

if u
care
share

ANNUAL REPORT
2019 – 2020





Firstly, A word from our Chair

If U Care Share Foundation is a registered charity established in May 2009 to provide services mainly across the whole of the North East of England, however our operations at times extend to a National basis. We have been a full registered charity since 19th May 2011 and continually seek to grow our board of trustees and volunteer base. Now based in Chester le Street, County Durham, the Foundation has 3 main aims; the prevention, intervention and support of those affected by suicide.

Since our inception, we have continued to provide an active role in the delivery of local services and during this time have experienced a year on year increase in demand for our service offerings. 2019 has once again seen a continued rise in demand for particularly our support service as we have looked to expand and enhance this area of our work. We also continue to increase our work around prevention and intervention in the hope that in the long term the above can be reversed. Our team has once again increased to hopefully strengthen our proposition in the long term. This should again hopefully lead to further development of our services and subsequent delivery via our key partners. We continually involve our service users in the design, delivery and monitoring of our services. We wish to also promote their interests, rights and choices and we will continually campaign to reduce the stigma associated with suicide and mental illness. Our organisation also works in association with other community partners in the statutory and voluntary sectors, to develop services that will address the increasing problem of suicide. Alongside our established training services we continue to develop and deliver further variations on our young person's programs, which is now an integral part of our work in this area.

2020 will once again be another very challenging year but it will hopefully offer us more opportunity to develop our work and I have no doubt that our extremely dedicated team will continue to go above and beyond to ensure our aims are carried out.

There is always a way.

DEAN SMITH
CHAIR OF TRUSTEES

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**If U Care Share
Foundation was
started in 2005
after the loss of
Daniel O'Hare,
aged 19,
to suicide.**

Objectives and aims

The objectives of the Charity are to provide relief for any persons who have suffered suicide related bereavement, particularly the death of a family member or friend, to preserve and protect the health and well-being of any persons, in particular of young people, by seeking to reduce the risks of suicide and to promote positive mental health through the provision of education and training, advice and counselling, respite support, crisis support and other support services and resources as appropriate.

In pursuing these objectives, the Charity provides bereavement support and listening advice along with other support services such as training and workshops and so meets the Objects in its constitution, which are the relief of any person who have suffered suicide-related bereavement and to preserve the health and well-being of any person and, in particular, young people. The criteria the Charity uses to measure its success in that respect are the numbers of positive outcomes reported as being delivered to the parties commissioning postvention, prevention and intervention services and the numbers of people effectively supported.



Significant activities

During the year the Charity continued to provide various services, which focus attention on its core objectives, including:

- Delivery of Emotional and Mental Health (“EAMH”) and PrimarEAMH workshops, which are aimed at young people within school settings throughout the North East of England
- Delivery of Mental Health and Suicide Prevention workshops in partnership with the Premier League, League Football Education and Women’s Super League
- Providing one on one practical and emotional support to people throughout County Durham , Newcastle, Gateshead, Sunderland, North/ South Tyneside and Northumberland who have been affected by suicide
- Providing awareness courses for people throughout the North East who work with young people
- Delivering training programmes on suicide prevention
- Providing the Suicide Help Awareness and Education service (SHARE), which provides a dedicated support manager for people who have been affected by suicide; and
- Working with young people who may feel suicidal to provide support and signpost support services.



Our aim is to prevent anyone feeling the pain we felt as a family when we lost Daniel. We truly believe that talking can save lives.

SHIRLEY SMITH
DANIEL'S MOTHER
CO-FOUNDER & C.O.O.

Achievements & performance

Prevention

Within secondary schools we have provided 40 Emotional And Mental Health sessions and worked with 1,270 pupils. Sharing lived experience and furthering their knowledge and understanding of feelings, emotions and personal development.

We have worked with six primary schools and taught 1,165 children aged 4-11 to understand basic emotions and realise that it is OK to not be OK whilst also equipping their teachers to reinforce our messaging and how to identify and support a child who may be struggling.

Within a sports setting we have provided 44 workshops to Premier League clubs, 39 workshops within Football League clubs and 12 workshops to Women's Super League clubs. These workshops are provided to a variety of squads, coaches, club staff and parents who are likely to come into contact with a player.





We were honoured with the Community Champion award by the Evening Chronicle.

The award is provided to a local person that has gone to great lengths to improve the community in which they live in or show outstanding acts of kindness.

Prevention Support

This year we provided one on one support to 207 people identified as being at risk of suicide with referrals coming from various pathways and aim to be as active in the delivery of this programme throughout 2019, this represents an increase of 77% over the same period last year.

Support After Suicide

Throughout the year we have secured funding via Durham County Council to continue to provide one to one support after suicide throughout County Durham. As of January 2020 we have secured funding from local Clinical Commissioning Groups across the North East Integrated Care System and have been able to provide one on one support after suicide service throughout Newcastle & Gateshead, Sunderland, North Tyneside, South Tyneside and Northumberland. Support is both emotional and practical and looks at all of the potential issues following bereavement after suicide including:

- Attending a coroner's inquest
- Welfare rights support
- Advice on coroners and inquest procedures
- Housing advice
- Legal and benefit advice
- Navigation to support services
- Access to counselling & trauma therapy
- Access to equine assisted psychotherapy
- Support in emotional needs; and
- A range of alternative therapies.

Over the last 12 months there was a total of 257 people were referred into the support after suicide service in addition to some referrals still being supported from the previous reporting period. Referrals into the service have increased by 17% for this period.

“

**It is not
sympathy it's
understanding
that I need and
that's what
If U Care Share
do.**

Funded Support

The trustees and staff at If U Care Share Foundation would like to place on record their thanks to all of our supporters, volunteers, donors and fund-raisers that have enabled us to continue providing prevention, intervention and support to those bereaved by suicide.

THANK YOU!

Trustees

Existing Trustees

C. Davidson

J. Elliott

S. McIvor

B. Robinson

D. M. Smith

M. T. Smithson

P. A. Urwin

APPOINTED THIS YEAR

Dr P. T. Fletcher

G. Lumsdale

Dr D. J. Milligan

RESIGNED THIS YEAR

K. Havelock

J. Mordy

“

This year represents a period of growth for the Foundation as we expand both our staffing and trustee teams to meet the needs of those we support.

SAM HUNTER
DEVELOPMENT OFFICER

Staffing

Existing Staffing

J. Corbett
 S. Emery
 S. Hunter
 D. McDonough
 H. Neil
 K. Potts
 A. Proctor
 A. Rowell
 S. Scott
 M. Smith
 S. Smith
 D. Watkins
 A. Younger

APPOINTED THIS YEAR

S. Arthurs
 D. Brown
 M. Carruthers
 R. Couthard
 S. Gray
 J. Robson
 T. Young

RESIGNED THIS YEAR

K. Bailey
 M. Carruthers

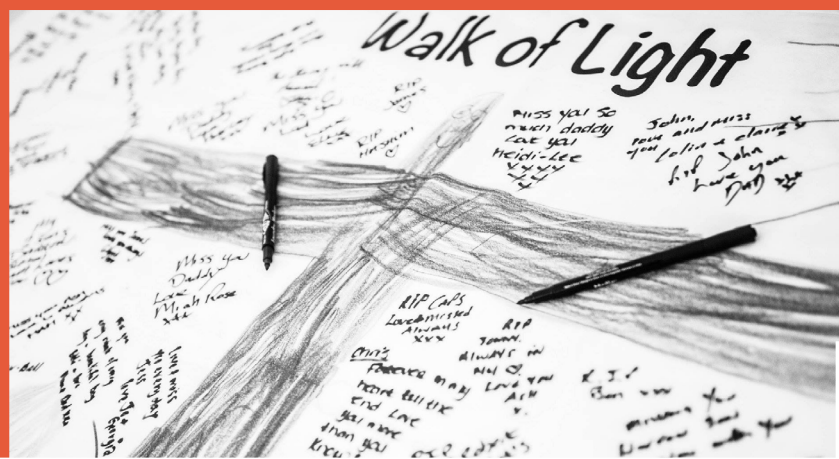
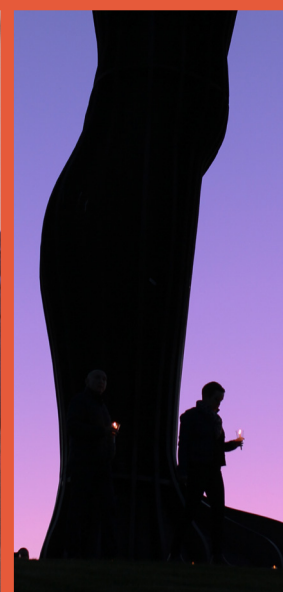
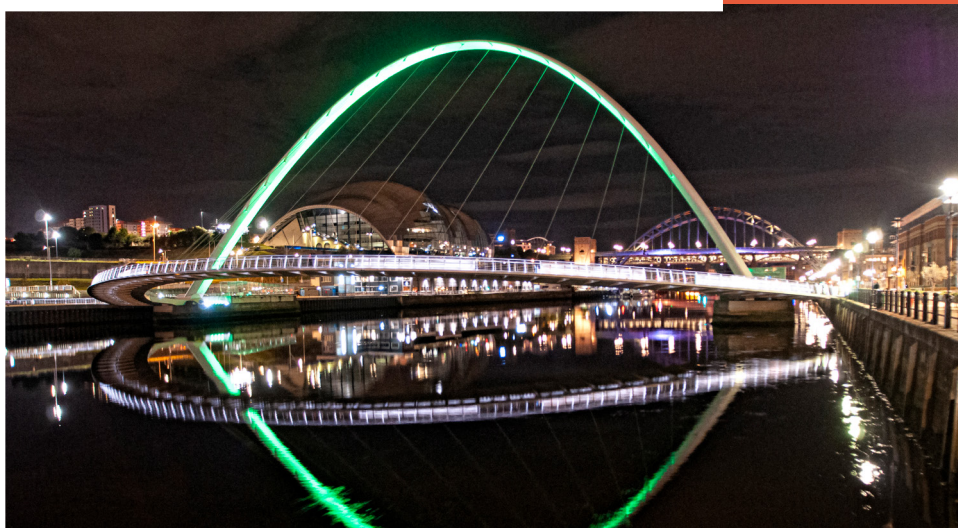
The Foundation is well supported by a strong cohort of volunteers, who are involved in practical aspects of the organisation, as well as fundraising activities.

Thank you so much for your kind words, I certainly would never have been able to do this without the help from you and the lovely people. It's wonderful that you're able to provide such support to families in their darkest of times, especially having suffered such great loss yourself. You should take great comfort from the work you're doing. You're more than welcome and it would be a pleasure for you to share our positive feedback. Thank you once again for the patience and care that you have shown me over the last few days. You are all inspirational. You're an angel. Hello, I just wanted to say a massive thank you. You've been supporting me since January when I lost my husband. The inquest was today. This past week and especially today was the hardest I've known. Even more so than when it happened. You have been there for me all the time and she was physically with me today even in these strange times. I don't know what I would have done without you. You have been a rock. Thank you so much. You are so much better for support than the crisis teams. I look forward to our phone calls so much they are the highlight of my week. Speaking to you settles my mind and helps me cope with the weekends.

I love talking to you and listen without judgement, I tell you

What people say about our support

things I would never tell my family. It's not sympathy it's understanding that I need and that's what you do. I can say things to you that I can't say to anyone else. The Road to Recovery book is like what's inside my head. Speaking to you is the highlight of my week and your so much better than the crisis team. I really look forward to our weekly chats, they cheer me up. You are an angel and I love your voice it's so calming and your phone calls are the highlight of my day and 100% raise my spirits. Your phone calls at the end of the week always make me feel better and set me up for the weekend. My whole world crumbled and now I am happy and I can smile, I am so pleased that you are helping. I thought I wouldn't open up, if I didn't have that support, I don't think I would have managed. Having someone who had been through a similar thing helped. I am happy now. I would have found counselling difficult a year ago, so the appointments were really beneficial, along with the Boxing as I could release a lot of anger, and now focusing on the counselling to move forward. It helps talking you to you. I can tell you things that I can't tell anyone else. You understand what I mean. You had a great understanding of how to speak to me and feels like a weight has been lifted off my shoulders. Can't thank you enough for doing this for me. I don't know how I would have survived without you. Thanks for listening to me, talking to a stranger really helped. I find it easy to talk to you, you get it. You help me to smile again. I look forward to your calls and I can face the day again. You are phenomenal. You can't put a price on your support. I wish I was as brave as you. Thank you for your support and supporting my Mam as well. I don't know what I would have done without you. You are awe inspiring. I can't put it into words how much you have done for me. I am still here thanks to her, she saved my life on Friday and that means my kids still have their Mam. Thank you so much for speaking with me, it made me feel a lot better. You are so lovely to talk with and very warm and understanding. This is my first ever contact with you, however I can see what a valuable service you and your colleagues provide. It will undoubtedly save lives. You ought to be very proud to be a part of it. I cannot sing your praises enough. I can't thank you guys enough, you are awesome. Thank you so much for welcoming me into your family and for all the support you have given me. Thank you for the hope and support you offered me and my family. You brought me back from a dark place.



Financial Statement

Key Figures

This section contains a brief overview of our financial activities for the year ending 31st January 2020. A full overview of our accounts are continued overleaf.

	Unrestricted	Restricted	2020	2019
Income & Endowments				
Donations & Legacies	£135,664	£461,240	£596,904	£240,772
Charitable activities	£219,458	£4,017	£223,475	£221,336
Training & Education	£68,360	–	£68,360	£45,623
Total	£423,482	£465,257	£888,739	£507,731
Expenditure				
Charitable activities	£315,053	£180,764	£495,817	£434,170
Training & Education	£76,804	£2,761	£79,565	£45,623
	£391,857	£183,525	£575,382	£479,793
Net Income	£31,625	£281,732	£313,357	£27,938
Funds brought forward	£242,611	£154,354	£396,965	£369,027
Total carried forward	<u>£272,236</u>	<u>£436,086</u>	<u>£710,322</u>	<u>£396,965</u>

REGISTERED COMPANY NUMBER: 07505273 (England and Wales)
REGISTERED CHARITY NUMBER: 1142001

**Trustees' Report and
Financial Statements
for the Year Ended 31 January 2020
for
If U Care Share Foundation
(A Company Limited by Guarantee)**

**TTR Barnes Limited
Chartered Accountants
3-5 Grange Terrace
Stockton Road
Sunderland
Tyne & Wear
SR2 7DG**

If U Care Share Foundation

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for the Year Ended 31 January 2020**

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If U Care Share Foundation

Trustees' Report for the Year Ended 31 January 2020

The Trustees who are also Directors of the Charity for the purposes of the Companies Act 2006, present their report with the financial statements of the Charity for the year ended 31 January 2020. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the Charity are to provide relief for any persons who have suffered suicide related bereavement, particularly the death of a family member or friend, to preserve and protect the health and well-being of any persons, in particular of young people, by seeking to reduce the risks of suicide and to promote positive mental health through the provision of education and training, advice and counselling, respite support, crisis support and other support services and resources as appropriate.

In pursuing these objectives, the Charity provides bereavement support and listening advice along with other support services such as training and workshops and so meets the Objects in its constitution, which are the relief of any persons who have suffered suicide-related bereavement and to preserve the health and well-being of any persons and, in particular, young people. The criteria the Charity uses to measure its success in that respect are the numbers of positive outcomes reported as being delivered to the parties commissioning postvention, prevention and intervention services and the numbers of people effectively supported.

Significant activities

During the year the Charity continued to provide various services, which focus attention on its core objectives, including:

- Delivery of Emotional and Mental Health ("EAMH") and PrimarEAMH workshops, which are aimed at 4 to 16 year olds in schools throughout the North East of England.
- Delivery of Mental Health and Suicide Prevention workshops in partnership with the Premier League, League Football Education and Women's Super League.
- Providing one on one practical and emotional support to people throughout County Durham , Newcastle, Gateshead, Sunderland, North/South Tyneside and Northumberland who have been affected by suicide;
- Running awareness courses for people throughout the North East who work with young people;
- Delivering training programmes on suicide prevention;
- Providing the Suicide Help Awareness and Education service (SHARE), which provides a dedicated support manager for people who have been affected by suicide; and
- Working with young people who may feel suicidal to provide support and signpost support services.

Public benefit

The Trustees have had regard to the Charity Commission's guidance on their legal duty on public benefit and are satisfied that the Charity delivers public benefit and pays due regard to the guidance on public benefit when deciding which new projects the Charity should undertake.

If U Care Share Foundation
Trustees' Report
for the Year Ended 31 January 2020

ACHIEVEMENTS AND PERFORMANCE

The Trustees consider that the Charity met the Objects in its constitution in the year by successfully delivering the following:

Prevention

In total this year we have presented at one conference and rolled out over 15 seminars in suicide awareness training to a variety of private, statutory and voluntary organisations as well as attending various events to raise awareness of the issues around suicide.

Working in partnership with schools and organisations, we delivered 40 EAMH sessions to young people aged between 13 to 18 years, at 10 schools throughout the North East regions totalling 1,270 young people. In addition our PrimarEAMH Programme was delivered to 6 primary schools across the North East regions totalling 1,165 children aged 4 to 11 years.

The EAMH workshops are also accessed by young people working within professional football, with 44 workshops within Premier League clubs, 39 workshops within Football League clubs and 12 within Women's Super League Clubs taking part and a total of 1,488 young people accessing the workshop working on behalf of League Football Education (LFE), FA Women's Super League and Premier League.

Prevention Support

During the year we provided one on one support to 207 people identified as being at risk of suicide with referrals coming from various pathways and aim to be as active in the delivery of this programme throughout 2019, this again has increased to the previous year by 77% percent.

Support After Suicide (SAS)

Throughout the year we have secured funding via Durham County Council to continue to provide one to one support after suicide throughout County Durham. As of January 2020 we have secured funding from local CCG's across the North East patch of the ICS (Integrated Care System) and have been able to provide one on one support after suicide service throughout Newcastle & Gateshead, Sunderland, North Tyneside, South Tyneside and Northumberland. Support is both emotional and practical and looks at all of the potential issues following bereavement after suicide including:

- attending a coroner's inquest;
- welfare rights support;
- advice on coroners and inquest procedures;
- housing advice;
- legal and benefit advice;
- navigation to support services;
- access to counselling & trauma therapy
- access to equine assisted psychotherapy
- support in emotional needs; and
- a range of alternative therapies.

Over the last 12 months, a total of 257 people were referred into the support after suicide service in addition to some referrals still being supported from the previous reporting period. Referrals into the SAS service have increased by 17% for this period.

Fundraising activities

Having registered with the Fundraising Regulator, the Charity has agreed to meet the principles contained in the Fundraising Regulator's Code of Practice and, in doing so, works in line with the Code of Practice's values and supports the system of voluntary regulation. The Charity is committed to the Fundraising Promise and has processes in place to ensure its fundraising activities are legal, open, honest and respectful, which include the use of fundraising agreements with its supporters that set out the Charity's expectations as to how they will behave when raising funds on the Charity's behalf.

The Charity monitors fundraising activities on an ad-hoc basis, did not identify any failures to comply with the voluntary standard noted above and did not receive any complaints regarding its fundraising activities during the year.

If U Care Share Foundation
Trustees' Report
for the Year Ended 31 January 2020

FINANCIAL REVIEW

The Trustees' objective is to raise as many funds as is reasonably possible in order to finance the Charity's activities and to meet its reserves policy. That objective was met for the year with funds being raised from the following sources:

Principal funding sources

Durham County Council
Newcastle & Gateshead CCG
Sunderland CCG
North Tyneside CCG
South Tyneside CCG
Northumberland CCG

SAS

Funding to provide a bespoke Support After Suicide service for people affected by suicide.

AAP 3 towns

Funding to deliver workshops to improve mental health wellbeing in primary schools in Co. Durham central areas.

AAP Bishop & Shildon

Funding to provide our own training course STOP that provides training on prevention, intervention and support of people touched by suicide and marketing our Inside Out Campaign.

DCC Neighbourhood Community Chest

Funding for Computer Equipment.

Lottery Community Fund

Funding to continue with our fundraising events and awareness days.

Global Make Some Noise/Scotto Trust/Tees Esk NHS

Funding to enable the Charity to employ prevention support officers to work with children, young adults and adults.

NHS North Durham & North Cumbria/Derwent Valley AAP/Community Foundation Tyneside

To deliver bespoke EAMHS & MHAT Training Sessions

Sunderland DCC/Newcastle & Gateshead NHS CCG/North Tyneside NHS CCG

Support after Suicide Service in these areas

Incoming resources

The net incoming resources for the period amounted to a surplus of £313,357 (2019: surplus £27,938). The amount attributable to reserves stands at £710,322 (2019: £396,965) of which £436,087 (2019: £154,354) are restricted.

Principal risks and uncertainties

The principal risk facing the Charity is a material reduction in the level of funds raised, which is currently exacerbated by the COVID-19 pandemic. The Trustees' strategy for managing that risk is to enhance its relationship with those entities with which it has a contract for the provision of its services to ensure the continued renewal of those contracts and, through its Fundraising and Events Manager, to have a robust program in place generate funds from events ranging from the Great North Run to individual, small-scale donations.

Reserves policy

The policy of the Trustees is to ensure that all expenses are fully funded and reserves are sufficient to cover expenditure commitments for a six month period.

If U Care Share Foundation
Trustees' Report
for the Year Ended 31 January 2020

FUTURE PLANS

The growth of the Charity is very much dependent upon the ability to secure funding and we have successfully implemented a fundraising strategy that has yielded positive results during the year. We received funding from the following sources, among others:

- Scotto Trust
- Barbour Foundation
- Tesco Bags of Help Fund
- Community Foundation
- Postcode Lottery
- Alex Johnson Trust
- Durham Crematorium ICCM Recycling
- The Shears Foundation

Over the next twelve months we aim to strengthen and extend our core services and seek to extend services in areas acknowledged as vital to the needs of the community. We have successfully agreed contracts to extend the NHS CCG contracts for another year to provide Support After Suicide services to those respective Council areas.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is a company limited by guarantee, as defined by the Companies Act 2006, and is constituted by its Articles of Association.

Recruitment and appointment of new Trustees

Trustees are re-appointed to or removed from the board by members of the Charity at the annual general meeting and are responsible for the strategic governance of the Charity. They do not receive any remuneration and offer their services voluntarily. Each Trustee brings his/her own specific skills and experience for the benefit of the Charity and, on appointment, new Trustees are able to meet with the Chief Operating Officer and other members of staff in order to understand the Charity's objectives and business processes. A procedure is in place for advising new Trustees about their expected roles and responsibilities, including reference to the Charity Commission's "The Essential Trustee" guidance.

Day-to-day management and decision-making

The officers responsible for the day-to-day management of the Charity during the year were Shirley Smith and Sandra Emery.

Decision-making regarding matters such as material expenditure, resourcing, remuneration, recruitment and the Charity's overall structure and strategy are reserved to the Trustees.

Key management remuneration

Key management remuneration is reviewed annually and normally increased with average earnings. The Trustees benchmark is the mid-point range paid for comparable roles in charities of a similar size.

Related parties

The Charity does not have any subsidiaries and there are no entities that are related parties. Two employees of the Charity are connected to a Trustee and the Trustees manage any issues that may arise in accordance with the guidance provided by the Charity Commission.

Risk management

The Trustees have a duty to identify and review the risks to which the Charity is exposed, to safeguard the assets of the Charity and to ensure appropriate controls are in place for taking steps to provide reasonable assurance against fraud and error.

Significant events

There were no significant financial events during the year but the Trustees are mindful of the effect of the COVID-19 pandemic on the environment within which the Charity operates and have taken action since the year-end, such as the furloughing of staff and changes to the Charity's operational processes in order to mitigate that effect.

If U Care Share Foundation
Trustees' Report
for the Year Ended 31 January 2020

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
07505273 (England and Wales)

Registered Charity number
1142001

Registered office
27 The Close East
South Pelaw
Chester Le Street
County Durham
DH2 2EY

Trustees
J Elliott
Mrs S McIvor
J Mordy (resigned 1/11/2019)
B Robinson
D M Smith
Mrs M T Smithson
C Davidson
K Havelock (resigned 3/4/2019)
P A Urwin
Dr D J Milligan (appointed 8/4/2019)
G Lumsdale (appointed 24/6/2019)
Dr P T Fletcher (appointed 17/9/2019)
D M Cunningham (appointed 10/5/2020)

The Directors/Trustees shown above have held office during the whole of the period from 1 February 2019 to the date of this report unless stated otherwise.

During the financial year and up to the date of approval of the Trustees' report, an indemnity contained in the Charity's Articles of Association was in force for the benefit of the Trustees of the Charity, which was a qualifying indemnity provision of the purposes of the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

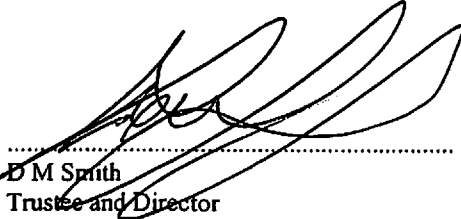
Independent Examiner
Allan Russell FCA
ICAEW
TTR Barnes Limited
Chartered Accountants
3-5 Grange Terrace
Stockton Road
Sunderland
Tyne & Wear
SR2 7DG

Bankers
Co-operative Bank
1 Balloon Street
Manchester
M60 4EP

If U Care Share Foundation
Trustees' Report
for the Year Ended 31 January 2020

This report has been prepared in accordance with the special provisions of Part 15 of Companies Act 2006 relating to small companies.

Approved by order of the Board of Trustees on 25 September 2020 and signed on its behalf by:



D M Smith
Trustee and Director

**Independent Examiner's Report to the Trustees of
If U Care Share Foundation**

Independent examiner's report to the trustees of If U Care Share Foundation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 January 2020.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Allan Russell - TTR Barnes Limited

Allan Russell FCA
ICAEW
TTR Barnes Limited
Chartered Accountants
3-5 Grange Terrace
Stockton Road
Sunderland
Tyne & Wear
SR2 7DG

26 September 2020

If U Care Share Foundation

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 January 2020**

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	135,664	461,240	596,904	240,772
Charitable activities	3				
Charitable Activities		219,458	4,017	223,475	221,336
Training and Education		68,360	-	68,360	45,623
		<hr/>	<hr/>	<hr/>	<hr/>
Total		423,482	465,257	888,739	507,731
 EXPENDITURE ON					
Charitable activities	4				
Charitable Activities		315,053	180,764	495,817	434,170
Training and Education		76,804	2,761	79,565	45,623
		<hr/>	<hr/>	<hr/>	<hr/>
Total		391,857	183,525	575,382	479,793
		<hr/>	<hr/>	<hr/>	<hr/>
NET INCOME		31,625	281,732	313,357	27,938
 RECONCILIATION OF FUNDS					
Total funds brought forward		242,611	154,354	396,965	369,027
		<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS CARRIED FORWARD		<u>274,236</u>	<u>436,086</u>	<u>710,322</u>	<u>396,965</u>

The notes form part of these financial statements

If U Care Share Foundation

**Statement of Financial Position
31 January 2020**

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
FIXED ASSETS					
Tangible assets	10	7,824	7,468	15,292	5,956
CURRENT ASSETS					
Debtors	11	102,617	-	102,617	34,453
Cash at bank and in hand		<u>187,694</u>	<u>428,619</u>	<u>616,313</u>	<u>372,644</u>
		290,311	428,619	718,930	407,097
CREDITORS					
Amounts falling due within one year	12	(23,900)	-	(23,900)	(16,088)
NET CURRENT ASSETS		<u>266,411</u>	<u>428,619</u>	<u>695,030</u>	<u>391,009</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>274,235</u>	<u>436,087</u>	<u>710,322</u>	<u>396,965</u>
NET ASSETS		<u>274,235</u>	<u>436,087</u>	<u>710,322</u>	<u>396,965</u>
FUNDS	13				
Unrestricted funds				274,235	242,611
Restricted funds				<u>436,087</u>	<u>154,354</u>
TOTAL FUNDS				<u>710,322</u>	<u>396,965</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2020.

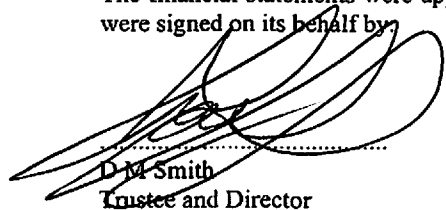
The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2020 in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 25 September 2020 and were signed on its behalf by:


D M Smith
Trustee and Director

The notes form part of these financial statements

If U Care Share Foundation
Statement of Cash Flows
for the Year Ended 31 January 2020

	Notes	2020 £	2019 £
Cash flows from operating activities			
Cash generated from operations	1	<u>257,106</u>	<u>29,179</u>
Net cash provided by operating activities		<u>257,106</u>	<u>29,179</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(13,438)	(3,694)
Sale of tangible fixed assets		<u>1</u>	<u>(1)</u>
Net cash used in investing activities		<u>(13,437)</u>	<u>(3,695)</u>
Change in cash and cash equivalents in the reporting period		243,669	25,484
Cash and cash equivalents at the beginning of the reporting period		<u>372,644</u>	<u>347,160</u>
Cash and cash equivalents at the end of the reporting period		<u>616,313</u>	<u>372,644</u>

The notes form part of these financial statements

If U Care Share Foundation

**Notes to the Statement of Cash Flows
for the Year Ended 31 January 2020**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2020 £	2019 £
Net income for the reporting period (as per the Statement of Financial Activities)	313,357	27,938
Adjustments for:		
Depreciation charges	4,056	3,222
Loss on disposal of fixed assets	45	452
Increase in debtors	(68,164)	(11,878)
Increase in creditors	<u>7,812</u>	<u>9,445</u>
Net cash provided by operations	<u><u>257,106</u></u>	<u><u>29,179</u></u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/2/19 £	Cash flow £	At 31/1/20 £
Net cash			
Cash at bank and in hand	<u>372,644</u>	<u>243,669</u>	<u>616,313</u>
	<u>372,644</u>	<u>243,669</u>	<u>616,313</u>
Total	<u><u>372,644</u></u>	<u><u>243,669</u></u>	<u><u>616,313</u></u>

The notes form part of these financial statements

If U Care Share Foundation
Notes to the Financial Statements
for the Year Ended 31 January 2020

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements have also been prepared on the going concern basis, which assumes that the charitable company will continue in operational existence for the foreseeable future, which the Trustees consider appropriate.

Income

Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Income from the supply of services is recognised with the delivery of the contracted service provided that the stage of the completion, the costs incurred in delivering the service and the costs to complete the requirements of the contract can all be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 33% Straight line

Tangible fixed assets are stated at historical cost, less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management.

Taxation

The Charity has £nil (2019: £nil) liability due to corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The Charity operates a defined contribution pension scheme. Contributions payable to the Charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

If U Care Share Foundation

**Notes to the Financial Statements - continued
for the Year Ended 31 January 2020**

1. ACCOUNTING POLICIES - continued

Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as either financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

2. DONATIONS AND LEGACIES

	2020	2019
	£	£
Donations	58,670	38,534
General	8,000	-
EAMHS	149,880	22,545
Durham CC - SAS	87,500	83,000
Big Lottery Fund	7,100	-
CDCF/AAP	8,894	-
Scotto Trust	10,000	17,877
TREATMENTS	9,000	-
SCC STOP	15,000	30,000
GLOBAL MSN	34,764	38,436
CDCF SH	220	550
AAP NB	2,300	1,200
CDCF WILL	-	5,000
DCC MHYC	-	2,530
RT PA	-	1,100
CCG areas	127,612	-
Tees Esk NHS	<u>77,964</u>	<u>-</u>
	<u><u>596,904</u></u>	<u><u>240,772</u></u>

3. INCOME FROM CHARITABLE ACTIVITIES

		2020	2019
		£	£
Fundraising income	Charitable Activities	220,919	220,317
Other Income	Charitable Activities	2,556	1,019
Premier League	Training and Education	<u>68,360</u>	<u>45,623</u>
		<u><u>291,835</u></u>	<u><u>266,959</u></u>

If U Care Share Foundation

**Notes to the Financial Statements - continued
for the Year Ended 31 January 2020**

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Charitable Activities	478,027	17,790	495,817
Training and Education	<u>79,417</u>	<u>148</u>	<u>79,565</u>
	<u><u>557,444</u></u>	<u><u>17,938</u></u>	<u><u>575,382</u></u>

5. SUPPORT COSTS

	Governance costs £
Charitable Activities	
Training and Education	17,790
	<u>148</u>
	<u><u>17,938</u></u>

Support costs, included in the above, are as follows:

	Charitable Activities	Training and Education	2020 Total activities	2019 Total activities
	£	£	£	£
Independent examiner fees	5,520	-	5,520	4,440
Sundries	2,041	-	2,041	3,078
Professional Fees	6,276	-	6,276	16,055
Depreciation of tangible fixed assets	3,908	148	4,056	3,222
Loss on sale of tangible fixed assets	<u>45</u>	<u>-</u>	<u>45</u>	<u>452</u>
	<u><u>17,790</u></u>	<u><u>148</u></u>	<u><u>17,938</u></u>	<u><u>27,247</u></u>

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2020 £	2019 £
Independent examiner fees	5,520	4,440
Depreciation - owned assets	4,057	3,221
Deficit on disposal of fixed assets	<u>45</u>	<u>452</u>

If U Care Share Foundation

**Notes to the Financial Statements - continued
for the Year Ended 31 January 2020**

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no Trustees' remuneration or other benefits for the year ended 31 January 2020 or for the year ended 31 January 2019.

Trustees' expenses

There were no Trustees' expenses paid for the year ended 31 January 2020 or for the year ended 31 January 2019.

8. STAFF COSTS

	2020	2019
	£	£
Wages and salaries	335,793	279,457
Social security costs	23,660	18,997
Other pension costs	<u>22,535</u>	<u>19,997</u>
	<u>381,988</u>	<u>318,451</u>

The average monthly number of employees during the year was as follows:

	2020	2019
Support staff	<u>18</u>	<u>15</u>

No employees received emoluments in excess of £60,000.

During the year key management personnel received total remuneration and other benefits of £81,037 (2019: £79,652).

9. AUDIT, INDEPENDENT EXAMINATION AND OTHER FINANCIAL SERVICES FEES

During the year the following fees were paid to TTR Barnes Limited (the Charity's Independent Examiners):

	2020	2019
	£	£
Independent examiner fee	<u>5,520</u>	<u>4,440</u>

If U Care Share Foundation

**Notes to the Financial Statements - continued
for the Year Ended 31 January 2020**

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 February 2019	4,035	15,603	19,638
Additions	2,461	10,977	13,438
Disposals	<u>(94)</u>	<u>-</u>	<u>(94)</u>
At 31 January 2020	<u>6,402</u>	<u>26,580</u>	<u>32,982</u>
DEPRECIATION			
At 1 February 2019	1,577	12,105	13,682
Charge for year	473	3,584	4,057
Eliminated on disposal	<u>(49)</u>	<u>-</u>	<u>(49)</u>
At 31 January 2020	<u>2,001</u>	<u>15,689</u>	<u>17,690</u>
NET BOOK VALUE			
At 31 January 2020	<u>4,401</u>	<u>10,891</u>	<u>15,292</u>
At 31 January 2019	<u>2,458</u>	<u>3,498</u>	<u>5,956</u>

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Prepayments	<u>102,617</u>	<u>34,453</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Accrued expenses	<u>23,900</u>	<u>16,088</u>

If U Care Share Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 January 2020

13. MOVEMENT IN FUNDS

	At 1/2/19 £	Net movement in funds £	At 31/1/20 £
Unrestricted funds			
General fund	242,611	31,624	274,235
Restricted funds			
DCC/EAMHS	20,901	77,947	98,848
Lottery Fund	-	2,626	2,626
SAS	90,991	7,971	98,962
CDCF	1,322	5,859	7,181
St James Place	-	3,778	3,778
SCOTTO TRUST	6,303	(1,215)	5,088
BASAPP	5,598	(111)	5,487
SCC STOP	8,221	(8,221)	-
GLOBAL MSN	12,683	8,066	20,749
AAP NB	1,003	1,907	2,910
CDCF WILL	4,802	(3,177)	1,625
DCC MHYC	2,530	-	2,530
Treatments & Therapies	-	73	73
CCG areas	-	111,903	111,903
Tees Esk NHS	-	74,327	74,327
	<u>154,354</u>	<u>281,733</u>	<u>436,087</u>
TOTAL FUNDS	<u>396,965</u>	<u>313,357</u>	<u>710,322</u>

If U Care Share Foundation

**Notes to the Financial Statements - continued
for the Year Ended 31 January 2020**

13. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	412,277	(380,653)	31,624
Premier League	<u>11,205</u>	<u>(11,205)</u>	<u>-</u>
	423,482	(391,858)	31,624
Restricted funds			
DCC/EAMHS	79,886	(1,939)	77,947
Lottery Fund	7,101	(4,475)	2,626
SAS	88,500	(80,529)	7,971
CDCF	8,894	(3,035)	5,859
St James Place	4,017	(239)	3,778
SCOTTO TRUST	9,999	(11,214)	(1,215)
BASAPP	1	(112)	(111)
SCC STOP	15,000	(23,221)	(8,221)
GLOBAL MSN	34,764	(26,698)	8,066
CDCF SH	220	(220)	-
AAP NB	2,299	(392)	1,907
CDCF WILL	1	(3,178)	(3,177)
Treatments & Therapies	9,000	(8,927)	73
CCG areas	127,611	(15,708)	111,903
Tees Esk NHS	<u>77,964</u>	<u>(3,637)</u>	<u>74,327</u>
	<u>465,257</u>	<u>(183,524)</u>	<u>281,733</u>
TOTAL FUNDS	<u><u>888,739</u></u>	<u><u>(575,382)</u></u>	<u><u>313,357</u></u>

If U Care Share Foundation

**Notes to the Financial Statements - continued
for the Year Ended 31 January 2020**

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/2/18 £	Net movement in funds £	At 31/1/19 £
Unrestricted funds			
General fund	259,064	(16,453)	242,611
Restricted funds			
DCC/EAMHS	-	20,901	20,901
SAS	95,785	(4,794)	90,991
CDCF	2,178	(856)	1,322
SCOTTO TRUST	-	6,303	6,303
BASAPP	12,000	(6,402)	5,598
SCC STOP	-	8,221	8,221
GLOBAL MSN	-	12,683	12,683
AAP NB	-	1,003	1,003
CDCF WILL	-	4,802	4,802
DCC MHYC	-	2,530	2,530
	<u>109,963</u>	<u>44,391</u>	<u>154,354</u>
TOTAL FUNDS	<u><u>369,027</u></u>	<u><u>27,938</u></u>	<u><u>396,965</u></u>

If U Care Share Foundation

**Notes to the Financial Statements - continued
for the Year Ended 31 January 2020**

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	259,870	(276,323)	(16,453)
Premier League	<u>45,623</u>	<u>(45,623)</u>	<u>-</u>
	305,493	(321,946)	(16,453)
Restricted funds			
DCC/EAMHS	22,545	(1,644)	20,901
SAS	83,000	(87,794)	(4,794)
CDCF	-	(856)	(856)
SCOTTO TRUST	17,877	(11,574)	6,303
BASAPP	-	(6,402)	(6,402)
SCC STOP	30,000	(21,779)	8,221
GLOBAL MSN	38,436	(25,753)	12,683
CDCF SH	550	(550)	-
AAP NB	1,200	(197)	1,003
CDCF WILL	5,000	(198)	4,802
DCC MHYC	2,530	-	2,530
RT PA	<u>1,100</u>	<u>(1,100)</u>	<u>-</u>
	<u>202,238</u>	<u>(157,847)</u>	<u>44,391</u>
TOTAL FUNDS	<u><u>507,731</u></u>	<u><u>(479,793)</u></u>	<u><u>27,938</u></u>

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 January 2020.

15. FUNDS

DCC EAMHS

The Emotional and Mental Health workshop (EAMHS) is aimed at 14-16 year olds and fits in with the PHSE curriculum. This programme is delivered in schools throughout County Durham.

SAS

The Support after Suicide service provides bespoke practical and emotional support to persons affected by a death by suicide throughout County Durham.

CDCF

To fund prevention work in Sherburn House and Inside Out activities.

Postcode Community

Used to fund the purchase of furniture and equipment for the treatment and therapy rooms in the new premises.

Scotto Trust

To fund the delivery of STOP courses and as guided by the Trustees.

BASAPP

To deliver STOP courses. Marketing for Inside Out events.

SCC STOP

To fund prevention work in Sunderland area.

If U Care Share Foundation

**Notes to the Financial Statements - continued
for the Year Ended 31 January 2020**

15. FUNDS - continued

GLOBAL MSN

To fund a young person senior support worker, and EMHS senior support worker, in part time roles.

AAP NB

To fund the purchase of a computer.

CDCF WILL

To cover a Fundraising event and Awareness day, to deliver online training around mental Health & Suicide.

DCC MHYC

One year funding to deliver a development programme with youth groups in Bishop Auckland & Shildon, Co. Durham.

Lottery

Funds the Suicide Help Awareness and Education programme (SHARE).

St James Place

To provide therapies for young people under the age of 25.

Premier League

Provision of Emotional and Mental Health Sessions, as well as Mental Health First Aid Awareness, to football clubs in the Premier and Women's Super Leagues.

Treatments & Therapies

Provision of Treatment, Therapies and counselling sessions for young people.

RT PA

To fund the purchase of panic alarms for support workers.

CCG areas

To fund postvention work.

Tees Esk NHS

To fund prevention work.

If U Care Share Foundation

**Detailed Statement of Financial Activities
for the Year Ended 31 January 2020**

	2020 £	2019 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	58,670	38,534
General	8,000	-
EAMHS	149,880	22,545
Durham CC - SAS	87,500	83,000
Big Lottery Fund	7,100	-
CDCF/AAP	8,894	-
Scotto Trust	10,000	17,877
TREATMENTS	9,000	-
SCC STOP	15,000	30,000
GLOBAL MSN	34,764	38,436
CDCF SH	220	550
AAP NB	2,300	1,200
CDCF WILL	-	5,000
DCC MHYC	-	2,530
RT PA	-	1,100
CCG areas	127,612	-
Tees Esk NHS	<u>77,964</u>	<u>-</u>
	596,904	240,772
Charitable activities		
Fundraising income	220,919	220,317
Other Income	2,556	1,019
Premier League	<u>68,360</u>	<u>45,623</u>
	<u>291,835</u>	<u>266,959</u>
Total incoming resources	888,739	507,731
EXPENDITURE		
Charitable activities		
Wages	335,793	279,457
Social security	23,660	18,997
Pensions	22,535	19,997
Rent	534	3,258
Utilities	9,214	9,020
Postage and stationery	7,866	5,569
Refreshments	443	389
Marketing	23,180	4,970
Training Costs	2,580	1,814
Sponsorship	178	3,473
Equipment	656	2,976
Support Costs	10,403	9,003
Activity Costs	53,578	54,227
Travel expenses	43,962	33,339
Carried forward	534,582	446,489

This page does not form part of the statutory financial statements

If U Care Share Foundation

**Detailed Statement of Financial Activities
for the Year Ended 31 January 2020**

	2020 £	2019 £
Charitable activities		
Brought forward	534,582	446,489
Insurance	2,304	2,075
Computer costs	<u>20,558</u>	<u>3,982</u>
	557,444	452,546
Support costs		
Governance costs		
Independent examiner fees	5,520	4,440
Sundries	2,041	3,078
Professional Fees	6,276	16,055
Computer Equipment Depreciation	4,056	3,222
Loss on sale of tangible fixed assets	<u>45</u>	<u>452</u>
	<u>17,938</u>	<u>27,247</u>
Total resources expended	<u>575,382</u>	<u>479,793</u>
Net income	<u><u>313,357</u></u>	<u><u>27,938</u></u>