



PIPS

Suicide Prevention Ireland

ANNUAL REPORT 2020–21

pipscharity.com



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Welcome

Welcome to the 2020–21 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 and are able to stay 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 Charity, 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

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 and we do this by:

Striving for a compassionate society free from suicide

MISSION STATEMENT

We help individuals, families and organisations who have been affected by suicide or mental un-wellness and we do this by:

- Providing support and counselling services in an accessible and non-judgmental space for individuals to understand themselves and to better navigate their personal path in life
- Providing a neutral, compassionate and supportive environment by offering a space for peer groups to share their experiences of emotional challenges
- Working with organisations to nurture a culture of awareness and understanding of mental wellness, by providing specialist training and volunteering opportunities
- Working with local communities and government bodies to influence societal change with the aim to advance the understanding of suicide and mental wellness within Ireland

STRATEGIC AIMS

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

- To be recognised as a Provider of diverse high quality services which prevents suicide and promotes mental wellness throughout Ireland
- To evaluate and optimise organisational resources to ensure that a high quality of service is delivered consistently to all Stakeholders
- To increase public engagement and strengthen financial resilience in order to support our service delivery
- To influence societal policy and empower individuals and communities in the area of mental health

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 value active and **non-judgmental listening** to fully understand the needs of our clients and Stakeholders, to promote positive change.
- We value engaging with our clients and Stakeholders in a **compassionate and empathetic** manner, to deepen connections and support transformational change.
- We value the ability to be **adaptable and flexible** in an ever changing world, moving quickly and decisively.
- We value **respect** by accepting each individual for who they are which enables us to build strong relationships based on trust and safety.
- We value **confidentiality** as the foundation of maintaining trusting relationships with our Stakeholders, by handling all information with the utmost care, privacy and in keeping with ethical boundaries.
- We value **our courage** to do the right thing, influence societal change, by challenging the status quo and transforming our communities.
- We value our **Commitment to Excellence** in promoting mental wellness by maintaining the highest standards, by continually learning, improving and innovating.
- We value **integrity** as the fundamental basis of how we operate, by consistently behaving in a moral, ethical, transparent, accountable and honest manner.
- We value **self-determination** where individuals have the right to make their own decisions and choices, so that they become active participants in their own journey.

OUR QUALITY CARE PROMISE

- PIPS Team will be excellent listeners who will provide compassionate support, guidance and empathy for our clients
- The Care Team will be well trained and knowledgeable about the resources available for the client, able to help the client elicit their state and needs and guide the clients appropriately and effectively towards high quality resources
- All members of the Care Team will be punctual and be good time-keepers in relation to their agreed time and length of calls with their clients
- PIPS Team will be polite and helpful to clients at all times
- PIPS Team will observe the PIPS Code of Practice at all times
- PIPS Team will attend regular continuous professional training and development
- All interactions are dealt with in strict confidence and in compliance with GDPR regulations
- At PIPS, we will ensure to always keep our clients and stakeholders informed and ensure you have all the information you need on the matters that effect you
- We will always be open and transparent about how we use our resources
- PIPS Team will communicate clearly, concisely, as often as required that is easily understood by everyone

OUR OBJECTIVES

PIPS Suicide Prevention Ireland objectives are:

1. To advance health and the saving of lives in particular:
 - (a) contribute to the prevention of suicide and self-harm by offering early intervention and other assistance to those at risk, their families and/or their carers;
 - (b) promote 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 suicide and the support available to reduce suicides.



A Message From Our Chair Rev Dr Bill Shaw OBE

Reflecting on the financial year 2020–21, it will of course go down in history as being the year of the Covid 19 Pandemic, which continues to affect our daily lives. The pandemic has heightened the needs of those with existing mental unwellness, as well as straining the NHS services and creating new mental health challenges in previously unseen clients; mental unwellness respects no boundaries and has touched all demographics across our community.

This year has been about pulling together in response to supporting those most in need and PIPS Charity have stepped up to that challenge without hesitation. My enormous gratitude goes to the PIPS team who have continued to support those in need with great care and compassion, while maintaining and expanding services, in the face of enormous demand for our services. Each member of the PIPS team has gone to extraordinary lengths to make a difference in this most challenging of years. Thanks to them, and under the careful, professional management of our Care Team Manager, Martina McIlkenny, we have offered thousands of sessions during this most isolating and testing of times. I would also like to thank our clients, sponsors, friends, students, family group and volunteer team for their ongoing support, commitment and dedication to PIPS Charity.

In addition to coping with the effects of the pandemic, I am also delighted to share that enormous progress was made throughout the year in creating our 3-year strategic plan and fundraising plan, these will provide new foundations for building upon achievements to date and will give direction to our work, in pressing forward with ambitious long-term change under the leadership of our Executive Director, Renée Quinn. I want to put on record – on behalf of my fellow Trustees – our thanks and appreciation to Renée, who is at the end of this her first full year in post. She has demonstrated caring leadership throughout this difficult period and has helped position the organisation well as we face into the New Year and the challenges that will present.

I would also like to thank and pay tribute to my fellow trustees for their continual support and hard work. Trustees are often unsung heroes in charities, giving their time freely and generously, while having to oversee some challenging issues. PIPS Charity is privileged with having a Board of Trustees that are talented, passionate and committed and I'm deeply grateful for the unwavering support they provide in everything we do.

The achievements of the past year and the potential for the year ahead are only possible thanks to your continued support and we remain very appreciative of that gift.

I look forward to emerging with purpose from this year and to see PIPS Suicide Prevention Ireland continue to work towards our vision of striving for a compassionate society free from suicide.

A handwritten signature in black ink, appearing to read 'Bill Shaw', with a horizontal line underneath.

Rev Dr Bill Shaw OBE

Director (Chair)



A Message From Our Executive Director Renée Quinn

PIPS Suicide Prevention Ireland have invested over the year in forward thinking, outcome orientated, client focused services and have delivered exceptional levels of care throughout the ongoing Covid Pandemic. Looking back, we commissioned research on Motorway signage and the effects on reducing suicides around bridges. This research informed the highways agency with respect to this very important ongoing area of work.

During 2020 we developed a 3-year strategic plan and fundraising plan which are both very much focused on growth, diversifying income streams, building more awareness and provision of quality services, both plans are skillfully supported by a strong Board team focused on the strategic growth of PIPS Charity.

Our support service grew significantly in response to the pandemic with more emotional support required - we carried out 11,235 client sessions demonstrating that more clients reached out for suicide crisis counselling than ever before. This is a reflection of the Covid 19 pandemic on our communities mental wellbeing with many citing anxiety, loneliness, lockdowns, financial stress and Covid. The need for our service has never been as great. To help meet this demand our diligent and passionate Care Team responded amazingly in volunteering their experience and time. The pandemic has not stopped us in making progress, on the contrary it has enthused our entire team to deliver 'out of their skin'. My personal thanks and gratitude go to each and every one of them. We will build on this last years' experience for future development and use our knowledge gained over this time to reach more people in need.

Financially, PIPS is dependent upon 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. The nature of the pandemic, with the main measure to control it being lockdowns and then social distancing measures for the duration of the financial year, meant that face to face events were the most heavily impacted. Gatherings of members of the public were postponed or cancelled. This did have a significant impact on our fundraising activities, but the fact that we have not seen a deficit this year is largely thanks to the ingenuity of our supporters who switched to virtual events and through the successful award of Covid grants. 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 to do this.

Our goals for the incoming year remain unchanged and that is to prevent the loss of life from suicide, by striving for a more compassionate society.

I want to express a sincere thank you to my Board of Trustees for their support and for trusting my judgement, they have provided me with dedicated and inspirational leadership over a very challenging year. I want to extend my sincere thanks for the patient guidance and wisdom from our Chair for his dedicated involvement and advice. I would also like to note my personal appreciation to the remarkable PIPS team who have shown incredible resilience and dedication this year. I am very proud to have been witness to enormous amounts of kindness and compassion shown to our clients throughout the year. 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 another year of challenge, change and continued working with my team, external partners, sponsors, volunteers, students and our family group.

Together, we can go further and make life-changing differences to those that need us.



Renée Quinn
Executive Director

Our Board Of Trustee's During 2020–21

The Board of Trustees are responsible for the administration of the charity and meet on a monthly basis. The Board has appointed an Executive Director to manage the day to day operations of the charity with responsibility for the operational matters, including employment, project delivery and budgetary management.

All new Trustees are given an induction by the Chair and the Executive Director and are provided with a comprehensive induction pack. Trustees are offered ongoing training throughout their tenure.

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, which has allowed PIPS to flourish. As we look back on their time with PIPS, please know that our achievements would not have been possible without them at the helm.

- Rev Dr Bill Shaw OBE
- Paul McCusker
- Vivian McKinnon
- Mary Creaney (Resigned 24 September 2020)
- Elaine Mansfield (Resigned 24 September 2020)



PIPS Chair Spotlight – Rev Dr Bill Shaw OBE

- Grew up in Belfast through worst excesses of ‘the Troubles’
- After 10 years in construction business studied theology at Queens University Belfast and entered Presbyterian ministry where, among other posts and after ordination, served in a church on loyalist Shankill Road.
- After further six years in two churches in Portadown area successfully applied for the post as Director of Christian Community Development Project – The 174 Trust - located in a Nationalist/Republican area of North Belfast that suffered disproportionately during the conflict.

THE 174 TRUST: Bill has been in post as Director/CEO for more than twenty-three years – taking up his current role a few weeks after the historic Good Friday/Belfast Agreement. The 174 Trust – and Bill in particular – is committed to ‘Building Peace and Promoting Reconciliation’ (he is both passionate about peace and realistic about reconciliation) through a number of projects, encourage dialogue and celebrate cultural diversity within the North Belfast community. In this way we continue to make a difference in the lives of all the people in this part of a divided and, sadly, still troubled city.

In February 2005, Bill was a recipient of the Harry McKillop Irish Spirit Award – established by Ross Perot “to support and recognize individual efforts in community based projects which seek to promote inter community relationships and peace in Ireland” – during a ceremony at Queen’s University Belfast.

A regular visitor to the USA, Bill has participated in the AMBIT Community Leadership Program and International Visitor Program in Washington D.C. in recent years – meeting President Bush during the St Patrick’s Day Celebrations at the White House on March 17, 2005. He was an invited guest to the White House again in March 2018 and participated in number of events on Capitol Hill celebrating the 20th Anniversary of the Good Friday/Belfast Peace Agreement.

Bill has delivered lectures at the University of St Thomas, Houston, Texas: ‘Reflections on N.Ireland: Steps Towards Reconciliation and Peace’, Kroc Institute for International Peace Studies, University of Notre Dame; DePaul University (Chicago); St John Fisher College (Rochester NY) and elsewhere on ‘Peace-building in N. Ireland’.

February 2008 Bill organised and led an ecumenical clergy group to Washington DC for a week-long trip to visit faith-based mercy ministry/social justice projects.

Named in the Queen’s New Year’s Honours List of 2012 Bill – for ‘Services to the community of North Belfast’ – received his O.B.E. from her majesty in a ceremony at Buckingham Palace in March.

In recognition of his efforts directed towards peacebuilding, promoting tolerance and mutual understanding he has served three terms as part of the Lord Mayor’s Interfaith Chaplaincy Team.

May 2014 saw the fulfilment of a 14-year vision with the completion of the £3.5m refurbishment of the historic Presbyterian church at the top of the New Lodge Road – home of the 174 Trust – now the award-winning Duncairn Centre for Culture & Arts – the creative hub for North Belfast.

In July 2015 Bill was awarded an honorary doctorate – Doctor of Laws (LLD) – for ‘distinguished service to the community’ by the Ulster University and was the keynote speaker at the Graduation Ceremony in the Waterfront Convention Centre.

January 2020 Bill was the guest preacher at an Interfaith Service in New York to mark MLK Jr. Day



Trustee Spotlight – Vivian McKinnon

Floatation and wellness expert Vivian McKinnon set up Hydro-ease, Northern Ireland's only dedicated floatation centre in September 2015. She established the business in response to her own traumatic experiences, a chance introduction to floatation in her native Scotland and a passion for helping people move away from pain and towards a life of fulfilment.

The idea to open a healing centre came about during her first float in Edinburgh in 2004 where Vivian knew instantly this 'strange and a bit different therapy' could help other people; especially those living with addictions, physical and mental pain.

In that moment, Vivian's life purpose became clear. She now dedicates herself to supporting people to heal from the pain of their past.

Qualified and experienced in many approaches Vivian has crafted her own exclusive approach, RAFT (Reconnection and Floatation Therapy) to assist others by guiding and inspiring them to use the skills and tools in the life they have to create the life they desire.

Her experience as a unique and dynamic change-work specialist spans over almost 3 decades. It is Vivian's belief 'there is magic within us all to heal and change'. Vivian has a keen interest in the latest approaches in neuroscience and epigenetics.

Through the process of post traumatic growth Vivian is thriving and living out her mission of 'healing the world, one float at a time.'

Our Staff During 2020–21



EXECUTIVE DIRECTOR

Renée Quinn

Renée joined PIPS Suicide Prevention Ireland in August 2020 and came with 20 plus years' experience from the public, private and charity sector with experience across Local and Central Government, Women's, Housing, Mental Health, Carer's, as well as private sectors. She is a professionally trained Chartered Environmental Health Practitioner and Chartered Manager with many years' experience in Public Health and Housing. Renée has always been motivated by trying to improve the quality of people's lives in whatever sphere worked or volunteered in. She has held roles developing projects, partnerships and people across Operations, Finance, IT, HR, Marketing, Programmes and Events and thrives in leading with a positive leadership style. She is extremely versatile with a creative approach to problem solving and strategy development. Renée studied extensively throughout her career starting with a BSc (Hons) degree in Environmental Health, Diploma in Industrial Studies, Advanced Diploma in Management Practice and a Master's in Business Administration (MBA) all through Ulster University.

Renée's academic and practical experience has enabled her to dedicate her skills to supporting people, teams and organisations and to help them discover their strengths and develop approaches to make a positive impact in all that they do but which is also seen and felt. She is passionate about contributing to making the lives of others and the world around us better and she sees her role as Executive Director as one of ensuring PIPS is at the forefront in working towards a compassionate society free from suicide. Her role entails working closely with the Trustee Board to ensure the effective governance and strategic direction of PIPS whilst promoting the services of the organisation and lobbying on matters relevant to clients. Renée knows that PIPS will continue to provide a first class service to as many clients as they can over the coming years.

Our Staff During 2020–21



CARE TEAM MANAGER
Martina McIlkenny



COUNSELLOR
Keith Savage



COUNSELLOR
Louise Gault



COUNSELLOR
Sean Gallagher



**ADMINISTRATIVE
SUPPORT**
Ciara McElroy
(1 Dec 2020 – 1 May 2021)



RECEPTIONIST
Sharon Dawson
(1 March 2016 – 18 June 2021)



**HR / FINANCE
ADMINISTRATOR**
Ciara McIlkenny
(11 March 2013 – 18 June 2021)



PR OFFICER
Chris Anderson
(27 Oct 2020 – 20 Jan 2021)



CLEANING STAFF
Angela Hamilton
(8 August 2016 – 25 June 2021)

Also included in the PIPS team, but not photographed is Catherine Smyth who left on 30 October 2020.

Our Volunteers In 2020–21

We have a very dedicated team of 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.

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 social media channels continue 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 27,500.



82,000

Reach

Facebook account has over 19,618 followers and we are reaching over 82,000 people with our posts.



18,000

Reach

Twitter account has 5,889 followers and we are reaching over 18,000 people through this channel.



42,000

Impressions

Instagram peaked at just over 2,064 followers with over 42,000 impressions

PIPS Charity continues to produce unique, informative and shareable content in-house for the social media channels which resonate with our followers and the upward trend seen across this reporting year continues.

Trustees' Annual Report

(Incorporating The Director's Report)

The Trustees present their annual report together with the financial statements of the company for the 01 April 2020 to 31 March 2021. The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practices (SORP), 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 2015) as amended by Update Bulletin 1. Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2016 (Strategic Report and Director's Report) Regulations 2013 is not required.

STRUCTURE, GOVERNANCE AND TRUSTEES

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

During this reporting period PIPS Suicide Prevention Ireland had a Board of 5 directors who met regularly and were responsible for the strategic direction and policy of the charity.

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 including Counselling, Crisis Support, Complementary Therapies, Befriending, one to one sessions, mentoring and support groups, sign posting to support organisations and home visits 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 understands that everyone is different and we need to be able to offer an appropriate service to cater for individual needs. PIPS Charity is one of the few, if not the only suicide prevention organisation that offers an open door service with no appointment needed.

PIPS' Mission Statement

We help individuals, families and organisations who have been affected by suicide or mental un-wellness and we do this by:

- Providing support and counselling services in an accessible and non-judgmental space for individuals to understand themselves and to better navigate their personal path in life
- Providing a neutral, compassionate and supportive environment by offering a space for peer groups to share their experiences of emotional challenges
- Working with organisations to nurture a culture of awareness and understanding of mental wellness, by providing specialist training and volunteering opportunities
- Working with local communities and government bodies to influence societal change with the aim to advance the understanding of suicide and mental wellness within Ireland

PIPS' Vision Statement

Striving for a compassionate society free from suicide

Building upon success

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

PIPS Values

1. We value active and non-judgmental listening to fully understand the needs of our clients and Stakeholders, to promote positive change.
2. We value engaging with our clients and Stakeholders in a compassionate and empathetic manner, to deepen connections and support transformational change.
3. We value the ability to be adaptable and flexible in an ever changing world, moving quickly and decisively.
4. We value respect by accepting each individual for who they are which enables us to build strong relationships based on trust and safety.
5. We value confidentiality as the foundation of maintaining trusting relationships with our Stakeholders, by handling all information with the utmost care, privacy and in keeping with ethical boundaries.
6. We value our courage to do the right thing, influence societal change, by challenging the status quo and transforming our communities.

7. We value our Commitment to Excellence in promoting mental wellness by maintaining the highest standards, by continually learning, improving and innovating.
8. We value integrity as the fundamental basis of how we operate, by consistently behaving in a moral, ethical, transparent, accountable and honest manner.
9. We value self-determination where individuals have the right to make their own decisions and choices, so that they become active participants in their own journey.

The organisation's key strengths include:

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

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.

PIPS' Care Team Services

PIPS' care service has continued to provide one to one counselling and befriending throughout the Covid Pandemic, initially working remotely, then returning when safe to do so. 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 increased its reliance on volunteer counsellors and recruited two additional Child and Youth Counsellors.

During this reporting period PIPS had seen 11,235 clients, of which 371 were children (age 4-18yrs old) with 18% of children presenting to PIPS with a disability. This total increase in clients during this period has been due mainly to Covid lockdown and resultant isolation coupled with financial concerns /furlough.

PIPS Care Team receive referrals from other voluntary and statutory organisations and also make referrals to other agencies and sign post as appropriate.

Events and Fundraising

During this reporting period PIPS traditional fundraising events were placed on hold due to the Covid Pandemic.

Going Concern

After making appropriate enquiries, the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Financial Review

The total income for the year ended 31 March 2021 amounted to £452,533 (2020: £359,168 (Restated)). The total expenditure was £304,690 (2020: £268,328 (Restated))

The Trustees consider that the unrestricted funds of the charity is sufficient and adequate to fulfil their obligations. The charity held £366,345 in Unrestricted Funds at the yearend (2020: £218,502).

Principal Funding Sources

PIPS main source of income is from fundraising activities which is supplemented by grant income from Trusts and Foundations. The organisation does not receive any government funding for the services that it provides.

Reserves Policy

The income of the Company is considered adequate and the risks associated with any significant reduction in income is regarded as unlikely. The Trustees are satisfied with the current level of reserves at the present time. The Trustees are reviewing the Reserves Policy in the current year. The target for unrestricted fund reserves is twelve months running costs in cash at bank.

COVID-19

The outbreak of COVID-19 has caused the charity to consider the risks and impact that this global pandemic has on its future. The key impacts of COVID-19 on the charity include unavailability of personnel and its ability to provide the agreed services on the various projects as well as the negative impact on the global economy. The charity continues to monitor this ongoing pandemic but notes that it is well placed to manage this ever changing situation. All guidance received from the funding bodies is being followed. The directors feel that the company has sufficient resources to maintain the business throughout the pandemic and thereafter.

The Trustees (who are also directors of PIPS Suicide Prevention Ireland for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standard (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the income resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

select suitable accounting policies and then apply them consistently

- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transaction and disclose with reasonable accuracy at any time the financial position of the charitable company and the enable them to ensure that the financial statements comply with the Companies Act 2016. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Board on 30 September 2021 and signed on behalf by:



Rev Dr Bill Shaw OBE

Director (Chair)

Independent Examiner's Report

I report on the financial statements of the company for the year ended 31 March 2021 which are set out on pages 26 and 27.

This report is made solely to the company's Trustees, as a body in accordance with section 65(3)(a) of the Charities Act Northern Ireland 2008 and regulations made under section 66 of the Act. My work has been undertaken so that I might state to the company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's Trustees as a body, for my work of this report.

Respective responsibilities of trustees and examiner

As the company's Trustees (and also the directors of the company for the purpose of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006. Having satisfied myself that the company 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
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- 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.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It was also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

Independent examiner's statement

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 63 of the Charities Act
- 2 That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

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.



Tony Clarke

Clarke & Co Accountants
53 Andersonstown Road
Belfast
BT11 9AG

11 October 2021

Financial Activities Including Income And Expenditure – Y/E 31 March 21

	Note	Unrestricted Funds £	Restricted Funds £	Year to 31-Mar-21 TOTAL £	Year to 31-Mar-20 TOTAL £
Income from:					
Donations and Legacies	2	299,619		299,619	304,168
Charitable Activities	3		152,914	152,914	55,000
Total Income		299,619	152,914	452,533	359,168
Expenditure on:					
Charitable Activities	6	156,141	148,549	304,690	268,328
Total Expenditure:		156,141	148,549	304,690	268,328
Net income / (Expenditure) Transfers between funds					
		143,478	4,365	147,843	90,840
Net movement in funds		143,478	4,365	147,843	90,840
Reconciliation of Funds					
Total funds brought forward	12	218,502		218,502	127,662
Total Funds carried forward	11	361,980	4,365	366,345	218,502

The statement of financial activities includes all gains and losses recognised in the year. All incoming resources and resources expended derive from continuing activities. The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Balance Sheet – As At 31 March 2021

	Note	2021 £	2020 As Restated £
Fixed Assets			
Tangible Assets	14	173,473	169,981
		173,473	169,981
Current Assets			
Debtors	8	7,401	
Cash at bank		525,974	275,100
		533,375	275,100
Liabilities Creditors: amounts falling due within one year	10	(239,192)	(123,404}
Net current assets		294,183	151,696
Total assets less current liabilities		467,656	321,677
Creditors: amounts falling due after more than one year	13	(101,311)	(103,175)
Net assets		366,345	218,502
Funds			
Restricted		4,365	
Unrestricted		361,980	218,502
Total Funds	11	366,345	218,502

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021. The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the 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 company. The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476. These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the board directors on 30th September 2021 and were signed on their behalf by:



Paul McCusker
Director

Achievements And Events 2020–21

CORPORATE SUPPORT THROUGHOUT THE YEAR



TESCO



VOX



ENEA OPENWAVE



NIE NETWORKS



BOURNEVIEW MILL FOOTBALL CLUB



JP CORRY & BASSETTS EHS DAY



HUHTAMAKI



JAM



BUBBA'S GYM



BUNZL



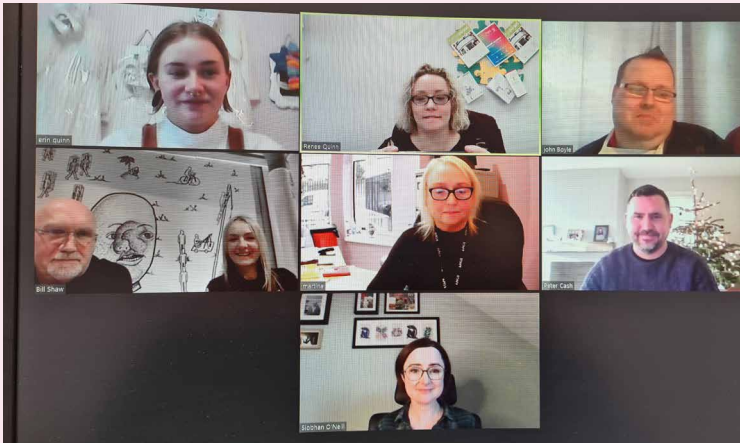
ASDA ENNISKILLEN

Returning To PIPS House – June 2020

Following the March 2020 lockdown period and following a year of extensive building renovation staff returned to our beautiful building in June 2020.



We hosted Deputy Lord Mayor of Belfast City Council, Paul McCusker to our building



We virtually hosted Interim Mental Health Champion, Prof Siobhan O'Neill



And also held our own Random Act of Kindness Day



We marked World Suicide Prevention Day and World Mental Health Day

What Our Clients Say About Us

My life was empty, or I thought it was but it was actually my inner self was empty I'm no longer alone.

I came in feeling like nothing, but I'm leaving feeling like a million dollars.

To be listened to, is worth a lot more than words.

I thought my mental health was doomed and then I arrived at PIPS, and I now know that's not true. I see it like this when I am crocheting, and I drop a stitch its ok to go back fix it and move on, or let it stay dropped and remember every time you see it, you will remember dropping a stich is not that important and it is ok to do that now and again and not everything has to be perfect.

My body and mind brought me here when I was in a dark place. Now I come with my mind and body light, and I can see past the darkness.

I like coming here. I get to make things and I like to bake. It makes it easier to talk.

Female aged 13

I do not need to say yes when I mean no. I have a choice now with your help.

Child aged 12

PIPS is my happy place with Jennifer.

(Art Therapist) Child aged 8

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!

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 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.

It is perfect here I like having space to talk.

Boy aged 12

I like coming here. I get to make things and I like to bake. It makes it easier to talk.

Female aged 13

I came to PIPS because I had struggled for a long time with my mental health and I wanted to get support. I feel comfortable here and if I don't know what to say my counsellor has lots of resources and apps to help. Sometimes I can go for days without leaving the house and counselling once a week gives me structure and routine and something to go out for.

Girl aged 17

I came to PIPs because I was feeling sad and anxious. The sessions have helped me to feel better, especially the worksheet where I learned about my anxiety triggers. I like playing fun games like Jenga at the end so I feel ready to go home.

Boy aged 13

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 get to talk to somebody outside my family, about stuff. It's calm and I can think.'

Female aged 12

I came to PIPS for help with anxiety and confidence. Coming here helps me with my feelings. I like playing the memory game with cards and doing the art activity with the house about things that help me and things I find difficult. I'm glad I was able to come for help before starting secondary school. I also like the fidget toys.

Girl aged 11.

Acknowledgments

Our work is only possible due to the unwavering commitment of our supporters, corporates, Lorna Byrne Children's Foundation and Greystone Trust which continue to work with us. To everyone involved, we cannot thank you enough for continuing this vital help in the most challenging of years.

In addition to the donors named below, we would like to thank all our anonymous donors.

- Greystone Trust
- Lorna Byrne Children's Foundation
- Lloyds
- ASM Accountants
- 360 Properties
- Co-Op Old Park and Ballysillian
- NIE Networks
- Huhtamaki
- Radius Systems Lurgan
- Housing Executive
- Genus
- Liberty IT
- JP Corrys
- Bassetts
- McKees Law
- Henderson Food Service
- Sofology
- North Down Groups
- Automated Intelligence
- Real Time Digital
- Fibrus
- VOX
- Lisburn Chamber of Commerce
- Iceland
- Hydro-ease
- OPAL People Solutions
- Spar Gransha Road, Bangor

Support Staff – as at December 2021

Executive Director	Renée Quinn
Care Team Manager	Martina Mcilkenny
Financial Controller	Dermot McCluskey
Counsellor	Louise Gault
Counsellor	Sean Gallagher
Counsellor	Keith Savage
Counsellor	Elaine Roden
Counsellor	Yvonne Reader
Counsellor	Claire McGleenan
Care Team Support Officer	Trudy Montgomery
Care Team Telephonist	Margaret Mulholland
Care Team Telephonist	Una Coey
Digital Media Executive	Shea Doherty

Reference Information

Charity Addresses

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

Telephone: 028 9080 5850

Monday – Friday 9am–9pm

Saturday & Sunday 10am–6pm

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5-7 Artillery Street
Londonderry
BT48 6RG

Telephone: 028 7122 4133

By Appointment only

South West Office (Fermanagh, Omagh, Sligo Cavan)

Asda Community Rooms
Derrychara Road
Enniskillen
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Telephone 028 6633 9004

By Appointment only

Registered Office

279 Antrim Road
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BT15 2GZ

Accountants

Tony Clarke
Clarke & Co Accountants
53 Andersonstown Road
Belfast
BT11 9AG

Solicitors

Edwards & Co
28 Hill Street
Belfast
BT1 2LA

Banking

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



PLANTING THE SEEDS OF HOPE

PIPS

Suicide Prevention Ireland

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Co. Antrim

BT15 2GZ

Telephone: 02890 805 850

Free phone: 0800 088 6042

Email: info@pipscharity.com

Charity Registration Number NIC 104726

Company Registration Number NI 615082

pipscharity.com

