental health, where stigma has been replaced by a deep respect for the mental health of others, and where a person who is depressed or suicidal can get the in-depth support they need to cope and make the choice to live.

Values

Behind every statistic on suicide and self-harm, there is a person. Based on this fundamental principle, everything we do is based on: Genuineness, Understanding, Respect, and Acceptance

ACHIEVEMENTS IN 2013

Suicide Or Survive Limited

In 2013 Suicide or Survive took huge strides to achieving our objectives, including:

- We actively campaigned and lobbied for change in relation to mental health services through a variety of media and forums. We ran our first 'High Tea and Talk' initiative encouraging people to talk about mental health. We also continued to challenge stigma through our 'I See a Darkness' seminars delivered in Universities countrywide
- We developed a base for the Eden Programme in Tallaght - completed one and commenced a second programme in that area.
- We developed a manual and licensing system for the Eden Programme so that it can travel nationally and internationally and commenced the search for partners to pilot the licensing of the programme in 2 counties outside of Dublin. DCU were commissioned to carry out an evaluation of the Eden Programme and its journey from its inception to today which will be completed in 2014.
- We have developed a pathway whereby Eden Programme graduates can become Assistant Facilitators on the programme and commenced implementing this pathway with one graduate.
- We promoted mental wellness through its Wellness Workshop – 30 workshops attended by up to 700 people were run nationwide in 2013. We also developed a Wellness Workbook to accompany the Workshop along with a manual for the Workshop which will enable the expansion of the Wellness Workshop delivery team. A partnership was forged with Wheatfield Prison and SOS commenced delivering its Wellness Workshops to prisoners there. Trinity College have been commissioned to carry out a more extensive evaluation of the impact of the Workshop and the newly developed Workbook
- SOS Continued to lead a consortium of 11 community and voluntary organisations in the delivery of recovery based mental health training to frontline workers, service users and volunteers in Dublin and Cork funded by The Wheel under their Training Links Grant scheme
- Our COE continued her fortnightly residency on Newstalk's Global Village programme.
- We strengthened our links with the National Office for Suicide Prevention and were invited to contribute to their high level strategic group tasked with designing a 'one stop shop' for suicide prevention services in Ireland. We also partnered See Change in the development and delivery of its Workplace Mental Health training to organisations nationwide. In partnership with See Change and IBEC we successfully bid for funding from the Equality Authority for an 18 month project to develop best practice methodologies and materials for workplace mental health.
- We developed a strategic partnership with WRAP International to develop quality standards for the delivery of WRAP programmes.
- We delivered the keynote address in 14 locations nationwide as part of the first Cycle Against Suicide
- We worked collaboratively with a broad range of organisations and individuals from the statutory and voluntary sectors nationwide

Suicide Or Survive Limited

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Suicide Or Survive Limited

DIRECTORS AND OTHER INFORMATION

Directors	John Pender Alan McLean (Resigned 29 January 2014) Helen Allen Olivia Hunt Natalie Hodgess Joseph Walsh (Appointed 29 January 2014) Stephanie McDermott (Appointed 26 March 2014)
Company Secretary	Helen Allen
Company Number	397632
Registered Office	120 Shanganagh Cliffs, Shankill, Co. Dublin
Business Address	Stonebridge House Stonebridge Close Shankill Co Dublin
Auditors	Hughes Blake Chartered Accountants and Registered Auditors Joyce House 22/23 Holles Street Dublin 2
Bankers	AIB Bank Dun Laoghaire Co. Dublin

Suicide Or Survive Limited

DIRECTORS' REPORT

for the year ended 31 December 2013

The directors present their report and the audited financial statements for the year ended 31 December 2013.

Principal Activity

The principal activity of the company is to provide support and counselling services to people who have either attempted suicide or have suicidal tendency through the provision of a small group programme. The company is a registered charity.

Principal Risks and Uncertainties

Risks and Uncertainties arising from sources of funding

Suicide or Survive is dependent on fundraising, charitable donations and grants for its income and continued survival. The organisation has been fortunate in recent years to have forged strong links with a number of key donors and the National Office of Suicide Preventions, who have accounted for a significant proportion of its income in the last financial year. While the on going support of these organisations in the future cannot be assumed, the short-term funding of the organisation is secure. The directors and CEO are continuously assessing the financial risks to the organisation and have procedures in place to ensure that any potential future funding deficit is identified and communicated to stakeholders at the earliest possible opportunity.

Health and Safety

The organisation seeks to achieve industry best practice standards of health and safety and has procedures in place to ensure all stakeholders are kept safe and informed at all times.

Human Resources

Overall responsibility for human resources lies with allocated members of the management team. Day to day responsibility for ensuring that the organisations employment policies are effectively implemented lies with the Chief Executive. Suicide or Survive ensures that the training requirements of staff are catered for on an ongoing basis.

Conclusion

In Conclusion the directors are committed to the future development of Suicide or Survive and are confident that this can be delivered through a continued emphasis on services, advocacy and relationships with people both inside and outside the organisation.

Results and Dividends

The profit for the year amounted to €71,812 (2012 - €83,808).

The directors do not recommend payment of a dividend.

Directors

The current directors are as set out on page 6.

There were no changes in shareholdings between 31 December 2013 and the date of signing the financial statements.

In accordance with the Articles of Association, the directors retire by rotation and, being eligible, offer themselves for re-election.

Future Developments

The company plans to continue its present activities. Employees are kept as fully informed as practicable about developments within the business.

Auditors

The auditors, Hughes Blake, have indicated their willingness to continue in office in accordance with the provisions of Section 160(2) of the Companies Act, 1963.

Suicide Or Survive Limited

DIRECTORS' REPORT

for the year ended 31 December 2013

Books of Account

To ensure that proper books and accounting records are kept in accordance with Section 202 Companies Act, 1990, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The books of account are located at the company's office at Stonebridge House, Stonebridge Close, Shankill, Co Dublin.

Signed on behalf of the board

Natalie Hodgess
Director

Helen Allen
Director

Date:

Suicide Or Survive Limited

STATEMENT OF DIRECTORS' RESPONSIBILITIES

for the year ended 31 December 2013

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with Irish law and regulations.

Irish company law requires the directors to prepare financial statements giving a true and fair view of the state of affairs of the company and the profit or loss of the company for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with Irish Generally Accepted Accounting Practice (accounting standards issued by the Financial Reporting Council and promulgated by Chartered Accountants Ireland and Irish law).

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper books of account that disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Acts 1963 to 2013. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the board

Natalie Hodgess
Director

Helen Allen
Director

Date:

INDEPENDENT AUDITOR'S REPORT

to the Shareholders of Suicide Or Survive Limited

We have audited the financial statements of Suicide Or Survive Limited for the year ended 31 December 2013 which comprise the Profit and Loss Account, the Balance Sheet, the Cash Flow Statement, the Accounting Policies and the related notes. The financial reporting framework that has been applied in their preparation is Irish law and accounting standards issued by the Financial Reporting Council and promulgated by Chartered Accountants Ireland (Generally Accepted Accounting Practice in Ireland).

This report is made solely to the company's members, as a body, in accordance with section 193 of the Companies Act 1990. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's 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 company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

As explained more fully in the Statement of Directors' Responsibilities, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view. Our responsibility is to audit and express an opinion on the financial statements in accordance with Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practice Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Directors' Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view in accordance with Generally Accepted Accounting Practice in Ireland of the state of the company's affairs as at 31 December 2013 and of its results for the year then ended; and
- have been properly prepared in accordance with the requirements of the Companies Acts 1963 to 2013.

Matters on which we are required to report by the Companies Acts 1963 to 2013

- We have obtained all the information and explanations which we consider necessary for the purposes of our audit.
- In our opinion proper books of account have been kept by the company.
- The financial statements are in agreement with the books of account.
- In our opinion the information given in the Directors' Report is consistent with the financial statements.
- The net assets of the company, as stated in the balance sheet, are more than half of the amount of its called-up share capital and, in our opinion, on that basis there did not exist at 31st December 2013 a financial situation which under Section 40(1) of the Companies (Amendment) Act, 1983 would require the convening of an extraordinary general meeting of the company.

Matters on which we are required to report by exception

We have nothing to report in respect of the provisions in the Companies Acts 1963 to 2013 which require us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions specified by law are not made.

Kieran McCarthy
for and on behalf of
HUGHES BLAKE

Chartered Accountants and Registered Auditors
Joyce House
22/23 Holles Street
Dublin 2

3 July 2014

Suicide Or Survive Limited

INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2013

	Notes	2013 €	2012 €
Income	1	474,637	376,592
Gross profit		474,637	376,592
Administrative expenses		(402,825)	(292,784)
Profit on ordinary activities before taxation		71,812	83,808
Tax on profit on ordinary activities		-	-
Profit for the year	7	71,812	83,808

The company has no recognised gains or losses other than the profit for the year. The results for the year have been calculated on the historical cost basis. The company's turnover and expenses all relate to continuing operations.

Approved by the board on 2 July 2014 and signed on its behalf by

Natalie Hodgess
Director

Helen Allen
Director

Suicide Or Survive Limited

BALANCE SHEET

as at 31 December 2013

	Notes	2013 €	2012 €
Current Assets			
Debtors	3	7,904	11,915
Cash at bank and in hand		348,694	199,422
		356,598	211,337
Creditors: Amounts falling due within one year	5	(115,987)	(42,538)
Net Current Assets		240,611	168,799
Total Assets less Current Liabilities		240,611	168,799
Reserves			
Unrestricted Reserves	7	240,611	168,799
	8	240,611	168,799

Approved by the board on 2 July 2014 and signed on its behalf by

Natalie Hodgess
Director

Helen Allen
Director

Suicide Or Survive Limited
CASH FLOW STATEMENT

for the year ended 31 December 2013

	Notes	2013 €	2012 €
Movement in cash in the year		149,272	70,579
Reconciliation of net cash flow to movement in net funds (Note 9)			
Movement in cash in the year		149,272	70,579
Net funds at 1 January 2013		199,422	128,843
Net funds at 31 December 2013		348,694	199,422

Suicide Or Survive Limited

ACCOUNTING POLICIES

for the year ended 31 December 2013

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with generally accepted accounting principles in Ireland and Irish statute comprising the Companies Acts, 1963 to 2013. They comply with the financial reporting standards of the Financial Reporting Council, as promulgated by Chartered Accountants Ireland. The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Income Recognition

All Incomes are included in the Income and Expenditure Account when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. Specific policies are applied to particular categories of income as follows.

Voluntary income is received by way of donations, fundraising by the general public and grants, and is included in full in the Income and Expenditure Account when receivable. Grants, where entitlement is not conditional on the delivery of specific performance by the organisation, are recognised when the charity becomes unconditionally entitled to the funds.

Income from grants, which are related to performance and the delivery of specified services/goals, are accounted for as the charity earns the right to consideration by its performance.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in the Financial statements.

Income from charitable trading activities are accounted for when earned.

Taxation

The Company is Registered Charity and is exempt from tax on its normal activities.

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the balance sheet date. Transactions, during the year, which are denominated in foreign currencies are translated at the rates of exchange ruling at the date of the transaction. The resulting exchange differences are dealt with in the profit and loss account.

Suicide Or Survive Limited

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2013

1. INCOME

The whole of the company's income is attributable to its activities in the Republic of Ireland and is derived from Charitable Activities.

2. EMPLOYEES AND REMUNERATION

Number of employees

The average number of persons employed during the year was as follows:

	2013 Number	2012 Number
Administration and Service Delivery	4	4

The staff costs comprise:

	2013 €	2012 €
Wages and salaries	114,705	78,848
Social welfare costs	11,226	8,870
	125,931	87,718

3. DEBTORS

	2013 €	2012 €
Taxation and social welfare (Note 6)	6,447	10,458
Prepayments and accrued income	1,457	1,457
	7,904	11,915

4. GRANT INCOME RECEIVABLE

During the year, Suicide or Survive received the generous support of a number of grant issuing bodies to assist us in our work. At the year end, some of the projects for which these grants have been received had not been completed. Accordingly, grant income totalling €115,987 (2012 : €42,589) has been deferred to future accounting periods.

The amounts for all grants awarded in the year are set out below.

	2013 €	2012 €
National Office for Suicide Prevention	187,000	48,500
The Wheel - Training Links	12,600	9,800
Dormant Accounts Fund – Pobal	-	9,780
	199,600	68,080

5. CREDITORS

Amounts falling due within one year

	2013 €	2012 €
Other creditors	-	(51)
Deferred income	115,987	42,589
	115,987	42,538

Suicide Or Survive Limited
NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2013

6.	TAXATION AND SOCIAL WELFARE	2013 €	2012 €	
	Debtors:			
	PAYE	6,447	10,458	
7.	PROFIT AND LOSS ACCOUNT	2013 €	2012 €	
	At 1 January 2013	168,799	84,991	
	Profit for the year	71,812	83,808	
	At 31 December 2013	240,611	168,799	
8.	RECONCILIATION OF MOVEMENTS IN RESERVES	2013 €	2012 €	
	Profit for the year	71,812	83,808	
	Opening Reserves	168,799	84,991	
	Closing Reserves	240,611	168,799	
9.	CASH FLOW STATEMENT			
9.1	RECONCILIATION OF OPERATING PROFIT TO NET CASH INFLOW FROM OPERATING ACTIVITIES	2013 €	2012 €	
	Operating profit	71,812	83,808	
	Movement in debtors	-	(1,457)	
	Movement in creditors	77,460	(11,772)	
	Net cash inflow from operating activities	149,272	70,579	
9.2	ANALYSIS OF CHANGES IN NET FUNDS	Opening balance €	Cash flows €	Closing balance €
	Cash at bank and in hand	199,422	149,272	348,694
	Net funds	199,422	149,272	348,694
10.	APPROVAL OF FINANCIAL STATEMENTS			

The financial statements were approved and authorised for issue by the board of directors on 2nd July 2014.