

Suicide or Survive
(A company limited by guarantee, not having a share capital)
Report and Financial Statements
for the year ended 31 December 2016

**Whiteside Cullinan
Chartered Accountants and
Molesworth House
1-2 South Frederick Street
Dublin 2
D02 N820**

**Company Number: 397632
Charity Number: CHY16442
Charities Regulatory Authority Number: 20059231**

Suicide or Survive

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REFERENCE AND ADMINISTRATIVE INFORMATION

Directors	Helen Allen Stephanie McDermott Philippa Woolnough (Appointed 21 June 2016) Cathriona Hogan Twomey (Appointed 21 June 2016) Pearse Finnegan (Appointed 21 February 2017) Melissa Bosch (Appointed 21 February 2017) Olivia Hunt (Resigned 22 June 2016) Natalie Hodgess (Resigned 14 December 2016) Joseph Walsh (Resigned 31 March 2016)
Company Secretary	Helen Allen
Chief Executive Officer	Caroline McGuigan
Charity Number	CHY16442
Charities Regulatory Authority Number	20059231
Company Number Registered Office	397632 Stonebridge House, Stonebridge Close, Shankill, Co Dublin.
Auditors	Whiteside Cullinan Chartered Accountants Molesworth House 1-2 South Frederick Street Dublin 2 D02 N820
Bankers	AIB Bank Georges Street, Dun Laoghaire, Co. Dublin

Suicide or Survive

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DIRECTORS' ANNUAL REPORT

for the year ended 31 December 2016

The directors present their Directors' Annual Report, combining the Directors' Report and Trustees' Report, and the audited financial statements for the year ended 31 December 2016.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2014 and, although not obliged to comply with the Statement of Recommended Practice (Charities SORP effective January 2015), the organisation has implemented its recommendations where relevant in these financial statements.

The directors, who are also the trustees of the charity, at the date of this report and those who served during the financial year together with the dates of any changes are set out on page 3.

The company is limited by guarantee not having a share capital.

Principal Risks and Uncertainties

In common with all charitable organisations, the company has uncertain income streams, and accordingly the ability to continue to fund program commitments is the greatest risk facing the company. To manage this risk, the company operates a rolling 3-year budgeting process, with interim reviews every 6 months. Programmes are only commenced once the funding required to bring them to completion have been confirmed or is in hand.

It remains the objective of the board that unrestricted funds which have not been designated for a specific purpose should be maintained at a level to fund operations for between three and six months. The trustees believe that maintaining reserves at this level will allow the organisation continue to operate and make appropriate changes in the event of a dramatic change in the current funding model.

Objectives and Activities

The objects for which the Company is established are:

- to break down the stigma associated with mental health and suicide;
- to provide one-to-one therapy and counselling, educational and therapeutic programmes, workshops, seminars, workbooks/ worksheets and online resources for the general public and more particularly for those who have attempted and/ or contemplated suicide along with signposting people who require referral to the appropriate supports and services.

Vision : A world where everyone is empowered to look after their mental health and less people die by suicide.

Mission : To create and deliver innovative approaches that educate, inform and inspire people to cultivate good mental health and reduce stigma leading to less death by suicide

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
- Acceptance

The organisation is premised on the belief that there are gaps in existing services for those who have attempted or contemplated suicide. One of the key drivers behind the work of SOS is the desire to harness individuals' own strengths and provide them with the tools to improve their own mental wellness. Underlying SOS's vision is the idea that "behind every statistic on suicide and self-harm, there is a person" (Suicide or Survive 2012) and that every person has the capability of living a full life regardless of the challenges they may face in their mental health throughout their lives. Suicide or Survive started at Caroline's kitchen table born out of her own lived experience and that of people she came into contact with. The organisation has always remained true to its roots with the influence of the lived experience of people with their mental health and their human messiness in everything it does.

The aim of the organisation is to fill the gaps in existing services for those who have attempted or contemplated suicide and to compliment other services and supports. The gaps that have been identified to date through personal experience and feedback from people who have attempted or contemplated suicide, and through available research literature include a lack of one-to-one psychotherapeutic interventions that can be easily accessed and that are not prohibitively costly to the individual and a safe space to explore experiences and seek support.

The principle underpinning Recovery approaches is that people can and do recover from mental health difficulties (however severe they may be) and go on to live lives of their own choosing. Recovery is a personal journey rather than an end point whereby the individual recovers or reconstructs a positive and valued sense of identity and purpose. It is about reclaiming personal control and a positive sense of self and recovering a belief and trust in oneself, a recovery of one's voice and a belief and hope in an ability to live a meaningful contributing life despite the challenges we may confront.

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DIRECTORS' ANNUAL REPORT

for the year ended 31 December 2016

Integrity, Wellbeing, Quality

Everything we do at Suicide or Survive is driven by our 3 bottom lines:

- The integrity of our purpose
- The wellbeing of our people
- The quality of our services

All three are central to the decisions we make as an organisation.

Integrity of Purpose

We fulfil our purpose by listening to the voice of the service user and developing and delivering services and programmes that meet their needs and offer them choice. Fulfilling this purpose is the reason we exist.

Wellbeing of our People

We are acutely aware that without our people the organisation would not exist. We value our people by creating a workplace that fosters genuineness, personal growth and community. We focus on promoting both physical and mental wellbeing.

Quality of our Services

Our services are developed and delivered based on 4 key principles: genuineness, understanding, respect and acceptance. Our focus is on excellence in all we do. Evaluation and continuous improvement are an integral part of every aspect of the organisation.

Respecting all of our Stakeholders

At Suicide or Survive we are committed to honouring all of our stakeholders. This includes:

Participants: We respect the people who participate in our programmes by acting as partners rather than experts and by meeting them as equal human beings with different experiences and perspectives on life. We demonstrate this by providing a high quality physical environment and by listening to and hearing participants from their own perspective. We recognise that while we have a responsibility towards participants, we are not responsible for them – they are responsible for themselves.

Partners: Everything we do we do in partnership. We believe that it is only by working together that we can achieve our aims of a mentally healthy society where suicide rates are reduced to their minimum. We strive to create relationships with our partners based on transparency, open communication and honesty. We create equitable agreements and commit ourselves to acting with care and integrity.

Employees: We invest in the wellbeing of our employees by creating a positive work environment. We set time aside in every working day for mindfulness/meditation, healthy eating, exercise and fun. We are flexible and fair.

Funders: We Respect our funders by providing high quality services and programmes that represent value for their investment. We strive for excellence in our governance to ensure that funds are used where they are most needed. We barter and bargain with our partners and invest any funds saved to expand the number of people we can provide services to.

Community: We are committed to supporting those who are working to build community through our partnership approach. We foster integration by bringing communities together to focus on mental health and wellbeing through our programmes. We emphasise the importance of supporting each other.

Achievements and Performance

Since its founding in 2003, Suicide or Survive has sought to develop and deliver programmes in support of its objectives, including the provision of counselling services and associates education and support programmes. We continue to expand and improve these programmes, as described in detail below, and to date over 200,000 people have visited on Highly acclaimed Online Wellness Workshop, over 5000 people have participated in our One Day Wellness Workshop, over 50 people have gone through our Train the Trainer WRAP programme which includes mentoring, over 200 people have participated on our 6 month Eden Programme and over 500 have participated on our two and a half day WRAP and we have started the delivery of our Supporters Programme. Our advocacy work continues throughout the Country.

All of our work is externally evaluated and evidence based and clearly highlights our outcomes and impact.

Financial Review

Our 2016 accounts reflect our continued growth and the increased support of the National Office for Suicide

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Prevention ("NOSP"). While the accounts show a deficit for the year, this reflects the timing differences on the spending of funds generated in previous years. The lead time and planning required for our programmes results in a time lag between the generation of funds and their expenditure.

The continued commitment of funding from the NOSP will allow the company the flexibility to better plan and increase the early roll-out of programmes into the future. The board continue to monitor budgets and results to ensure the financial stability of the company, and that all generate funds are used to the maximum efficiency.

Structure, Governance and Management

The Governance Code is a Code of Practice for Good Governance of Community, Voluntary and Charitable Organisations in Ireland. Suicide or Survive is compliant with the Code since November 2014.

As a charity seeking donations from the public we at Suicide or Survive are fully committed to achieving the standards contained in the Statement of Guiding Principles for Fund raising.

We do this in order to:

- Monitor and improve our fundraising practice
- Ensure high levels of accountability and transparency in our fundraising practice and the use of funds raised
- Provide clarity and assurances to our donors/ prospective donors about Suicide or Survive and how we work

Decision Making Process

Decisions on the day to day running of the organisation are made by the CEO. This decision making is done in consultation with the management team, board members, and relevant consultants and advisors where appropriate and/ or necessary. Decisions on the strategic direction of the organisation and its overall governance are made by the voluntary Board of Directors. There is a clear line of communication between the CEO and the Board with clarity on the role of each in the governance of the organisation outlined in our policy on reporting arrangements between the CEO and the Board. The CEO provides the board with a comprehensive update on the achievement of the strategic plan and on financial budgetary matters. As a small organisation there is no requirement for Board committees.

Board Member Recruitment, Induction and Development

Potential new Board Members are identified by the CEO and Board based on the needs of the organisation and the individuals' expertise and experience and their passion for change in the area of mental health and suicide. Board members are inducted in accordance with the organisations induction policy and procedure and all comply with Suicide or Survives code of ethics for board members. Governance training is ongoing in the organisation for both board members and staff. The training needs of board members are assessed on a bi-annual basis and measures are taken to meet any needs identified. Board members are invited to quarterly CPD sessions that are run by Suicide or Survive for our team and facilitators. Organisational supervision is made available for the Chairperson and other board members on a needs basis.

Transparency

The Board believes that Suicide or Survive, and all charities, should be fully accountable to the general public by providing detailed information on where its funds come from and on what they are spent on. To this end we have committed to operating to the triple lock of standards, namely, transparent reporting, good fundraising practices and strong governance.

Suicide or Survive has formally adopted and is publicly signed up to the Statement of Guiding Principles for Fundraising, to the Governance Code for the Community and Voluntary Sector, and we prepare our annual report and financial statements in full compliance with the Charity SORP (Standard of Reporting Practice under FRS102).

Conflicts of Interest

All staff (both in house and contract) and board members sign an annual conflict of interest statement and any and all conflicts and potential conflicts of interest are dealt with in accordance with our policy on Conflicts of Interest which is available on our website.

Auditors

Whiteside Cullinan were appointed auditors by the directors to fill the casual vacancy and they have expressed their willingness to continue in office in accordance with the Section 380 of the Companies Act, 2014.

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Statement on Relevant Audit Information

There is no relevant audit information of which the statutory auditors are unaware. The directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and they have established that the statutory auditors are aware of that information.

Compliance Statement

The directors are responsible for securing the company's compliance with its relevant obligations (compliance with both company and tax law) and with respect to each of the following three items, we confirm that it has been done. We confirm:"

- the existence of a compliance policy statement;
- appropriate arrangements or structures put in place to secure material compliance with the company's relevant obligations;
- a review of such arrangements and structures has taken place during the year

Accounting Records

To ensure that adequate accounting records are kept in accordance with Sections 281 to 285 of the Companies Act, 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The accounting records are located at the company's office at Stonebridge House, Stonebridge Close, Shankill, Co Dublin.

Our Programmes and Areas of Activity

SOS is committed to continuously review and improve its services, and to providing programmes which are in accordance with the objectives of the organisation. Our current portfolio of services include:

The Eden Programme

The Eden Programme is unprecedented in Ireland and is both unique and creative in its approach. The Eden Programme was established by SOS to provide a safe space for those in need who have attempted suicide or have had suicidal thoughts. It provides a supportive weekly group environment over a 6 monthly period in which up to ten to twelve participants per programme become more aware of their own psychological states and can develop tools to manage their own wellness, a range of supports in their own community and can move away from suicide as an option of first choice in times of crisis.

The Eden Programme is an in-depth programme which recognises that for an individual to look at the possibility of life rather than death will take time. That is why this programme is confidential and closed, and runs for 26 weeks. Anyone who has attempted suicide or has had suicidal thoughts can apply to be part of this six-month programme. Places are limited and an assessment is part of the procedure for group formation.

Wellness Workshops

A Wellness Workshop is a day for you to take time out and learn a wide range of practical tools and tips that you can use in your everyday life to improve your own wellness. These one-day workshops aim to help you understand and take charge of your own mental health. The workshop is for anyone and everyone as we all have mental health!

Workshops are informal and relaxed. They are facilitated by people with both lived life experience of mental health difficulties, and people with experience of working in various mental health arenas. The day runs from 9.30am to 4.30pm and includes regular refreshments and a light lunch. A comprehensive Wellness Workbook to support you in maintaining your daily wellness is also included.

WRAP

WRAP (Wellness Recovery Action Plan) is a 2.5-day programme that helps you develop your own personally tailored Wellness Action Plan that you can use on a day-to-day basis to manage your wellness and that you can use if you become unwell to restore it.

WRAP has been proven both locally and internationally to be effective. WRAP takes place over 3 consecutive weeks &€" to complete the programme please ensure you are free for all the dates specified. The first two days run from 9.30am to 4pm. The final day runs from 9.30am to 1pm.

During the year we took vast steps in spreading the message of recovery through our WRAP programme, we are delighted to have provided WRAP to Teachers and youth aged 18-25 in a closed venue for the very first time. This was a milestone in our programme reach, and the feedback was incredible. Through this process we have trained some of the teachers and youth who attended as facilitators so that they can now come on the journey with SOS and avail of our extensive mentoring programme to develop and become full WRAP facilitator.

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This has now allowed us provide open Youth WRAP programmes in 2017.

Wheatfield Place of Detention

Since 2012 we have been providing Wellness Workshops and WRAP programmes for prisoners and staff in Wheatfield Place of Detention.

Many of the prisoners who have attended the Wellness Workshops in Wheatfield have reported thinking about their mental health for the first time at the Workshop and identifying with the personal stories of the facilitators. However, many have also spoken of the macho culture in the prison and their reluctance to use services due to stigma and fear.

Supporters Programme

This programme teaches supporters practical skills they can use to support others, it gives information on what supports are available and how they can be accessed, and teaches practical ways of looking after your own mental health.

Suicide or Survive recognises and understands that supporting someone who is struggling with their mental health can be challenging. For this reason we have developed a new and innovative programme for people supporting family members, friends, neighbours, work colleagues, people in their community and others who are struggling with their mental health. It is the first of its kind in Ireland.

For this reason SOS started training a group of 8 prisoners in Wheatfield to become Mental Health Mentors in 2014. Their role is to provide support to other prisoners in using the Wellness Workbook and their learning from the WRAP programme as tools to manage their own mental health. An evaluation of this programme has been completed by Trinity College Dublin.

The work of the Mentors and of SOS in the prison is actively promoted and supported by the Governor and his team and by the prison Chaplains. We are delighted to announce that we have extended this programme to Cloverhill Remand Prison and the Dochas Centre Women's Prison (part of the Mountjoy campus).

Wellness Workshop Online

This year we translated our highly successful Online Wellness Workshop into two further languages, Russian and Polish and are thrilled to announce that we have reached 221,134 people on this platform.

SOS APP

This free mobile app has been developed to enable everyone to work towards better mental wellbeing and to provide you with the tools required to improve, manage and maintain your mental wellness. The app was created from the experience gained through five years of running Wellness Workshops across the country.

So whether you're sitting on the bus, or at home with a cup of tea, the SOS app provides practical tools that you can use whatever your circumstances.

The app features include: How to take a mindful minute, Mindfulness diary and timer, Tracking device for your mental wellbeing over time, Feed your wolf of hope and watch short video presentations.

Evidence Based Approach

We have long known that our programmes work through feedback from participants, testimonials received and through referrals from people who have come on the journey with us. However, it is one thing to say these programmes work, but what we wanted to do was prove it.

Therefore, we undertook to have our Wellness Workshop and Eden Programmes independently evaluated, as well as our Mentoring Programme within Wheatfield Place of Detention.

Eden Programme was evaluated by DCU in 2014 – the key findings can be viewed at the link below:
<http://www.suicideorsurvive.ie/wp-content/uploads/2014/11/Key-Findings-DCU-report-v2.pdf>

Our Wellness Workshop was evaluated by Trinity College Dublin in 2014 – the key findings can be viewed at the link below:

<http://www.suicideorsurvive.ie/wp-content/uploads/2014/11/SOS-Trinity-Evaluation-2014KeyFindings.pdf>

Programmes Delivered in 2016

PROGRAMME

NUMBER DELIVERED

Eden Programme
(6 month Programme, up to 14 participants)

2 in Dublin
1 in Galway (Partnership HSE & NCS)

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	1 in Mayo (Partnership HSE & NCS)
Wellness Workshop (Community & Corporate) 1 Day Programme, up to 40 Participants	46 Workshops nationwide
W.R.A.P. 2 and a half day Programme, up to 16 Participants	27 nationwide
Supporters Programme 2 and a half day Programme, up to 16 Participants	2
On-Line Wellness Workshop Available Worldwide	221,134 hits

Volunteers and Fundraising

We are truly lucky and privileged to have a huge array of fabulous people from all walks of life who have, out of the goodness of their beautiful hearts, given us their time, love, commitment and dedication to fundraise for SOS. This year some amazing people have taken time out of their busy lives to run, jog, walk, cycle, bounce, dance, sign, laugh, climb mountains, have an auld cuppa tea and even carve pumpkins all to raise vital funds for SOS so that we can bring our programmes to thousands of people all around the country.

Our fundraisers are a collection of ambassadors for mental health wellbeing and suicide prevention, and we here in SOS admire and are extremely grateful for each and every one of them.

Our immense gratitude goes out to our wonderful donors, the Iris O'Brien Foundation, who have supported the organisation for many years, and without whom the Organisation would have struggled to achieve its goals.

We are also grateful to our Grant Aid Funders, The National Office of Suicide Prevention and the Health Service Executive.

Signed on behalf of the Board

Stephanie McDermott
Director

Helen Allen
Director

Date: 13 June 2017

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STATEMENT OF DIRECTORS' RESPONSIBILITIES

for the year ended 31 December 2016

The directors are responsible for preparing the financial statements in accordance with applicable Irish law and Generally Accepted Accounting Practice in Ireland including the accounting standards issued by the Financial Reporting Council.

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 charity and of the net income or expenditure of the charity for that year. 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;
- state whether the Charities SORP (effective January 2015) has been followed;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to 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 Act 2014, and all Regulations to be construed as one with those Acts. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the Republic of Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

In so far as the directors are aware:

- there is no relevant audit information (information needed by the charity's auditor in connection with preparing the auditor's report) of which the charity's auditor is unaware, and
- the directors have taken all the steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

Signed on behalf of the Board

Stephanie McDermott
Director

Helen Allen
Director

Date: 13 June 2017

INDEPENDENT AUDITOR'S REPORT

to the Members of Suicide or Survive

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

We have audited the financial statements of Suicide or Survive for the year ended 31 December 2016 which comprise the Statement of Financial Activities (incorporating an Income and Expenditure 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 391 of the Companies Act 2014. 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 Financial Reporting Council (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 Act 2014. 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; and
- whether the Directors' Annual Report is consistent with the financial statements.

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

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' Annual Report to identify material inconsistencies with the audited financial statements. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

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.

INDEPENDENT AUDITOR'S REPORT

to the Members of Suicide or Survive

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

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 2016 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014

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.

In our opinion the information given in the Directors' Annual Report is consistent with the financial statements.

Matters on which we are required to report by exception

We have nothing to report in respect of the provisions in the Companies Act 2014 which require us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions specified by Sections 305 to 312 of the Act are not made.

Alan McLean

for and on behalf of

WHITESIDE CULLINAN

Chartered Accountants

Molesworth House

1-2 South Frederick Street

Dublin 2

D02 N820

Date:13 June 2017

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STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)

for the year ended 31 December 2016

	Unrestricted Funds 2016 €	Total 2016 €	Total 2015 €
	Notes		
Incoming Resources			
Generated funds:			
Voluntary Income			
Donations	122,714	122,714	178,629
Activities for generating funds			
Fundraising	110,322	110,322	100,730
Income from Workshops	16,339	16,339	17,098
Grants Receivable for Core Activities	315,050	315,050	174,989
Total incoming resources	564,425	564,425	471,446
Resources Expended			
Fundraising	28,154	28,154	40,885
Net Incoming Resources available for charitable application	536,271	536,271	430,561
Resources Expended on Charitable Activities			
Delivery of Services	418,644	418,644	328,232
Costs of Operations	-	-	21,746
Support Costs	146,141	146,141	97,626
	564,785	564,785	447,604
Total Resources Expended	3 592,939	592,939	488,489
Surplus/(deficit) for the year	(28,514)	(28,514)	(17,043)
Net movement in funds for the year	(28,514)	(28,514)	(17,043)
Reconciliation of funds			
Balances brought forward at 1 January 2016	147,739	147,739	164,782
Balances carried forward at 31 December 2016	119,225	119,225	147,739

Approved by the Directors on 13 June 2017 and signed on its behalf by

Stephanie McDermott
Director

Helen Allen
Director

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BALANCE SHEET

as at 31 December 2016

	Notes	2016 €	2015 €
Fixed Assets			
Tangible assets	7	7,394	-
Current Assets			
Debtors	8	756	-
Cash and cash equivalents		175,753	275,030
Creditors: Amounts falling due within one year	9	176,509 (64,678)	275,030 (127,291)
Net Current Assets		111,831	147,739
Total Assets less Current Liabilities		119,225	147,739
Funds			
General fund (unrestricted)		119,225	147,739
Total funds	12	119,225	147,739

Approved by the Directors on 13 June 2017 and signed on its behalf by

Stephanie McDermott
Director

Helen Allen
Director

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CASH FLOW STATEMENT

for the year ended 31 December 2016

	Notes	2016 €	2015 €
Cash flows from operating activities			
Net movement in funds		(28,514)	(17,043)
Adjustments for:			
Depreciation		1,849	-
		<u>(26,665)</u>	<u>(17,043)</u>
Movements in working capital:			
Movement in creditors		(63,369)	12,965
		<u>(90,034)</u>	<u>(4,078)</u>
Cash flows from investing activities			
Payments to acquire tangible assets		(9,243)	-
		<u>(99,277)</u>	<u>(4,078)</u>
Net decrease in cash and cash equivalents		(99,277)	(4,078)
Cash and cash equivalents at 1 January 2016		275,030	279,108
		<u>175,753</u>	<u>275,030</u>
Cash and cash equivalents at 31 December 2016		175,753	275,030

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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2016

1. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared in accordance with the Statement of Recommended Practice (Charities SORP in accordance with FRS 102, effective January 2015) and with generally accepted accounting principles in Ireland and Irish statute comprising the Companies Act 2014. 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 charitable company's financial statements.

Unrestricted free reserves

Unrestricted funds are general funds available for use in furtherance of any of the objectives of the charity.

Unrestricted designated funds

Unrestricted designated funds are funds received with specific expenditure requirements attaching, including operational grant funding. Designated funds are recognised when the associated expenditure has been incurred. Unexpended designated funds held at the end of the Financial Period are treated as Deferred Income. Ongoing regular communications are maintained with the Designated funds provider to update them on the sums expended or balances retained.

Incoming Resources

Voluntary income or capital is included in the Statement of Financial Activities when the company is legally entitled to it, its financial value can be quantified with reasonable certainty and there is reasonable certainty of its ultimate receipt.

Grants from Governments and institutional donors are recognised as income when the activities which they are intended to fund have been undertaken, the related expenditure incurred, and there is reasonable certainty of receipt.

Income from charitable activities includes income recognised as earned, and would include voluntary income received from course participants.

Resources Expended

Expenditure is recognised on an accruals basis as liabilities are incurred. Expenditure includes VAT, where applicable, which cannot be recovered, and is reported as part of the expenditure to which it related.

Resources expended are allocated in as far as is practically possible between 3 categories of expenditure, namely the cost of raising funds, the costs relating directly to the services provided, and, the support costs of the central administration of the organisation and centralised services.

Expenditure on raising funds comprise the costs associated with attracting voluntary income and the costs associated with fundraising events.

Costs of Operations include costs that are directly attributable to the activities undertaken in pursuit of the charity's objectives.

Support costs include the costs operating the central administration office of the charity, which provides support to all aspects of the organisation's activities including service provision, fundraising and donor support.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Fixtures, fittings and equipment	-	20% Straight line
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Taxation

The company is exempt from Corporation Tax due to its charitable status.

Suicide or Survive

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

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2016

continued

2.	NET INCOMING RESOURCES		2016	2015
			€	€
	Net Incoming Resources are stated after charging/(crediting):			
	Depreciation of tangible assets		1,849	-
3.	ANALYSIS OF RESOURCES EXPENDED			
		Delivery of	Support	Total
		Services	Costs	Total
		2016	2016	2016
		€	€	€
	Direct costs			
	Cost of raising funds	28,154	-	28,154
	Other costs			
	Staff Costs	122,471	94,482	216,953
	Rent and Property Expenses	-	17,862	17,862
	Advocacy and Awareness Programs	36,886	-	36,886
	WRAP Program Costs	37,663	-	37,663
	Wellness Workshop Costs	99,038	-	99,038
	Eden Program Costs	35,617	-	35,617
	External Evaluation	54,615	-	54,615
	Depreciation	-	1,849	1,849
	General Office Costs	32,354	20,340	52,694
	Governance and Strategic Planning	-	11,608	11,608
		418,644	146,141	564,785
	Totals	446,798	146,141	592,939
4.	ANALYSIS OF RESOURCES EXPENDED AND RELATED INCOME FOR CHARITABLE ACTIVITIES			
		Delivery of	Support	Total
		Services	Costs	Total
		2016	2016	2016
		€	€	€
	Charitable activities:			
	Costs	(418,644)	(146,141)	(564,785)
	Grants Receivable for Core Activities	260,024	55,026	315,050
	Donations	122,714	-	122,714
	Income from Workshops	16,339	-	16,339
		399,077	55,026	454,103
		(19,567)	(91,115)	(110,682)
5.	ANALYSIS OF SUPPORT AND GOVERNANCE COSTS			

Support costs include the costs of operating the company's central administration office and other costs which cannot be directly attributed to individual programmes and other activities. In common with many smaller charities, our team members undertake a variety of duties in support of the overall operation of the charity, including programme development and management of ongoing resource needs, undertaking fundraising activities and providing assistance to external fundraisers, assisting donors and providing information to the general public and service users.

Further analysis of these costs are not possible due to the breadth of the work undertaken.

Suicide or Survive

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

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2016

continued

6. EMPLOYEES AND REMUNERATION

Number of employees

The average number of persons employed (including executive directors) during the year was as follows:

	2016 Number	2015 Number
Chief Executive	1	1
Program Co-ordinator	1	1
Support Staff	4	3
	6	5

The staff costs comprise:

	2016 €	2015 €
Wages and salaries	193,960	180,121
Social security costs	20,179	18,606
	214,139	198,727

No Staff member in SOS earns more than €65,000 or less than €25,000, and no bonuses or top-up payments are made. SOS is governed by a voluntary Board of Directors, who are refunded for vouched expenses only.

7. TANGIBLE FIXED ASSETS

	Fixtures, fittings and equipment €	Total €
Cost		
Additions	9,243	9,243
At 31 December 2016	9,243	9,243
Depreciation		
Charge for the year	1,849	1,849
At 31 December 2016	1,849	1,849
Net book value		
At 31 December 2016	7,394	7,394

8. DEBTORS

	2016 €	2015 €
Taxation and social security costs (Note 10)	756	-

9. CREDITORS

	2016 €	2015 €
Amounts falling due within one year		
Taxation and social security costs (Note 10)	-	3,531
Other creditors	3,398	(1,106)
Deferred Income	61,280	124,866
	64,678	127,291

Suicide or Survive

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NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2016

10. TAXATION AND SOCIAL SECURITY			2016	2015
			€	€
Debtors:				
PAYE / PRSI			756	-
			<u> </u>	<u> </u>
Creditors:				
PAYE / PRSI			-	3,531
			<u> </u>	<u> </u>
11. ANALYSIS OF NET ASSETS BY FUND				
	Fixed assets	Current assets	Current liabilities	Total
	- charity use			
	€	€	€	€
Unrestricted income				
General	7,394	175,753	(63,922)	119,225
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	7,394	175,753	(63,922)	119,225
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
12. ANALYSIS OF MOVEMENTS ON FUNDS				
	Balance	Incoming	Resources	Balance
	1 January	resources	expended	31 December
	2016			2016
	€	€	€	€
Unrestricted income				
General	147,739	564,425	(592,939)	119,225
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total funds	147,739	564,425	592,939	119,225
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
13. STATUS				
The company is limited by guarantee not having a share capital.				
The liability of the members is limited.				
Every member of the company undertakes to contribute to the assets of the company in the event of its being wound up while they are members, or within one year thereafter, for the payment of the debts and liabilities of the company contracted before they ceased to be members, and the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves, such amount as may be required, not exceeding € 1.				
14. POST-BALANCE SHEET EVENTS				
There have been no significant events affecting the Charity since the year-end.				
15. 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 started/completed. Accordingly, grant income totalling €61,280 (2015 : €124,866) has been deferred to future Accounting periods.				
The amounts for all grants awarded in the year are set out below.				
			2016	2015
			€	€
National Office for Suicide Prevention			251,464	197,502
			<u> </u>	<u> </u>

Suicide or Survive

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

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2016

16. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Board of Directors on 13 June 2017.