



Charity No.: NIC104726

PIPS

WWW.PIPSCHARITY.COM

Suicide
Prevention
Ireland

ANNUAL REPORT

April 2019 – March 2020

“PLANTING THE SEEDS OF HOPE”



PIPS Charity

@PIPSCharity

@PIPS_Charity

PIPSCHARITY.COM

COUNSELLING • BEFRIENDING • SUPPORT • GUIDANCE



TABLE OF CONTENTS

	PAGE
WELCOME	3
ABOUT US	4
MISSION STATEMENT	4
VISION STATEMENT	4
STRATEGIC AIMS	4
OUR VALUES	4
A MESSAGE FROM OUR CHAIR	5
A MESSAGE FROM OUR EXECUTIVE DIRECTOR	6
OUR BOARD OF TRUSTEE'S DURING 2019 – 2020	7
OUR STAFF DURING 2019 – 2020	8
OUR VOLUNTEERS IN 2019 – 2020	11
VOLUNTEER SPOTLIGHT	12
RAISING OUR PROFILE	13
DIRECTORS REPORT	14
INDEPENDENT EXAMINER'S REPORT	22
STATEMENT OF FINANCIAL ACTIVITIES	23
BALANCE SHEET – AS AT 31 MARCH 2020	24
ACHIEVEMENTS AND EVENTS 2019 - 2020	25
WHAT OUR CLIENTS SAY ABOUT US	27
ACKNOWLEDGEMENTS	28
SUPPORT STAFF - AS AT DECEMBER 2020	29
REFERENCE INFORMATION	30



WELCOME

Welcome to the 2019 – 2020 PIPS Suicide Prevention Ireland Annual Report. PIPS Charity is a suicide awareness and prevention organisation, established in 2003 as a community response to the unfortunate tragedy of 14 young people taking their own lives over a short period of time and the coming together of a range of stakeholders compelled to try to address the issue.

Since our foundation we have strived to combat the high levels of suicide throughout the various communities in Ireland by providing help and support to those families bereaved through a suicide or self-harm. We do this through the delivery of suicide prevention and bereavement support services, 1 to 1 counselling, befriending services, advocacy support and complimentary therapies and our client led 'no appointment needed' service. This 'no appointment needed' approach ensures there is always someone to contact for a chat when a person might feel vulnerable, might be at risk of suicidal behaviours or is simply in need of assistance. PIPS is their light in the dark. When a person comes to PIPS for help, they will be spoken to immediately and a stay safe/support plan will be put in place. We have an open door policy; you will not have to wait days or weeks to see a counsellor/therapist. In addition to providing this immediate support, PIPS acts as a gateway to other services. We provide a wrap-around service so that nobody feels alone.

PIPS also provide a range of bespoke training programmes in the form of workshops, which raise awareness and provide individuals with intervention tools and knowledge on topics such as suicide prevention, self-harm, eating disorders, self-care and befriending. To date, these programmes have been delivered throughout Northern Ireland to a wide range of groups, including coaches, secondary school students, universities, charities, community activists and a range of private businesses.

We're extremely lucky to be supported by the community over the years. People have carried out numerous events and fundraising activities, giving us the vital funds that allow us to keep our doors open, and continue providing these necessary life-saving services. We as a charity do not receive any core funding, so we are kept open and functioning by every person in the street who lends a hand.

As the demand for our services continues to grow, the community support and belief in our services has never waned and it is only through the generosity of members of the public and sponsors that we are able to continue our services.

Here at PIPS, we can guarantee that families who have lost loved ones and people in crisis will always be at the heart of our work and their needs will always be paramount in our service delivery.



ABOUT US

MISSION STATEMENT

PIPS is a community based charity that supports and promotes positive mental health for anyone who has been affected by suicide or self-harm

VISION STATEMENT

Our vision is to be recognized for the contribution we can make to preventing the loss of life, supporting families and helping building hope within our community

“Saving lives and planting seeds of hope”

STRATEGIC AIMS

PIPS Board, staff, volunteers and families are working together to deliver on the following strategic aims;

- To Provide crisis care and support services for people who have been affected by suicide and self-harm
- To influence mental health policy and strategy whilst developing partnerships and working relationships with others involved with suicide and self-harm
- To continually develop as a professional organisation and improve the sustainability of the organisation

OUR VALUES

We deliver these aims through our values. Our values describe the spirit of how we do business, they define our core belief and culture.

- We focus on the needs and interests of our clients and put their welfare to the fore of all our work
- We are driven by a desire to help and support all clients
- We approach all our clients in a caring, compassionate, attentive and empathetic manner
- We deal with all clients' needs confidentially, professionally and with the highest integrity.
- We take pride in all our work and endeavor to give our best on all occasions and will go the 'extra mile' to do so. We approach all our work with a 'can do' approach.
- We insist on demonstrating good corporate governance with clear systems of direction, operation and control



A MESSAGE FROM OUR CHAIR



2019-2020 has been a busy and challenging year, by virtue of the increased austerity measures placed on clients and the subsequent impact this has had on PIPS. In the early part of this year, charitable organisations were already facing increasing pressure and PIPS was not immune to this pressure. As we faced increasing demands on our service delivery and continued lack of government financial support, our Care Team still delivered 8,589 one to one client sessions with 53 information sessions facilitated and 67 events organised by friends of PIPS and our corporate partners.

This year has also seen the departure of some Board members. I wish them all well in their retirement from the PIPS Board and I welcome our new Executive Director, Renée Quinn, to the PIPS team.

The uncertainty in the community and voluntary sector as a whole has meant that many have had to operate in deeply challenging circumstances without cohesive political leadership and strategic direction. However, notwithstanding those challenges, work has continued and PIPS has risen to those challenges with great gusto. The continued demand for services and our established brand has us well placed to keep delivering our work and serving our clients. Notwithstanding the uncertain external environment and the unquantifiable impact of BREXIT, the singular focus of the team in meeting client's needs has sustained us and has given the organisation a focus which has been unwavering throughout. I look forward to developing new and exciting initiatives that will allow us to remain sustainable and continue to grow.

Feedback from clients has always been very positive and this year is not without exception, PIPS continues to build on their strong and proud reputation of being the leading provider of high quality counselling and care for individuals and families affected by suicide and self-harm.

I would like to express my deep appreciation to my colleagues on the Board and especially the PIPS staff team, who serve our community with great care and treat all our clients with the utmost respect and compassion. I would also like to thank our clients, sponsors, friends, students, and volunteer team for their ongoing support, commitment and dedication to PIPS Suicide Prevention Ireland.

Rev Bill Shaw
Interim Chair



A MESSAGE FROM OUR EXECUTIVE DIRECTOR



I am delighted to provide this update on the work of PIPS work and reflect on the key milestones for 2019 – 2020. It has been a very busy year for PIPS with an increasing demand for our counselling services. Our outreach now extends into South Belfast and complements our longer opening hours at our Antrim Road office.

We have a very professional, able Care Team who step up to daily challenges and I am delighted to say that we have been able to recruit three, fully qualified Counsellors to help us meet those challenges and complement the work of our Care Team Manager, Administration staff, befrienders and students.

There have been many events throughout the year carried out, right across these islands, with donations very gratefully received from a

wide range of companies, members of the public and families' touched by suicide or self-harm. Financially, PIPS is dependent on those donations and I am pleased to report that we manage all donations and resources in an effective and prudent manner, which enables us to continue our vital, lifesaving work. We remain committed to responding to client needs and we are deeply grateful for the continued support and involvement of our community in helping us.

I want to say a sincere thank you to my Board for their support. The Board have been diligent in their duties of governance and oversight since I joined and I know that as a team we will be instrumental in ensuring PIPS is a sustainable organisation, that is agile and responsive to community and client needs, now and well into the future. I record my gratitude to our Interim Chair for his personal involvement and advice. I would also like to note my appreciation to the amazing PIPS team. We are very fortunate to have such a dedicated team of professionals working with our clients. Thank you also to our volunteers and students, who help ensure the smooth running of our services. I want to thank our sponsors for their generosity both financially and in other ways. Our services provide excellent value for money but without their support we could not deliver the range and quality of services on offer. These relationships are vital to the continued success of PIPS.

Finally, I look forward to working with my new team, external partners, sponsors, volunteers, students and our family group. Together we can continue to provide a first class service and continue to ensure PIPS' success for many more years to come.

Renée Quinn
Executive Director



OUR BOARD OF TRUSTEE'S DURING 2019 – 2020

Thank you to our past and current Board Trustee's for their valuable contributions. Their wise counsel and patient advice, especially at key turning points has allowed PIPS to flourish. As we look back on their time with PIPS, please know that PIPS' achievements would not have been possible without them at the helm.

Joseph Austin (Resigned July 2019)

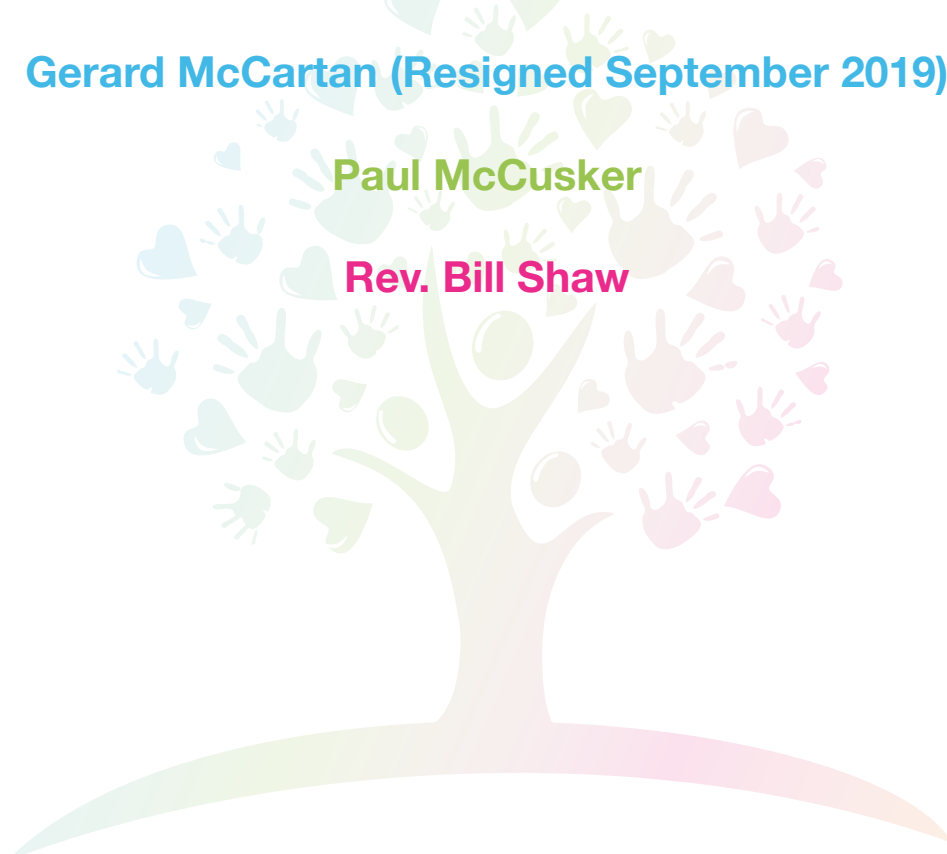
Mary Creaney

Elaine Mansfield

Gerard McCartan (Resigned September 2019)

Paul McCusker

Rev. Bill Shaw





OUR STAFF DURING 2019 – 2020



Chris Anderson



Martina McIlkenny



Sharon Dawson



Ciara McIlkenny

Also included in the PIPS team, but not photographed, are Catherine Smyth and Angela Hamilton. In year we also welcomed three additional, fully qualified counsellors to the team - Keith, Louise and Sean.



Keith Savage
PIPS Counsellor

I joined PIPS in 2016 as a volunteer counsellor, on placement from my course. Training in counselling and beginning practice felt so different from my previous career in bookselling. It's been a very steep learning curve and I know that it will always be challenging but these were among the reasons that kept me with PIPS long after my course was completed.

I find it humbling to work with each of my clients who all inspire me in their courage and honesty. It is so rewarding to see any sign of progress or recovery in them and that is an experience that I have not had in work before.

Since starting with PIPS, I have become more aware of the impact of trauma, inequalities and social injustice so I really value working for a free, community-based agency such as PIPS. It helps me through the most difficult days that the whole team is so supportive and motivated, and I feel privileged to be one of them.



OUR STAFF DURING 2019 – 2020



Louise Gault
PIPS Counsellor

I've been with PIPS approximately 5 years, first as a student on placement, then as a volunteer counsellor and most recently, as a staff member within the Care Team.

I discovered counselling almost by accident. Much of my career has been in training with a wide variety of groups and individuals; corporate clients, adults with mental health problems, young people on training schemes, teenagers involved with Youth Justice and most recently, working with adults with learning disabilities. In many cases, I had responsibility for the pastoral care of those I delivered training to and to help fulfil this role, I enrolled, through an employer, on the first level of a counselling course. I enjoyed it so much found it really helpful in my work, so I completed the next level in my own time the following year. It was some years later having had a family, that I finally decided to complete the further two years of the counselling course, to become a qualified counsellor.

As part of the course, it is necessary to complete 100 hours on a counselling placement. I chose to complete my placement at PIPS in part because I had personal knowledge of the effects of suicide on family and friends but more importantly, I really connected with the ethos of an open door, free and accessible counselling service for all.

I enjoyed volunteering and got so much from it, from seeing how the theory from my course translated into the counselling room, to networking and exchanging ideas with other volunteers and staff. I learnt many new skills and knowledge and enjoyed the challenge of thinking on my feet as each day brought new changes. I am very grateful to PIPS for giving me a placement and also for the friends I've made along the way.

After becoming qualified I remained as a volunteer and got involved with projects working at the Mater Hospital with clients in crisis and also with the PIPS initiative providing counselling services at Hyde Bank Wood. I continued with studying and completed a further year of study in Cognitive Behavioural Therapy which compliments my core Psychodynamic training. As for the future, I have a background in Drama and enjoy working creatively with people when appropriate. I hope to develop this through on-going learning.

I am looking forward to my new role at PIPS and having the privilege of people trusting me to hear their stories and together helping to find hope as they move forward.



OUR STAFF DURING 2019 – 2020



Sean Gallagher
PIPS Counsellor

I've been working with PIPS in a voluntary capacity since January 2018. I originally came to the organisation as part of my placement during my counselling qualification. After I qualified last year, I stayed with the organisation as a way to continue practicing and also try to give something back, as I wouldn't have gotten qualified without it. In December, I was fortunate enough to become a staff counsellor. I'm currently pursuing further counselling education in the form of a BSc, and later on I hope to go on to do an MSc in Psychoanalytic Psychotherapy.

I think what attracted me to the organisation is its ethos, specifically the idea of offering help to everyone who needs it, no matter what. That's important to me, I don't believe help for mental health should be gated off, as it means that frequently the people that need the help most of all are unable to receive it. This has the added benefit of making PIPS a very interesting place to work, and no two days are really the same.

All in all, I'm very happy to be a part of the team and hope I can continue helping PIPS make the differences in people's lives that they've been making all these years. Thanks for having me!



OUR VOLUNTEERS IN 2019 – 2020

We have a very dedicated team of 64 volunteers helping us deliver our support services and fundraising services during the year. Without their tireless commitment, it would be difficult to maintain this essential service to communities across Northern Ireland. We wish to acknowledge their hard work and dedication and to thank them all for their continued support. The positive feedback we receive from the general public who use our services is down to the dedication of all our volunteers.





VOLUNTEER SPOTLIGHT



Carolyn Horner

I started in PIPS in my second-year placement as a student counsellor with the University of Ulster. I have been here for nearly three years. My time here at PIPS has been a privilege as it has enhanced my knowledge of working diversely with a variety of issues that affect our lives. After graduating as an integrative counsellor I have been fortunate enough to be given an opportunity to continue my professional development practice within PIPS comfortable, supportive environment, as I continue to study a level 5 Post Graduate Diploma with the Counselling and Psychotherapy Awarding Body to work in Trauma Informed Therapy with Children and Young People.

I have always wanted to work creatively with children and young people and with PIPS support they have allowed me to continue my studies by focusing my sessions on children and adolescents. A few examples of how counselling can help children and young people include coping with everyday worries, exam stress, relationship issues, self-harm, grief and anxiety. Whilst working within PIPS I have also seen how the effects of suicide can have amongst our young people and family circles. Within PIPS ethos the hope is to allow our young people the chance to grow from young seedlings and blossom through expressing themselves, giving them their time.



Bouchra Yassin

Bouchra has a BA and Msc (Hons) in Clinical Psychology from Tehran University. A 1st class in MSc Research in Applied Forensic Psychology and Criminology within Iranian Criminal Justice. She is registered with the Health and Care Professions Council (HCPC). She held a practice certificate and has been registered with the British Psychological Society since 2005. She is a member of the NI Personality Disorder Network.

Prior to working at PIPS, Bouchra worked as a Clinical psychologist therapist for Children, Young People and Families, as well as their Special Interest Group for People with Learning Disabilities with the Moroccan Royal Family. She has also carried out a report on the NI Forensic Managed Care Network Advisory Board (NIFCMNAB) Service User & Carer Support Mapping Project. At PIPS, Bouchra works within medium-secure clients, in acute and rehabilitation setting. She has conducted risk and care planning assessments, undertaken individual/family therapies, and conducting research into the characteristics of mental health patients. She has experience across a number of private practices, jointly undertaking cognitive and intellectual functioning assessments, has experience of working with a range of clients, children and adults, and has published in the area of Forensic psychological assessments in women prisoners with personality disorder and care proceedings.



RAISING OUR PROFILE

We are delighted to report our public profile increased over this year and is a fantastic achievement for the whole organisation and a testament to the hard work of PIPS staff and volunteers. The website continues to be a vital resource for people seeking further information on the services offered by PIPS.

PIPS has a strong presence across social media platforms including Facebook, Twitter, Instagram, YouTube and LinkedIn with a combined following of over 20,000. The Facebook account has over 12,000 likes; the Twitter account increased to almost 6,300 followers and the Instagram peaked at just over 900 followers. PIPS Charity continues to produce unique, informative and shareable content in-house for the social media channels which resonate with our followers.



PIPS Charity



@PIPSCharity



@PIPS_Charity



PIPSCHARITY.COM



DIRECTORS REPORT

Report of the Directors for the year ended 31 March 2020

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 22nd October 2012 and is registered as a charity. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Directors

The directors of the company are also charity trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association the directors retire by rotation and, being eligible, offer themselves for re-election.

Individuals are invited to serve as directors on the basis of their abilities and background so as to achieve a balance between those from the business, voluntary and charity sectors.

Directors Induction and Training

The directors have conducted a review of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to the premises. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Organisational Structure

At present Pips Suicide Prevention Ireland has a Board of directors who meet regularly and are responsible for the strategic direction and policy of the charity. A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the manager.

Objectives and Activities

The charities objectives are specifically restricted to the following:

1. To advance health and the saving of lives and in particular:

- a. contributes to the prevention of suicide and self-harm by offering early intervention and other assistance to those at risk, their families and/or their carer's;
- b. promotes the fostering of positive mental health and improving the emotional wellbeing of people residing in Ireland

2. To advance the education of the public into, and raise awareness of, the causes and effects of suicide, the actions that can be taken to prevent suicides and the support available to reduce suicides.

Introduction

PIPS Charity seeks to deliver Suicide Prevention and Bereavement Support Services, Counselling and Therapies across Belfast and throughout Northern Ireland. The organisation's origins are linked to the unfortunate tragedy of 14 young people taking their own lives over a short period of time and the coming together of a range of stakeholders compelled to try to address the issue.

The organisation began, and very much remains, a community led organisation with a strong grass roots led ethos to suicide prevention and self-harm.

PIPS Charity provide many services, offering counselling and complimentary therapies, one to one sessions, mentoring and support groups and home visits. PIPS Charity understands that everyone is different and we need to be able to offer an appropriate service to cater for individual needs.

PIPS offers a range of:

- Counselling
- Alternative Therapies
- Crisis Support
- Befriending
- Sign Posting to support organisations

PIPS Charity is one of the few, if not the only suicide prevention organisation that offers an open-door policy with no appointment needed.

PIPS' Mission Statement

PIPS is a community based charity that supports and promotes positive mental health for anyone who has been affected by suicide or self-harm.

PIPS' Vision Statement - "Saving lives and planting the seeds of hope"

Building upon success

The organisation has, at its core, a commitment to the community, appropriate interventions and services along with core principles and values.

The organisation's key strengths include;

- Excellent reputation and commitment built up over 15 years
- Recognised brand and service with Suicide Prevention and Self harm
- Excellent diverse committed team of staff, board and volunteers
- No appointment needed, drop in service available

Strategic Aims

PIPS Board, staff, volunteers and families are working together to deliver on the following strategic aims;

- To provide CRISIS care and support services for people who have been affected by suicide and self-harm.
- To influence mental health policy and strategy whilst developing partnerships and working relationships with others involved with suicide and self-harm.
- To continually develop as a professional organisation and improve the sustainability of the organisation.

PIPS have a small dedicated team of paid staff and volunteers supporting those in need, operating the 'no appointment' service. The Charity provides immediate support without delay whilst providing a gateway and referral mechanism to a range of other specialist services in addition to facilitating family peer support groups.

The charity has three core strands which ensures that the organisation meets its obligations to provide an effective and holistic service that will save lives and support those affected by suicide and self-harm.

These are unprecedented times with Covid 19 taking over our lives now for a few weeks. We have had to learn to work in different ways to help save lives and help those more in need than ever.

During these difficult times PIPS has stepped up to give our community the help that they deserve.

We helped create an app so we can so we can continue our work from our homes. We have developed a strategy to keep doing PIPS work throughout all of this. We are grateful we

have a great team and people who care.

PIPS have secured money to employ 3 counsellors for 25 hours each per week. This has been needed more now than ever and we can see the difference this has made to our service. With our staff and volunteers, we have turned PIPS round in a positive way to help save lives be there for those who need us.

The strands are broken down as follows.

- **Care Services**
- **Events**
- **Fundraising**

PIPS' Care Team Services

The PIPS' care service has, over the last twelve months, continued to provide one to one counselling, and befriending. There has been a rise in the number of people accessing the service, where crisis response action has been required. As a direct result of this increase, PIPS has had to put into place several measures to address the immediate crisis clients are facing daily. We have had to open the service to 5 late nights a week and another day in our south Belfast satellite service.

Current statistics regarding services of PIPS in the last twelve months has shown the following;

- 8589 one to one client sessions were provided from PIPS Care team.
- 53 information sessions were facilitated.
- 67 events were organised by friends of PIPS and our corporates to raise funds to sustain the organisation's services.
- PIPS' information stands were provided in community information days throughout Belfast and Derry and throughout.

Over the last year, PIPS have developed a very good reputation with the key stakeholders of PHA and the trust, attending meetings and working within their framework.

The PIPS' care service has, over the last twelve months, continued to provide one to one counselling, group counselling and befriending. The numbers accessing the service has increased, with a rise in the number of people accessing the service, where crisis response action has been required. As a direct result of this increase, PIPS has had to put into place several measures to address the immediate crisis clients are facing on a daily basis.

Current statistics regarding services of PIPS in the last twelve months has shown the following;

Total of clients April 2019 to April 2020:

8589

GENDER	AMOUNT OF SESSIONS	CHILDREN UNDER 16	CRISIS WALK-IN'S	A&E REFERRALS
MALE	4693	145	543	56
FEMALE	3389	178	319	26
TRANS GENDER	82	5	3	0

PIPS care team has been progressing dramatically over the past few months due to the number of counsellors and befrienders growing to the stage where we needed more rooms and facilities to cope.

At present we have 42 care team members this will rise by approx. 15 in next few months with students. From befrienders to second- and third-year students to qualified. We have 3 counsellors on pay roll who are very welcome to PIPS at a time when we needed them most. We have more qualified counsellors working with us than ever before. This is making our team stronger to cope with all issues any clients.

Our counsellor delivers counselling in the following languages:

- English
- Polish
- Arabic
- French

Issues presenting within PIPS

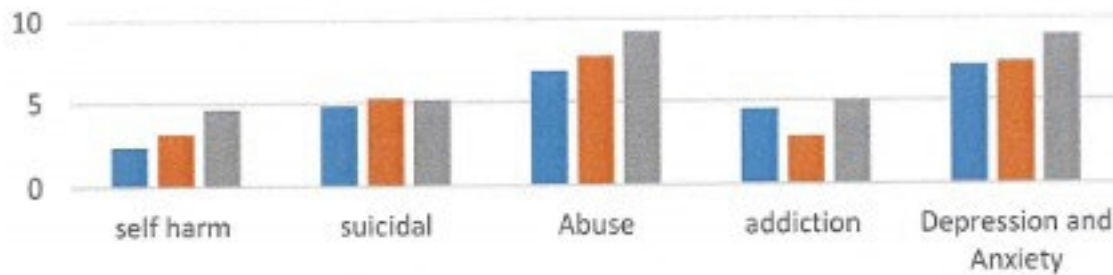
We have seen an increase in older males coming through our doors with issues of suicide ideation and self-harm anxiety and addictions. Self-harm has increased and recently a statement was issued that 1 in 10 young people self-harm. Abuse of all kinds are reported to us daily this includes physical sexual and emotional.

We have a concern in historical sexual abuse within our service from men and women.

Addiction and drugs have gone to another level as in heroin, cocaine and prescription drugs. Depression and anxiety in all ages has increased and clients are finding waiting times in other services is 8-12 months. PIPS have no waiting list for adults, when we do a referral and a waiting time is stated we will keep the client with us until they are able to be seen. However, we do have a waiting time with children under 18 as not all our care team can see under 18.

Current statistics regarding services of PIPS in the last twelve months has shown the following;

CHART GRAPH OF STATS APRIL 2019 - MARCH 2020



OUTREACH

Our care team are outreaching to South Belfast at present. We are at the south Belfast office in Donegal Pass forum 3 days a week up from 2 last year, unfortunately, our services are growing. We will be reviewing our days at this service.

WORKING WITH PRISONERS AND EX-PRISONERS

PIPS is working with the Probation Board. The service includes counselling and befriending for prisoners and ex-prisoners.

TRACKER SYSTEM/CORE

C.O.R.E. (clinical outcome routine evaluation) is a very important risk assessment within the care team. It is a tool that the clients can use to see their journey on a weekly basis. PIPS' Care Team manager has undertaken training to deliver mentoring and support to staff and volunteers who use it as part of the counselling/befriending process.

EVENTS AND FUNDRAISING

Over the past 12 Months the Events team have undertaken a wide range of activities.

Events have included the Glasgow Half Marathon, Trance4Life, Strictly Come Dancing event, Belfast City Marathon, Belfast City Half Marathon, Christmas jumper Day, Bag Pack Tesco Yorkgate, Information stall at Ashton Community Trusts Family Day, Spinathon, One year no beer, Great big quiz of the decade, Beat it (Hip-hop x mental health), A night in memory of Daniel Johnstone, YPI, Coffee morning, Mental health and wellbeing information evening, Tree of Lights, Safe Together Christmas Service, Awareness training, Training at Unison, Charity swing dance, skydive, Awareness information stall at the Spectrum Centre, Volunteer recruitment night, Training for Carroll's staff, World Mental Health Day, Talk at First Presbyterian Church Newtownards, Talk to Turf Lodge Women's Group, Befriending Training, Flash day tattoo event at Stay Gold Tattoo studio, Mountain Climb, The Barbering Awards, Limelight Fresher's Fair, 30th World Congress of International Association for Suicide Prevention Conference, World Suicide Prevention Day, 5k Warrior assault challenge in Bangor Aurora, 24 hour gameathon, Colour Run, Mourne Mountain Walk, Darkness into Light, Retro Car Show at the Park Centre, Walk around Lough Neagh, Ards Half Marathon,

Information stall at Lisnagarvey High School, Cork Iron Man Challenge, Best of the North Awards, Befriending training for PPR staff, bike-a-thon, Capita's mental health awareness week, charity walk at Cavehill, Abseil down Belfast Castle, Run from Dublin to Belfast, White Collar Boxing event, Charity football tournament, coast to coast run, abseil down Europa, Scooter Rally Event, Sober October and comedy night.

DONATIONS

Donations came from a wide range of companies and the general public including Jude Mcloughlin from GBS Scaffolding, Institute of Directors, Christine Hamill and friends, Choice Housing, H&M Mechanical Services LTD, The American Bar, Huhtamaki, The Dribbly Yak, Belfast Service Centre, Bombardier, The Merchant Hotel, Land and Property Services, Seamus Maguire, Fortwilliam Greengrocers, Clanmill Housing, St Louise's Comprehensive School, FinTrU, PTA of Lisnagarvey High School, VOX Financial Solutions, Whale, Four Star Pizzas, Belfast Met Gaelic Team, Framezy's Protestant Boys, Langford Lodge, Departmental Solicitors Office, Dennis and Sheelagh Glover and Friends, Jim Brown and Friends, Linda and Jim Scarborough, Lewis Shields and friends (Dromora), Rachel Beattie, Boojum, The Raven Social Club, Stanmillis GAA, Bazaarvoice, CAF Rail Belfast, Andy Young ATY MMA, The Lightbody Foundation, Hughes insurance, Tesco Northcott, Amazon, Cloughfern Young Conquerors, Family and Friends of James Chignell, NIYF, M&S Newtownabbey, RBP, Alexander Mann Solutions, O'Reillys Café, M&S Upper Newtownards Road, Padraig Sarseil CLG in memory of Dirbhe Green, Communities NI at Causeway Exchange, GCD, Antoinette Leonard, Bombardier, Newtownabbey Jobs and Benefits Office, Action Renewables, Trevor Keith, Pete and friends, Belfast Met Castlereagh Campus, QUB Accommodation, Carson McDowell, Bryson Recycling, Concentrix, Lismore Comprehensive School, Cooper Club, White Horse Presbyterian Girls Brigade, Coleen Thompson, Social Carer Counsel, Energy Institute NI, Corner Stone Medical Practice, St Patrick's (Armagh), St Joseph's Primary School, React Ireland LTD, Andrew Wilson, Julie Quinn, Paul Millar, Estate of Henrietta Killops, Tan and Glow, Mills Selig, LTS Recruitment, Claire Bartram, BLK BOX Fitness, Jeffers Home Bakery, Rachel Darragh, Donation in memory of Colin Leitch, Colin McAleese, Granville Manor, Rose and Crown Bar, Martin Devlin, Craigavon Senior High School, Donation in memory of Ann Black, donation in memory of Conor Kilifan, donation in memory of Jonny Dalton, QUB, Quire, George McMurray, London NI Supporters Club, MK&J Baird, Ballygawley Royal Black Perceptory, Lisburn City Elim Church, Louise McCullough, NI Scooter Club, Laurel House Antrim Hospital, Cushendall Golf Club, Damsels in Distress Scooter Club, Southern Regional College, donation in memory of Roger McVeigh, Mrs Morrison, RSM Accountants, donation in memory of Mark Steenson, Raven Social Club, Gemma McGale, Robert Dorian and Conor Andrew, Anne and Raymond Knox, D&S Glover, SPB Flute Band, Dunnes Stores Corn Market, family and friends of Samuel James Bowyen, Luke McGibbon and friends, Garnerville Presbyterian Church, John and Donna Doherty in memory of Anthony O'Toole, Carryduff Building Supplies, CCEA, friends and family of Stephen Clements, Glen and Josephine, Colin Sure Start, Belfast Benefit Centre canteen staff, Lagan Valley Hospital Domestic staff, Wellington College Belfast, Jim and Veronica Crane, Elizabeth Caldwell, Teleperformance LTD, Dominican College Fortwilliam, DCG Publications, donation in memory of Luke Clarke Branagh, Comfort and Care for the Terminally Ill, Primark, Ards Arena Youth Centre, TJX Foundation, The Dixon Line, Translink, St Pauls Parish Church Guilford and a donation from Lagan College in memory of Matthew Rea.

FUNDING

Funding was secured from a very generous benefactor who wishes to remain anonymous

PIPS' SOCIAL MEDIA

This has increased to 17,257 on Facebook, regular twitter postings accessed by over 5,715 people and Instagram 1,099.

FINANCIAL REVIEW

The accounts show the performance of the charity for the year.

PRINCIPAL FUNDING SOURCES

The principle source of funding was grants from various funders and public and private donations.

INVESTMENT POLICY

The Charity holds any surplus funds on short term deposit.

RESERVES POLICY

The directors retain funds in the charity in order to provide sufficient working capital to facilitate the ongoing activities. The target for unrestricted fund reserves is twelve months support costs in cash at bank.

This report was approved by the Board on 3 December 2020



W A Shaw

Rev William Shaw
Director



INDEPENDENT EXAMINER'S REPORT

I report on the accounts of Pips Suicide Prevention Ireland for the year ended 31 March 2020, which are set out on the following pages

RESPECTIVE RESPONSIBILITIES OF AND EXAMINER

As the charity trustees (and also the directors of the company 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. Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008;
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S REPORT

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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
4. That there is further information needed for a proper understanding of the accounts to be reached.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Richard McClay FCA
McCreery Turkington Stockman LTD, Belfast, BT1 3LG
3 December 2020



STATEMENT OF FINANCIAL ACTIVITIES

(Including summary income and expenditure account) for the year ended 31 March 2020

		Designated Funds	Restricted Funds	Year Total	Year Total
		2020	2020	2020	2019
		£	£	£	£
Incoming Resources	Notes				
<i>Income resources from generated funds:</i>					
Donation and other income		304,168	67,000	371,168	381,166
Total incoming resources		<u>304,168</u>	<u>67,000</u>	<u>371,168</u>	<u>381,166</u>
Resources expended					
Costs of generating funds:					
Costs of charitable activities	6	(137,380)	(38,945)	(176,325)	(188,267)
Governance costs	6	(13,404)	-	(13,404)	(2,920)
Management and administration	6	(78,599)	-	(78,599)	(73,590)
Total resources expended		<u>(229,383)</u>	<u>(38,945)</u>	<u>(268,328)</u>	<u>(264,777)</u>
Net income before transfers		<u>74,785</u>	<u>28,055</u>	<u>102,840</u>	<u>116,389</u>
Transfer between funds		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net incoming resources		<u>74,785</u>	<u>28,055</u>	<u>102,840</u>	<u>116,389</u>
Fund balances brought forward		127,662	95,000	222,662	106,273
Fund balances carried forward		<u>202,447</u>	<u>123,055</u>	<u>325,502</u>	<u>222,662</u>



BALANCE SHEET – AS AT 31 MARCH 2020

		2020		2019	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	7		169,981		178,508
Current assets					
Cash at bank and in hand		275,100		171,758	
		<u>275,100</u>		<u>171,758</u>	
Creditors: amounts falling due within one year	8	(16,404)		(16,404)	
Net current assets			<u>258,696</u>		<u>155,354</u>
Total assets less current liabilities			428,677		333,862
Creditors: amounts falling due after more than one year	9		(103,175)		(111,200)
Net assets			<u>325,502</u>		<u>222,662</u>
Capital and reserves					
Restricted funds	10		123,055		95,000
Designated funds	10		202,447		127,662
Total funds			<u>325,502</u>		<u>222,662</u>

For the year ending 31 March 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements were approved by the Board on 3 December 2020 and signed on its behalf by

Paul McCusker
Director
Registration number NI615082

ACHIEVEMENTS AND EVENTS 2019 - 2020



Alexander Mann Solutions completed a full lap of Lough Neagh



Amazon Team Donation



Awareness talk to Turf Lodge Womens group



Awareness training delivered to UNISON Staff



Befriending training for new volunteers



Belfast Met Gaelic team representing PIPS on Pitch



Belfast Service Centre making a donation



Coffee Morning in VOX



Department of Finance making a donation



Donation by Belfast Met Castlereagh



Donation from GCD Software



Donation from NI Youth forum



Donation from Work Force



H&M Mechanical Services Donation



Jude McLoughlin GBS Scaffolding ran Glasgow half marathon



Limelight Freshers Fair



Padraig Sairseil CLG Donation and Jersey in memory of Dirbhe Green



Receiving donation from IoD alongside other charities



Tesco Newtownabbey donation and chosen charity for the month of July



WHAT OUR CLIENTS SAY ABOUT US

"One day at time is all that is needed if you are struggling."

"I had decided to seek help. Either get help or I would die from my addiction. I was taking yellow buds and cannabis daily. Eventually after it taking its toll on me, I lost my job. I thought I'll try tomorrow again but then I lost my family. I ended up back with my parents at the age of 36. My addiction continued and grew. I used all my savings and started to take from parents to feed my habit. My parents asked me to leave. I had no one. I said to myself I have no one and nothing I am better off gone. I tried to take my life and was unsuccessful. When I opened my eyes, I was sad that I could not even do that right? But I turned my head and my wife and son, and my mother were there in tears. I remember after what I did to them, they are here."

"When I had no one or nothing and I had hit rock bottom I thought I would never be able to get through the day or hour. I was taken by my mother to yourselves and I was seen immediately, and I left PIPS that day with a new meaning in my heart. HOPE"

"I lost my mother to suicide and I wanted to do the same as the pain was too much. PIPS charity helped and guided and walked with me through my journey of grief. Thank You"

"I went to PIPS with my wife and I saw a counsellor I was with her for 14 sessions. I had learned I was not alone. I had support and my counsellor worked on my addiction and my past and my demons. I learnt no one was perfect and it is ok to have a bad day and I was"

"I took the step to go and get help. Going to my first session I kept thinking what will they think of me? But I was never judged or felt uncomfortable. PIPS you gave me my future back."



ACKNOWLEDGEMENTS

We are, as always immensely grateful to the individuals and organisations that contribute so generously to what we do and what we strive to achieve. We would like to thank the following organisations for their support throughout the year. We couldn't provide the services and support we do without their assistance.

- FinTrU
- BT Flex
- Johnstone Campbell
- Hampton by Hilton (Hope Street)
- Axiom Law
- Mills Selig
- Langford Lodge
- Hughes Insurance
- M&S Boucher Road
- Lurgan Golf Club
- Primark Newtownabbey
- Boojum
- M&S Banbridge
- Triangle Glenavon Supporters Club
- Bazaarvoice
- DSO (Departmental solicitors Offices)
- CCEA
- Action Renewables
- Huhtamaki
- Mayday events
- Charles Hurst



Figure 1: Action Renewables Corporate Donation

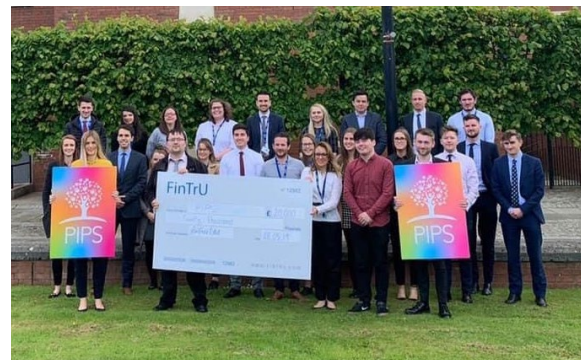


Figure 2: FinTrU Corporate Donation



Figure 3: Marks & Spencer's Corporate Donation



Figure 4: Langford Lodge Corporate Donation



Figure 5: FinTrU Corporate Donation



SUPPORT STAFF - AS AT DECEMBER 2020

Executive Director	Renée Quinn (From August 2020)
Care Team Manager	Martina Mcilkenny
Counsellor	Louise Gault
Counsellor	Sean Gallagher
Counsellor	Keith Savage
Care Team Administrator/PR Officer	Chris Anderson
Receptionist	Sharon Dawson
Administration	Ciara Mcilkenny
Cleaner	Angela Hamilton





REFERENCE INFORMATION

Business Address:

279 – 281 Antrim Road
Belfast
Co. Antrim
BT15 2GZ

Registered Office:

279 Antrim Road
Belfast
Co. Antrim
BT15 2GZ

Accountants

McCreery Turkington Stockman Ltd
1 Lanyon Quay
Belfast
BT1 3LG

Banking

Ulster Bank Ltd
202- 206 York Street
Belfast
BT15 1HY

Charity Registration Number:

NIC 104726

Company Registration Number:

NI 615082



PIPS



Charity No.: NIC104726

PIPS

WWW.PIPSCHARITY.COM

SUICIDE PREVENTION IRELAND

PIPS ANTRIM ROAD

279-281 Antrim Road
Belfast
BT15 2GZ

Open:

Monday - Friday - 9AM-9PM
Sat/Sun - 2PM-6PM

PIPS DONEGALL PASS

2nd Floor
165-169 Donegall Pass
Belfast
BT7 1DT

Open:

Mon 10.00AM - 2.00PM
Tue 5.00PM - 8.00PM
Wed 12PM - 4PM

"PLANTING THE SEEDS OF HOPE"

Telephone: **028 9080 5850** Freephone: **0800 088 6042**



PIPS Charity



@PIPSCharity



@PIPS_Charity



PIPSCHARITY.COM

COUNSELLING • BEFRIENDING • SUPPORT • GUIDANCE