

Suicide Or Survive Limited
Report and Financial Statements
for the year ended 31 December 2012

Suicide Or Survive Limited

INTRODUCTION BY CEO

Looking back on 2012, it has been an unbelievable year for Suicide or Survive. An organisation that started at a kitchen table is now nationwide, spreading the word of recovery.

Suicide or Survive is a new breed, a breed that has people embedded in the organisation who have experienced mental health difficulties but know in their gut that there is another way in recovery and know in their gut that people like themselves hold the answer to a new way, **a new service, a new vision, a vision for real change.**

It's the old story about teaching men to fish! In SOS on our staff, on our programme delivery team, on our board, on our advisory board, within our media contacts, within our partner organisations and now in the hearts of those who hear our message the **fire is lit.**

Collaboration is the key and in the current climate it is not only essential but makes sense. In 2012 Suicide or Survive has partnered with a variety of organisations. The Irish Country Women's Association, IBEC, See Change, the Irish College of G.P.s, the National Office of Suicide Prevention, Wheatfield Prison, 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, which will continue in 2013.

The current Eden Programme is being delivered in Tallaght in partnership with the local community. The manualisation of the last eight years of delivery of the Eden Programme is continuing, and we expect that pilot programmes will be delivered in two Counties in Ireland in 2013. Dublin City University are working in partnership with Suicide or Survive in the evaluation of the programme.

We are presently planning our workshops for 2013 in partnership with the National Office of Suicide Prevention, the Irish College of G.P.s and community based projects to spread our net far and beyond, so that we can continue to challenge the stigma attached to mental health and suicide and skill up our community in minding their mental health. In 2012 we delivered our target of 30 Wellness Workshops.

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 second greatest 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

Suicide Or Survive Limited

ACHIEVEMENTS IN 2012

In 2012 Suicide or Survive took huge strides to achieving our objectives, including:

- We actively campaigned and lobbied for change in relation to mental health services by partnering with Vodafone and the Dublin GAA Board to challenge people to 'think differently' about mental health with our 'Talk, Listen, Change' campaign. This campaign was launched to 45,000 people in Croke Park and throughout the Country with the Dublin team wearing the logo of Suicide or Survive. We also worked alongside the ICA with our 'High Tea and Talk' initiative encouraging 10,000 members to become ambassadors for change in relation to mental health in Ireland
- We provided opportunities for people to explore, express and develop skills to help them move away from suicide as an option of choice through our Eden Programme – two programmes were run in 2012 in partnership with community based organisations. During the year we commenced the early stages of developing a Manual to capture the 8 years work of Eden Programme so that it can travel national and International.
- We promoted mental wellness through our Wellness Workshop. 30 workshops, attended by up to 700 people, were run nationwide in 2012. The Workshops were evaluated by Trinity College, Dublin
- We at all times strived to ensure all the programmes delivered by SOS had the input of services users' voice in development and delivery.
- We led a consortium of 11 community and voluntary organisations in the design and delivery of recovery based mental health training to frontline workers, service users and volunteers from these organisations. This initiative was funded by The Wheel under their Training Links Grant scheme
- We continued our involvement with Amnesty International where the CEO is actively involved in their campaign to have mental health recognised as a human rights issue and to campaign heavily for the implementation of a Vision for Change.
- We increased our media profile through a fortnightly residency by the CEO on Newstalks Global Village programme as the resident psychotherapist.
- We held a seat on the Irish College of General Practitioners (ICGP) advisory board in the design and roll out of a nationwide suicide prevention programme to GP's and Primary Care Staff.
- We Worked collaboratively with a broad range of organisations from the statutory and voluntary sectors nationwide We Delivered our seminars "I See A Darkness" in partnership with See Change and the Students Union throughout Ireland.
- We continued our programme to upskill everyone involved in the organisation, including Members of the team and board members. Our CEO upskilled in relation to WRAP working towards being a trainer so that SOS could train the trainers and deliver to communities throughout Ireland.

Suicide Or Survive Limited

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Suicide Or Survive Limited

DIRECTORS AND OTHER INFORMATION

Directors	John Pender Alan McLean Deirdre Moore (Resigned 12 March 2012) Helen Allen Eleanor Farrell (Resigned 22 October 2012) Olivia Hunt (Appointed 22 October 2012) Natalie Hodgess (Appointed 22 October 2012)
Company Secretary	Helen Allen
Company Number	397632
Registered Office	120 Shanganagh Cliffs, Shankill, Co. Dublin
Business Address	The Willows Main Street Arklow Co Wicklow
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 2012

The directors present their report and the audited financial statements for the year ended 31 December 2012.

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.

Results and Dividends

The profit for the year amounted to €83,808 (2011 - €32,250).

The directors do not recommend payment of a dividend.

Directors

The current directors are as set out on page 6.

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.

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 The Willows, Main Street, Arklow, Co Wicklow.

Signed on behalf of the board

Alan McLean
Director

Helen Allen
Director

28 June 2013

Suicide Or Survive Limited

STATEMENT OF DIRECTORS' RESPONSIBILITIES

for the year ended 31 December 2012

The directors are responsible for preparing the Annual Report and the financial statements in accordance with applicable Irish law and Generally Accepted Accounting Practice in Ireland including the accounting standards issued by the Accounting Standards Board and promulgated by Chartered Accountants Ireland.

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

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 confirm that they have complied with the above requirements in preparing the financial statements.

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 are prepared in accordance with accounting standards generally accepted in Ireland and with Irish Statute comprising the Companies Acts 1963 to 2012, and all Regulations to be construed as one with those Acts. 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

Alan McLean
Director

Helen Allen
Director

28 June 2013

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 2012 which comprise the Profit and Loss Account, the Balance Sheet, the Cash Flow Statement, the Accounting Policies and the related notes. These financial statements have been prepared under the accounting policies set out therein.

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 described in the Statement of Directors' Responsibilities, the company's directors are responsible for the preparation of the financial statements in accordance with applicable law and the accounting standards issued by the Accounting Standards Board and promulgated by Chartered Accountants Ireland (Generally Accepted Accounting Practice in Ireland).

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with the Companies Acts 1963 to 2012. We state whether we have obtained all the information and explanations we consider necessary for the purposes of our audit and whether the financial statements are in agreement with the books of account. We also report to you our opinion as to:-

- whether the company has kept proper books of account;
- whether the Directors' Report is consistent with the financial statements; and
- whether at the Balance Sheet date, there exists a financial situation requiring the convening of an extraordinary general meeting of the company.

We report to the shareholders if, in our opinion, any information specified by law regarding directors' remuneration and directors' transactions is not given and, where practicable, include such information in our report.

We read the Directors' Report and consider the implications for our report if we become aware of any apparent misstatement within it.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error.

In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

Opinion

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 affairs of the company as at 31 December 2012 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 2012.

We have obtained all the information and explanations that 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.

INDEPENDENT AUDITOR'S REPORT to the Shareholders of Suicide Or Survive Limited

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 31 December 2012 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.

Kieran McCarthy
for and on behalf of
HUGHES BLAKE
Chartered Accountants and Registered Auditors
Joyce House
22/23 Holles Street
Dublin 2

1 July 2013

Suicide Or Survive Limited

PROFIT AND LOSS ACCOUNT

for the year ended 31 December 2012

	Notes	2012 €	2011 €
Turnover	1	376,592	297,089
Gross profit		376,592	297,089
Administrative expenses		(292,784)	(265,290)
Operating profit		83,808	31,799
Interest receivable and similar income	2	-	451
Profit on ordinary activities before taxation		83,808	32,250
Tax on profit on ordinary activities		-	-
Profit for the year	8	83,808	32,250

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 28 June 2013 and signed on its behalf by

Alan McLean
Director

Helen Allen
Director

Suicide Or Survive Limited

BALANCE SHEET

as at 31 December 2012

	Notes	2012 €	2011 €
Current Assets			
Debtors	4	11,915	-
Cash at bank and in hand		199,422	128,843
		211,337	128,843
Creditors: Amounts falling due within one year	6	(42,538)	(43,852)
Net Current Assets		168,799	84,991
Total Assets less Current Liabilities		168,799	84,991
Capital and Reserves			
Profit and loss account	8	168,799	84,991
Shareholders' Funds	9	168,799	84,991

Approved by the board on 28 June 2013 and signed on its behalf by

Alan McLean
Director

Helen Allen
Director

Suicide Or Survive Limited

CASH FLOW STATEMENT

for the year ended 31 December 2012

	Notes	2012 €	2011 €
Net cash inflow from operating activities	10	70,579	1,580
Returns on investments and servicing of finance	10	-	451
Movement in cash in the year		70,579	2,031
Reconciliation of net cash flow to movement in net funds (Note 10)			
Movement in cash in the year		70,579	2,031
Net funds at 1 January 2012		128,843	126,812
Net funds at 31 December 2012		199,422	128,843

Suicide Or Survive Limited

ACCOUNTING POLICIES

for the year ended 31 December 2012

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 2012. They comply with the financial reporting standards of the Accounting Standards Board, 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.

Turnover

Turnover comprises the invoice value of goods supplied by the company, exclusive of trade discounts and value added tax.

Grants Receivable

Revenue grants are recognised in the same period as the related expenditure is incurred.

Taxation

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

Suicide Or Survive Limited

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2012

1. TURNOVER

The whole of the company's turnover is attributable to its market in the and is derived from the principal activity of

2. INTEREST RECEIVABLE AND SIMILAR INCOME	2012	2011
	€	€
Bank interest	-	451

3. EMPLOYEES AND REMUNERATION

The staff costs comprise:	2012	2011
	€	€
Wages and salaries	78,848	95,586
Social welfare costs	8,870	10,699
	87,718	106,285

4. DEBTORS	2012	2011
	€	€
Taxation and social welfare (Note 7)	10,458	-
Prepayments and accrued income	1,457	-
	11,915	-

5. GRANT INCOME RECEIVABLE

In September 2010, Suicide or Survive was awarded a grant from the Dormant Accounts Fund, administered by Pobal and sponsored by the Department of Health and Children. The total funds awarded of €32,600 were to be utilised to run an Eden Programme and were to be expended by 15th September 2013.

While the original funding application was made to run one programme, due to significant cost savings made it was possible to run a second programme from the funds available, subject to approval, which was received. The Programmes, which were run in the North Inner City Dublin, and Dun Laoghaire, commenced in October 2011 and February 2012 respectively and ran until May 2012 and August 2012 respectively.

A total of €41,060 was expended in operating the 2 programmes, which were eligible for funding at a level of 75%. Therefore funding of €30,796 was received or receivable from the Dormant account funds. As at 31 December 2012, €29,340 had been received from the fund, leaving a balance due of €1,456, which was receivable after the year end.

In addition to the Dormant Accounts Fund, Suicide or Survive received the generous support of a number of other 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 started/completed. Accordingly, grant income totalling €42,589 (2011 : €42,754) has been deferred to future Accounting periods.

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

	2012	2011
	€	€
Dormant Accounts Fund - Pobal	9,780	19,560
HSE grant for Wellness Workshop evaluation	-	20,000
The Wheel - Training Links	9,800	12,600
National Office for Suicide Prevention	48,500	-
	68,080	52,160

Suicide Or Survive Limited
NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2012

6. CREDITORS	2012	2011
Amounts falling due within one year	€	€
Taxation and social welfare (Note 7)	-	1,287
Other creditors	(51)	(189)
Accruals	42,589	42,754
	42,538	43,852
7. TAXATION AND SOCIAL WELFARE	2012	2011
	€	€
Debtors:		
PAYE	10,458	-
Creditors:		
PAYE	-	1,287
8. PROFIT AND LOSS ACCOUNT	2012	2011
	€	€
At 1 January 2012	84,991	52,741
Profit for the year	83,808	32,250
At 31 December 2012	168,799	84,991
9. RECONCILIATION OF MOVEMENTS IN SHAREHOLDERS' FUNDS	2012	2011
	€	€
Profit for the year	83,808	32,250
Opening shareholders' funds	84,991	52,741
Closing shareholders' funds	168,799	84,991
10. CASH FLOW STATEMENT		
10.1 RECONCILIATION OF OPERATING PROFIT TO NET CASH INFLOW FROM OPERATING ACTIVITIES	2012	2011
	€	€
Operating profit	83,808	31,799
Movement in debtors	(1,457)	-
Movement in creditors	(11,772)	(30,219)
Net cash inflow from operating activities	70,579	1,580
10.2 CASH FLOW STATEMENT	2012	2011
	€	€
RETURNS ON INVESTMENTS AND SERVICING OF FINANCE		
Interest received	-	451

Suicide Or Survive Limited
NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2012

continued

10.3 ANALYSIS OF CHANGES IN NET FUNDS

	Opening balance	Cash flows	Closing balance
	€	€	€
Cash at bank and in hand	128,843	70,579	199,422
Net funds	128,843	70,579	199,422

11. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the board of directors on 28 June 2013.