

Fight Against Suicide Company Limited by Guarantee

Directors' report and financial statements for the year
ended 30 September 2020

DIRECTORS' REPORT AND FINANCIAL STATEMENTS
for the year ended 30 September 2020

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FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

COMPANY INFORMATION

Company registration no.525785

Charity registration no.20083151

Charity number CHY 20867

DIRECTORS

Dudley Farrell
Gavin Finnerty
Brendan Tighe
Andrew Keegan
Denis Lally (appointed 12.04.21)
Carmel Breheny (appointed 25.03.21)
Jeanette Glynn (appointed 25.03.21)

SECRETARY

Andrew Keegan

REGISTERED OFFICE

First Floor,
6 Lapps Quay,
Cork.

SOLICITORS

William Fry,
2 Grand Canal Square,
Dublin 2.

BANKERS

Bank of Ireland,
Montrose,
Dublin 4.

AUDITORS

Ernst & Young,
Chartered Accountants,
City Quarter,
Lapps Quay,
Cork.

DIRECTORS' REPORT
for the year ended 30 September 2020

DIRECTORS' ANNUAL REPORT FOR THE YEAR ENDED 30 SEPTEMBER 2020

The Board of Directors of Fight Against Suicide (T/A Cycle Against Suicide) present their Directors' Annual Report, combining the Directors' Report and the audited financial statements for the year ended 30 September 2020.

The financial statements are prepared in accordance with the Companies Act 2014, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Directors' Report contains the information required to be provided in the Directors' Annual Report under the Statement of Recommended Practice (SORP) guidelines. Fight Against Suicide is limited by guarantee not having a share capital. The Board of Directors of Cycle Against Suicide are also charity trustees for the purpose of charity law.

In this report the Directors of Fight Against Suicide (T/A Cycle Against Suicide) present a summary of its purpose, governance, activities, achievements and finances for the financial year ending 30 September 2020.

The company is a registered charity and the report and results are presented in a form which complies with the requirements of the Companies Act 2014 and, with the Statement of Recommended Practice applicable in the UK and Republic of Ireland, FRS 102, (effective 1 January 2015).

OUR MISSION

In Europe, Ireland has one of the highest incidences of mental illness, ranking third out of thirty-six countries. Despite the clear benefits of treatment for mental health problems, only a minority of those affected go on to receive professional help. The biggest single barrier against treatment is the stigma surrounding mental health issues. Stigma is the result of negative and prejudicial attitudes and behaviours that are expressed by people to those living with a mental health problem or a mental illness, and it can cause intense shame and fear. People with mental health problems say that the social stigma attached to mental ill health and the discrimination they experience can make their difficulties worse and make it harder to recover. It is therefore important to address the issue of stigma if we, as a nation, are to succeed in improving the mental health of all Irish citizens. Cycle Against Suicide has been to the fore in helping to destigmatise mental health issues and changing the narrative around suicide. Our events and programmes contribute to positive mental health as they bring people together and kick-start conversations about mental health and well-being. A slogan coined by Cycle Against Suicide, **"It's OK not to feel OK, and it's absolutely OK to ask for help"** helps build personal resilience and breaks the stigma associated with mental ill health. These are important for suicide prevention and helping people seek the support they need.

DIRECTORS' REPORT
for the year ended 30 September 2020 (Continued)

OBJECTIVES AND ACTIVITIES

In accordance with its Constitution, the main objective for which Cycle Against Suicide was established is to benefit the public by breaking down stigma associated with the issue of mental well-being through increasing awareness and facilitating open discussion about mental health issues in Ireland and encourage people to seek help if their mental wellbeing is being challenged.

As objects incidental and ancillary to the attainment of the main object, Cycle Against Suicide has the following subsidiary objectives:

- Organise events so that the main objectives can be advanced
- To promote awareness about existing mental health organisations who provide front line services in communities
- To work with existing organisations in the mental health arena so that we can work together with more cohesion
- To engage with other organisations in Ireland to effect those main objectives throughout Ireland, particularly schools
- To use all relevant channels to raise awareness in Ireland about our core message, that **“it’s OK not to feel OK, and it’s absolutely OK to ask for help”**.

ACHIEVEMENTS AND PERFORMANCE

Cycle Against Suicide has as its main goals, addressing mental health stigma and in turn, the prevention of suicide and support for those affected by it, as well as the promotion of mental health as a critical part of overall wellness. These goals recognise the link between mental health and suicide or suicidal ideation. Indeed, mental ill health is the primary risk factor for suicide.

This recognition is what shapes Cycle Against Suicide’s approach to its work. Rather than focus only on raising awareness on suicide as a standalone subject, Cycle Against Suicide has taken an approach that blends awareness about root causes with robust prevention and intervention programmes targeted at practically all segments of society. Through its various programmes and events, Cycle Against Suicide supports those at risk and the people who care for them, as well as those who could potentially face mental health challenges.

‘Main Cycle’ & ‘Bike4Life’ Campaigns

The annual Main Cycle is Cycle Against Suicide’s primary vehicle for raising awareness in communities about suicide, its prevention, and the importance of mental health. Through this event, the organisation asks people across Ireland to use pedal power to promote a conversation about mental health. It brings together cyclists of all abilities and backgrounds, friends and families, work colleagues and total strangers all cycling toward a brighter future, promoting the core message of the organisation: **‘It’s OK not to feel OK; and it’s absolutely OK to ask for help’**. Unfortunately, due to COVID-19, our annual Main Cycle was cancelled and replaced by the Bike4Life MKM Challenge which ran from 1 May to World Suicide Prevention Day on 10 September 2020: <https://www.cycleagainstsucide.com/bike4life-the-mkm-challenge>. In excess of 2,000 participated in our Bike4Life campaign.

DIRECTORS' REPORT
for the year ended 30 September 2020 (Continued)

ACHIEVEMENTS AND PERFORMANCE (Continued)

World Suicide Prevention Day 2020 – 10 September

Bike4Life – MKM Challenge - Cycle Against Suicide undertook a major PR campaign (including, radio, national press, local press and social media, raising awareness in the lead up to World Suicide Prevention Day, 10 September, inviting people to join in our fight against suicide. Individuals were invited to wear a Cycle Against Suicide cycling jersey, t-shirt or jacket, to signal to others that what they were doing they were doing for a purpose - promoting suicide awareness and prevention.

Our aim was to collectively take to our bikes from 24 May to 10 September and cycle in excess of a million kms, - the MKM Challenge. We called on people to cycle towards our collective total. 2,063 individuals joined this campaign and cycled a total of 728,642KMs

Lighting of Lights – Again as part of its campaign for World Suicide Prevention Day, Cycle Against Suicide invited individuals, families, companies and public offices to join the Lighting of Lights on the evening of 10 September 2020 to honour those who have died through suicide, those who have lost loved ones to suicide and those battling mental health challenges. Our 2020 event took on greater meaning with COVID-19, and the toll it's having on people's emotional well-being. Our 2020 event also honoured all Irish people as we stood together, united as one, in empathy, encouragement and support during COVID-19.

Programmes

Each one of Cycle Against Suicide's programmes has a target audience and is supported by evidence-based research and best practices that delivers results.

Secondary Schools' and Youthreach programme.

Not only does Ireland rank 4th highest on teen suicide's out of 31 European Countries, research shows that one in three young people in Ireland will experience some form of mental health issue in any given year. Evidence shows that the majority of adults living with a mental health problem or mental illness first experienced symptoms during their teenage years. Despite the clear benefits of treatment for mental health problems in young people, only a minority of those affected (less than 20%) go on to receive professional help. This depressing statistic underlines the importance of the work that Cycle Against Suicide does with young people. As research shows, the biggest barrier against treatment for young people is the stigma surrounding mental health issues. Cycle Against Suicide's schools' programmes for young people are designed to break down those barriers and empower young people to seek help. Not only that, Cycle Against Suicide's programme – 'HEADSTRONG', builds student knowledge about mental health enabling them to identify signs, either in themselves or in others and become each other's champions.

Cycle Against Suicide's evidence-based secondary schools' peer-to-peer programme 'HEADSTRONG' has gone from strength to strength. For the school year commencing September 2020 - 597 schools and Youthreach centres signed up to participate on our HEADSTRONG programme. Thousands of toolkits (course workbooks) were distributed to participating schools/youthreach centres. Cycle Against Suicide also developed and introduced its e-learning platform to allow not only for the option of blended learning, but for the continuation of our programme should schools be required to undertake remote learning due to COVID-19.

DIRECTORS' REPORT
for the year ended 30 September 2020 (Continued)

ACHIEVEMENTS AND PERFORMANCE (Continued)

Student Leaders' Congress

For the fifth year Cycle Against Suicide again hosted its Student Leaders' Congress, a mental health education day, at Dublin's Citywest Convention Centre in January 2020. Speakers discussed their experiences of suicide and mental health openly and honestly at the one-day conference. Other topics discussed included body image, social anxiety, consent and respect, issues affecting the LGBTQ+ community, online trolling and how to build resilience and offer hope to young people. The event also hosted talks and workshops from a number of experts in the field of mental health and wellbeing. 4,000 secondary school students and early school-leavers from more than 150 schools across the country attended this inspirational event promoted by the motivational hashtags #BreakTheCycle and #ItsOkNotToFeelOk.

Video footage (duration 11'43) from our Student Leaders Congress 2020 can be viewed here <http://www.cycleagainstsucide.com/2020/03/06/student-leaders-congress-2020/> Unfortunately, due to COVID-19, our Student Congress for 2021 was cancelled and a shorter virtual event was delivered to schools with key takeaway tools for young people to maintain hope and build resilience.

Primary schools' programme.

In September 2020, Cycle Against Suicide commenced researching appropriate evidenced based whole school approaches to teaching and supporting well-being in primary schools.

Workplace programmes

Cycle Against Suicide had been working to introduce the NHS's workplace programme, 'Mindful Employer'. Unfortunately, due to COVID-19, details were never finalised between the NHS and Cycle Against Suicide. In September 2020 Cycle Against Suicide commenced delivering Professor Neil Greenberg's 'March on Stress' evidence-based programme, Sustaining Resilience At Work; (Straw). This programme focuses on mental health conditions and issues that affect employees and is designed to help organisations develop comprehensive peer support system internally.

Cycle Against Suicide's Buddy Up and Make the call Campaign and Community Buddy Programme.

The coronavirus pandemic and subsequent lockdown measures were the catalysts for Cycle Against Suicide's 'BUDDY Up and Make The Call' campaign calling people to support each other during Covid-19 especially people who maybe struggling mentally during this public health crisis. Taking part consisted of calling three people who maybe in need of help, with the simple messages that they are not alone, that someone is there for them with a commitment to be available to them should they need help. Participants were encouraged to tag three of their contacts so they too could 'BUDDY Up and Make the Call'. The hashtags used as part of this campaign were #BuddyUp, #MakeTheCall, #InThisTogether and #ItsOKNotToFeelOK.

DIRECTORS' REPORT **for the year ended 30 September 2020 (Continued)**

ACHIEVEMENTS AND PERFORMANCE (Continued)

Cycle Against Suicide's Buddy Up and Make the call Campaign and Community Buddy Programme.

Due to the success of our Buddy Up and Make the Campaign, coupled with request from individuals looking for support from Cycle Against Suicide and feedback from all stakeholders, Cycle Against Suicide commenced work on delivering the Cycle Against Suicide Community Buddy programme in the fourth Quarter of 2020. This programme is premised around the important role that peer support plays in mental health. Peer support is an emerging practice within the mental health sector. There is evidence that social reciprocity is an essential component of providing support and individuals who share similar life experiences understand a peer's situation better. Cycle Against Suicide's **Community Buddy programme** will provide one on one:

- Empathetic, listening ear
- Provide low level psychological intervention building coping and resilience in individuals.
- Identify people who may be at risk to themselves or others
- Facilitate pathways to professional help where necessary.

Cycle Against Suicide are working to develop a network of Buddy support in all communities across Ireland.

All of these programmes make Cycle Against Suicide a fully-fledged service provider, delivering key services to all strata of society. In addition to these programmes our website provides access to the kinds of resources people need to maintain and improve their mental health, build resilience and thrive in society.

PRINCIPAL RISKS AND UNCERTAINTIES

The continued effects of COVID-19 are having an unprecedented impact on Cycle Against Suicide. The funding landscape has changed dramatically with our main income generating event, our Annual Main Cycle, having been cancelled for yet again, a second year. This has been set against an increase in demand for our services and the delivery of new programmes. The current COVID-19 crisis has challenged the mental strength of many people, young and old, across Ireland. Unprecedented levels of stress and anxiety are being reported throughout the country. We have seen a major increase in the number of individuals contacting the organisation seeking support. It is this demand that has been the catalyst for the introduction of our Community Buddy programme.

Cycle Against Suicide has seen a dramatic uptake in the number of schools wishing to participate on our HEADSTRONG Programme. For the school year 2019/2020 - 200 schools participated on HEADSTRONG programme. For the school year 2020/2021 597 secondary schools and Youthreach centres participated on our programme.

DIRECTORS' REPORT
for the year ended 30 September 2020 (Continued)

PRINCIPAL RISKS AND UNCERTAINTIES (Continued)

Cycle Against Suicide have tried to accommodate these new realities in a number of different ways. The Board of Cycle Against Suicide have clarity of vision and are maintaining unwavering focus on the unique contribution that Cycle Against Suicide can make, concentrating on the charitable purpose of the organisation, thinking what is in the best interest of beneficiaries and services users. However, the financial effects of COVID-19 on Cycle Against Suicide will be felt for some time.

RESERVES

Cycle Against Suicide's policy is to maintain unrestricted reserves at a level which ensures the stability and long-term viability of the organisation, to ensure protection from fluctuations in income, and to allow immediate and efficient response to urgent needs, which may arise subject to the charity's objectives. In line with this policy Cycle Against Suicides' total unrestricted reserves at 30 September 2020 are €61,310. At 30 September 2020 Cycle Against Suicide held €19,373 in restricted reserves.

FUTURE PLANS

Cycle Against Suicide have come a long way since our inception in 2013 and as an organisation, we understand the value of reflection and review in determining our future direction.

Cycle Against Suicide was initially set up to combat mental health stigma, rallying people across Ireland with the anti-stigma message "It's OK Not to Feel OK. And It's Absolutely OK to Ask for Help." We understood then, as we still do now, that mental health problems are not a battle to be fought alone; it takes a community, be that families, neighbours, schools or workplaces – caring, non-judgmental communities that comes alongside to help. And so, we focused on creating awareness in wider society about the negative impacts of stigmatisation on those with mental health struggles.

In the last several years however, the area of mental health advocacy has undergone changes. Recognising the gap between the lived reality of people suffering from mental ill health and their ability to access the support they need, mental health advocacy is now less about creating awareness, and more about providing access to support. Nevertheless, it continues to require a community approach.

As an organisation, we recognise this and have evolved accordingly to ensure that our programmes and services are tailored to the needs of those we serve. In the last 3 years, our programmes have evolved to focus on the provision of much needed resources that support the needs of key stakeholders, while being anchored in community.

For young people, we developed school programmes that provide age-appropriate tools and support for mental health issues. These include evidenced-based mental health curriculum resources to help improve both teachers' and students' mental health competency using unique learning tools, practical application, and peer to peer education.

Our workplace programme supports employees in their mental health journeys, while helping employers develop comprehensive peer support system internally. Our most recently launched initiative, the Community Buddy programme, is a peer support programme that equips

participants with the practical, hands-on skills and knowledge they need to deliver support services to those in struggling in their local communities. Trained Buddies provide a listening ear to those going through mental health challenges and help them access appropriate professional help and resources.

Each of these programmes have had positive impacts on our communities and enabled Cycle Against Suicide to live up to our mission and values as an organisation. We will continue to work and embed our range of programmes into all communities, but that schools, workplaces and neighbourhoods to fully support all to continue to make a real and visible difference in the fight against suicide.

As we look into the future, we have no doubt that needs in the area of mental health will continue to evolve. Our commitment to an appropriate, needs-based approach informed by research, will ensure that we are always prepared to meet those needs.

COMPLIANCE WITH SECTOR-WIDE LEGISLATION AND STANDARDS

Cycle Against Suicide engages pro-actively with legislation, standards and codes which are developed for the sector. Cycle Against Suicide subscribes to, and is compliant with, the following:

- The Companies Act 2014
- The Charities SORP (FRS 102)
- Guidelines for Charitable Organisations on Fundraising from the Public
- Cycle Against Suicide is compliant with the new Governance Code as issued by the Charities Regulator.

DIRECTORS' REPORT
for the year ended 30 September 2020 (Continued)

DIRECTORS' RESPONSIBILITIES IN RESPECT OF THE FINANCIAL STATEMENTS

The Board of Directors of Cycle Against Suicide are required to prepare company financial statements that give a true and fair view of the state of the charity's affairs and of its income and expenditure for each financial year. In preparing the financial statements, the Board of Directors are required to select suitable accounting policies, to apply them consistently and to make judgements and estimates that are reasonable and prudent. The Board of Directors of Cycle Against Suicide confirm that they have complied with the above requirements in preparing the financial statements. The Board of Directors are responsible for keeping proper accounting records which comply with accounting standards and which disclose, with reasonable accuracy at any time, the financial position of the charity. To ensure that proper books and records are kept, the charity has employed appropriately qualified personnel and has maintained appropriate computerised accounting systems. It is also responsible for safeguarding the assets of the charity, and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COMMITMENT TO STANDARDS IN FUNDRAISING PRACTICES

The Board of Directors of Cycle Against Suicide is committed to the standards contained within the Statement of Guiding Principles for Fundraising.

Cycle Against Suicide meets the standards as set out in the Code of Practice and is fully committed to working with the relevant agencies to maintain and develop the highest standards of fundraising methods.

COMMITMENT TO BEST PRACTICE IN CORPORATE GOVERNANCE

Cycle Against Suicide is compliant with the new Charities Governance Code, as issued by the Charities Regulator, and is committed to the standards contained within.

STAKEHOLDER ACCOUNTABILITY

Under our 'Stakeholder Accountability Framework', Cycle Against Suicide makes the following commitments to our stakeholders:

- Cycle Against Suicide respects the rights and values the contribution of our diverse stakeholders.
- Cycle Against Suicide works in partnership with our stakeholders.
- Cycle Against Suicide is a transparent organisation and endeavour to collaborate and share information openly with our stakeholders.
- Cycle Against Suicide consults and listens to our stakeholders to ensure that our work is informed by their active participation and feedback.
- Cycle Against Suicide works to ensure that all of our programmes are of the highest quality, in line with best practice and can demonstrate results which bring positive changes in people lives.

DIRECTORS' REPORT
for the year ended 30 September 2020 (Continued)

AN EFFECTIVE AND ACCOUNTABLE ORGANISATION

Cycle Against Suicide has a responsibility to be accountable to the people who fund, support and work with our organisation.

Cycle Against Suicide can be held to account by our key stakeholders for delivery of our commitments.

Cycle Against Suicide is an efficient and effective organisation which gets the best value from our financial resources.

Success against this goal has required embedding certain behaviours and process within Cycle Against Suicide.

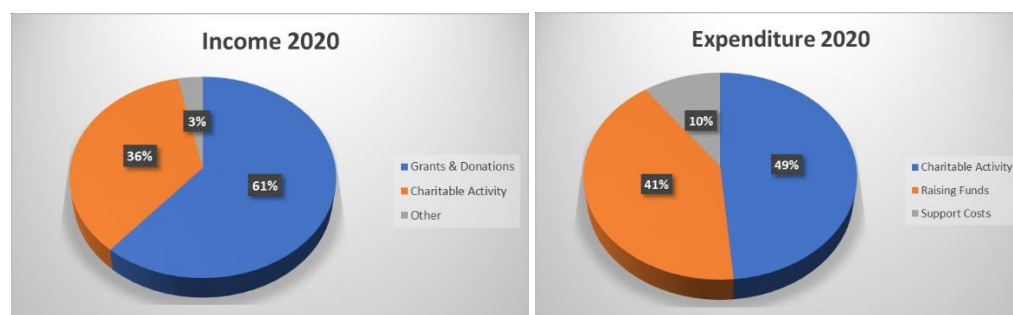
THANK YOU

People all over Ireland donate their time and money to supporting Cycle Against Suicide. It is this support that makes Cycle Against Suicide and all that we deliver and achieve possible. To everyone who has volunteered, donated, fundraised or supported Cycle Against Suicide, we thank you most sincerely.

FINANCIAL REVIEW

The results for the year are presented on page 17 in the form of a Statement of Financial Activities in order to comply with the Statement of Recommended Practice (SORP) Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). A detailed commentary on the financial results reflected in the 2019 Annual Report is set out on the following pages. The key risks facing the organisation are set out in the paragraph on structure, governance and management in this report.

Being transparent, accountable and clear on how our money is spent is important to the Board of Directors of Cycle Against Suicide. Here is a breakdown on what we received and spent and why.



DIRECTORS' REPORT
for the year ended 30 September 2020 (Continued)

BOARD'S RESOLUTION REGARDING GUIDELINES FOR CHARITABLE ORGANISATIONS ON FUNDRAISING FROM THE PUBLIC

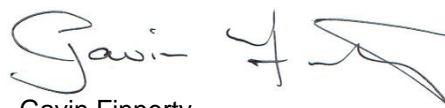
The Board resolves to adopt the Guidelines for Charitable Organisations on Fundraising from the Public and confirms that Cycle Against Suicide is committed to complying with the Guidelines and will endeavour to:

1. *Adhere to the core principles of respect, honesty and openness by:*
 - Respecting the rights, dignity and privacy of supporters, clients and beneficiaries.
 - Answering reasonable questions about fundraising activity and fundraising costs honestly. Making information about our purpose, activities and governance available to the public.
2. *Demonstrate its commitment to donors by:*
 - Agreeing and making known a Donor's Charter consistent with the Guidelines for Charitable Organisations on Fundraising from the Public containing commitments regarding the causes for which the charity is fundraising, the use of donations, and disclosures regarding the status and authority of those soliciting donations.
 - Operating a complaints and feedback procedure.
3. *Ensure high standard of fundraising practice by:*
 - Ensuring fundraisers are committed to the highest standards of good practice by providing information and training on the Guidelines for Charitable Organisations on Fundraising from the Public.
 - Ensuring that fundraising activities are respectful, honest, open and legal and that images and messages are chosen and used in accordance with the Statement of Guiding Principles for Fundraising.
 - Having a policy in place for regarding the management of volunteer fundraisers.
4. *Be financially accountable by:*
 - Publishing an annual report and statement of annual accounts, which includes a statement on compliance with the Guidelines for Charitable Organisations on Fundraising from the Public.
 - Making sure that there are appropriate internal financial and management controls in place.
 - Making sure that all donations are recorded and that records comply with data protection legislation.

Approved by the Board of Directors on 17th June 2021 and signed on its behalf by:



Andrew Keegan
Director



Gavin Finnerty
Director

DIRECTORS' RESPONSIBILITIES STATEMENT
for the year ended 30 September 2020

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish Law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with accounting standards issued by the Financial Reporting Council and promulgated by the Institute of Chartered Accountants in Ireland, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (Generally Accepted Accounting Practice in Ireland). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position, of the company as at the end of the financial year, and the profit or loss for the company for the financial year, and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- Select suitable accounting policies for the company financial statements and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether the financial statements have been prepared in accordance with applicable accounting standards, identifying those standards, and note the effect and reasons for any material departures from those standards; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and Directors' Report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Board of Directors on 17th June 2021 and signed on its behalf by:



Andrew Keegan
Director



Gavin Finnerty
Director

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

Opinion

We have audited the financial statements of Fight Against Suicide Company Limited by Guarantee ('the company') for the year ended 30 September 2020 which comprise the statement of financial activity, the statement of comprehensive income, the statement of changes in equity, the statement of financial position, the statement of cash flows and notes to the financial statements, including the summary of significant accounting policies set out in note 1. The financial reporting framework that has been applied in their preparation is Irish Law and Accounting Standards including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland issued in the United Kingdom by the Financial Reporting Council.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 30 September 2020 and of its surplus for the year then ended;
- have been properly prepared in accordance with FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the company in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters, in relation to which ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The directors are responsible for the other information. The other information comprises the information included in the directors' report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Continued/...

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE (Continued)

Other information (continued)

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that:

- in our opinion, the information given in the directors' report is consistent with the financial statements; and
- in our opinion, the directors' report has been prepared in accordance with the Companies Act 2014.

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited and the company statement of financial position is in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

Respective responsibilities

Responsibilities of directors for the financial statements

As explained more fully in the directors' responsibilities statement set out on page 13, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operations, or has no realistic alternative but to do so.

Continued/...

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE (Continued)

Respective responsibilities (continued)

Auditor's responsibilities for the audit of the financial statements

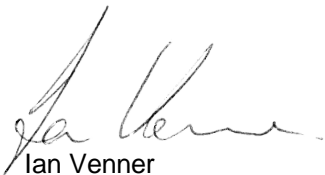
Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at: http://www.iaasa.ie/getmedia/b2389013-1cf6-458b-9b8f-a98202dc9c3a/Description_of_auditors_responsibilities_for_audit.pdf.

This description forms part of our auditor's report.

The purpose of our audit work and to whom we owe our responsibilities

Our report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members, as a body, for our audit work, for this report, or for the opinions we have formed.



Ian Venner
for and on behalf of Ernst & Young
Chartered Accountants and Statutory Audit Firm

Cork

23 June 2021

FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

**STATEMENT OF FINANCIAL ACTIVITY
for the year ended 30 September 2020**

	Note	2020 Unrestricted €	2020 Restricted €	2020 Total €	2019 Unrestricted €	2019 Restricted €	2019 Total €
INCOME							
Grants & Donations	3	129,013	82,614	211,627	188,908	–	188,908
Charitable activities	4	112,678	–	112,678	168,920	–	168,920
Other income	5	3,918	7,583	11,501	6,947	–	6,947
		<u>245,609</u>	<u>90,197</u>	<u>335,806</u>	<u>364,775</u>	<u>–</u>	<u>364,775</u>
Less:							
EXPENDITURE							
Raising funds	7	126,419	–	126,419	147,708	–	147,708
Charitable activity	7	98,579	70,824	169,403	201,958	–	201,958
		<u>224,998</u>	<u>70,824</u>	<u>295,822</u>	<u>349,666</u>	<u>–</u>	<u>349,666</u>
Surplus		<u>20,611</u>	<u>19,373</u>	<u>39,984</u>	<u>15,109</u>	<u>–</u>	<u>15,109</u>
<i>Reconciliation of funds:</i>							
Total funds brought forward		40,698	–	40,698	25,589	–	25,589
Net Movement in funds for the financial year		20,611	19,373	39,984	15,109	–	15,109
Total funds carried forward		<u>61,309</u>	<u>19,373</u>	<u>80,682</u>	<u>40,698</u>	<u>–</u>	<u>40,698</u>

FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

STATEMENT OF COMPREHENSIVE INCOME
for the year ended 30 September 2020

	2020	2019
	€	€
Surplus for the financial year	39,984	15,109
	<hr/>	<hr/>
Total comprehensive surplus for the year	39,984	15,109
	<hr/> <hr/>	<hr/> <hr/>

FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

STATEMENT OF CHANGES IN EQUITY
for the year ended 30 September 2020

	<i>Restricted funds</i> €	<i>Unrestricted funds</i> €	<i>Total</i> €
At 1 October 2018	–	25,589	25,589
Surplus for the year	–	15,109	15,109
	<hr/>	<hr/>	<hr/>
At 30 September 2019	–	40,698	40,698
Surplus for the year	19,373	20,611	39,984
	<hr/>	<hr/>	<hr/>
At 30 September 2020	19,373	61,309	80,682
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL POSITION as at 30 September 2020

ASSETS EMPLOYED	Note	2020 €	2019 €
CURRENT ASSETS			
Stocks	14	11,989	20,239
Debtors	15	19,022	29,149
Bank and cash		86,158	19,852
		<u>117,169</u>	<u>69,240</u>
CURRENT LIABILITIES			
CREDITORS (amounts falling due within one year)	16	(36,487)	(28,542)
		<u>80,682</u>	<u>40,698</u>
NET CURRENT ASSETS			
		<u>80,682</u>	<u>40,698</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u><u>80,682</u></u>	<u><u>40,698</u></u>
RESERVES			
Accumulated funds		<u><u>80,682</u></u>	<u><u>40,698</u></u>

The financial statements were approved by the Board of Directors on 17th June 2021 and were authorised for issue on that date by:



Andrew Keegan
Director



Gavin Finnerty
Director

FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

STATEMENT OF CASH FLOWS
for the year ended 30 September 2020

	2020	2019
	€	€
NET CASH GENERATED FROM OPERATING ACTIVITIES	66,306	(2,452)
NET CASH USED IN INVESTING ACTIVITIES	-	-
NET CASH GENERATED FROM FINANCING ACTIVITIES	-	-
	<hr/>	<hr/>
INCREASE/(DECREASE) IN CASH AND CASH EQUIVALENTS	66,306	(2,452)
CASH AND CASH EQUIVALENTS AT THE BEGINNING OF THE YEAR	19,852	22,304
	<hr/>	<hr/>
CASH AND CASH EQUIVALENTS AT THE END OF THE YEAR	<u>86,158</u>	<u>19,852</u>

NOTES TO THE FINANCIAL STATEMENTS
30 September 2020

1. ACCOUNTING POLICIES

1.1 *Statement of compliance*

Fight Against Suicide Company Limited by Guarantee is a company limited by guarantee incorporated in Ireland. The registered office is First Floor, 6 Lapps Quay, Cork.

The company's financial statements have been prepared in accordance with applicable accounting standards issued by the Financial Reporting Council and promulgated by the Institute of Chartered Accountants in Ireland, including FRS 102 *The Financial Reporting Standard applicable in the UK and the Republic of Ireland* (Generally Accepted Accounting Practice in Ireland).

In preparing the financial statements, the Company has referred to guidance within the Charities SORP for the Financial Reporting Standard applicable on the UK and Republic of Ireland – FRS 102 SORP.

The company has adopted best practice to the extent that requirements contained within the aforementioned SORP are applicable to the Company.

1.2 *Basis of preparation*

The financial statements are expressed in euro (€) which is the presentational currency of the company.

The response to the impact of COVID-19 is set out in the Principal Risks and Uncertainties section in the Directors' Report. It is our view, to the best of our current knowledge, that COVID-19 will not have an impact on the company's ability to continue as a going concern. The company has secured its funding for 2020 and 2021. The directors have also assessed detailed budgets which have been stress-tested to allow for various downside scenarios. The directors will continue to manage the services provided by the company in line with the funding available and consequently, the directors believe that the company is well placed to manage its business risks successfully.

After making enquiries, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

1.3 *Judgements and key sources of estimation uncertainty*

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the statement of financial position date and the amounts reported for revenues and expenses during the year. However, the nature of estimation means that actual outcomes could differ from those estimates.

NOTES TO THE FINANCIAL STATEMENTS
30 September 2020 (Continued)

1. ACCOUNTING POLICIES (Continued)

1.4 *Significant accounting policies*

(a) *Stock*

Stocks are valued at the lower of cost and net realisable value after making due allowance for any obsolete or slow moving items.

Net realisable value comprises the actual or estimated selling price (net of trade discounts) less any further costs to completion or to be incurred in selling and distribution.

(b) *Revenue recognition*

Income which consists of receipts from events, sale of goods, donations and fundraising income is recognised when received or reasonably assured. Volunteer income or capital is included in the Statement of Financial Activities where the company is legally entitled to it, its financial value can be quantified with reasonable certainty and there is reasonable certainty of its ultimate receipt. Voluntary contributions are included in full in the Statement of Financial Activities in the current year. The amount pertaining to donations in kind can be quantified with reasonable accuracy and are accounted for on a risks and rewards basis.

(c) *Fund accounting*

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for projects being undertaken by the charity.

(d) *Expenditure*

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Cost of raising funds comprise of fundraising activities and their associated support costs.
- Expenditure on charitable activities includes the costs of running events and other educational activities undertaken to further the purposes of the charity and their associated support costs.

(e) *Reserves*

Unrestricted funds represent funds which are available to spend on activities that further any of the purposes of the charity. Restricted funds represent grant income and donations received which are subject to conditions imposed by the donors or grant making institutions. They are not available for the general purposes of the foundation.

NOTES TO THE FINANCIAL STATEMENTS

30 September 2020 (Continued)

1. ACCOUNTING POLICIES (Continued)

1.4 *Significant accounting policies (continued)*

(f) *Short term debtors and creditors*

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the income statement in other operating expenses.

(g) *Cash and cash equivalents*

Cash and cash equivalents in the statement of financial position comprise cash at banks and in hand and short term deposits with an original maturity date of three months or less.

2. INCOME

Income represents money received from events, sale of goods, donations and fundraising income. Income is attributable to one activity, the raising of awareness of the help and supports that are available to anyone battling depression, self-harm, at risk of suicide or those bereaved by suicide.

FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS
30 September 2020 (Continued)

3.	GRANTS & DONATIONS	2020			2019		
		<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>
		€	€	€	€	€	€
	Grant income	-	54,690	54,690	-	-	-
	Donation income	46,013	27,924	73,937	58,908	-	58,908
	Donations in kind	83,000	-	83,000	130,000	-	130,000
		<u>129,013</u>	<u>82,614</u>	<u>211,627</u>	<u>188,908</u>	<u>-</u>	<u>188,908</u>

The restricted donations above represent a €55k Pobal Grant under the COVID-19 Stability Scheme for Community and Voluntary, Charity and Social Enterprise Organisations and €28k of donations for the primary & secondary schools programme. These amounts are restricted as they are specifically provided for toolkits for schools to implement the programme. These amounts will be spent in 2020/21.

4.	CHARITABLE ACTIVITY INCOME	2020			2019		
		<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>
		€	€	€	€	€	€
	Main cycle income	6,488	-	6,488	73,866	-	73,866
	Spin-off income	-	-	-	10,579	-	10,579
	Student leader congress income	59,516	-	59,516	68,718	-	68,718
	Orange Tie Ball income	13,796	-	13,796	9,008	-	9,008
	Schools Go Orange income	12,718	-	12,718	6,749	-	6,749
	Bike for Life	20,160	-	20,160	-	-	-
		<u>112,678</u>	<u>-</u>	<u>112,678</u>	<u>168,920</u>	<u>-</u>	<u>168,920</u>

FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS
30 September 2020 (Continued)

5. OTHER INCOME	2020		2019		2019	
	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>
	€	€	€	€	€	€
Sale of merchandise	3,918	-	3,918	4,498	-	4,498
Charities VAT Compensation Claim	-	-	-	2,449	-	2,449
Temporary Wage Subsidy Receipts	-	7,583	7,583	-	-	-
	<u>3,918</u>	<u>7,583</u>	<u>11,501</u>	<u>6,947</u>	<u>-</u>	<u>6,947</u>

The TWSS has been classified as restricted income as it is solely available to part-fund the wages of the Charity's employee.

6. GOVERNMENT GRANTS

During the year, Fight Against Suicide received a Pobal Grant from the Department of Rural and Community Development under the COVID Stability Scheme for Community and Voluntary, Charity & Social Enterprise Organisations, to assist with the payment of non-payroll costs and to help maintain financial viability during the COVID-19 pandemic and to assist with the delivery of critical services and supports.

Term: 12 Months	<i>Accrued (Deferred) grant 30-Sep-19</i>	<i>Total grant awarded</i>	<i>Cash received in period</i>	<i>Recognised as income in at 30-Sep-20</i>	<i>Expenditure at 30-Sep-20</i>	<i>Balance at 30-Sep-20</i>
	€	€	€	€	€	€
	-	54,690	54,690	54,690	39,612	15,078
	<u>-</u>	<u>54,690</u>	<u>54,690</u>	<u>54,690</u>	<u>39,612</u>	<u>15,078</u>

NOTES TO THE FINANCIAL STATEMENTS
30 September 2020 (Continued)

7. ANALYSIS OF TOTAL EXPENDITURE

2020	<i>Restricted</i>		<i>Unrestricted</i>		<i>Total</i> €
	<i>Fundraising</i> €	<i>Charitable activity</i> €	<i>Fundraising</i> €	<i>Charitable activity</i> €	
Direct program costs	-	35,163	96,512	76,846	208,521
Staff and related costs	-	14,339	16,292	5,388	36,019
Marketing and advertising	-	-	5,805	3,103	8,908
Office and administration costs	-	1,597	3,798	7,224	12,619
	-	51,099	122,407	92,561	266,067
Support costs	-	19,725	4,012	6,018	29,755
	-	70,824	126,419	98,579	295,822

NOTES TO THE FINANCIAL STATEMENTS
30 September 2020 (Continued)

7. ANALYSIS OF TOTAL EXPENDITURE (Continued)

2020	<i>Restricted</i>		<i>Unrestricted</i>		<i>Total</i> €
	<i>Fundraising</i> €	<i>Charitable activity</i> €	<i>Fundraising</i> €	<i>Charitable activity</i> €	
Direct program costs	-	-	90,929	158,925	249,854
Staff and related costs	-	-	35,587	16,765	52,352
Marketing and advertising	-	-	8,017	7,564	15,581
Office and administration costs	-	-	3,218	3,769	6,987
	-	-	137,751	187,023	324,774
Support costs	-	-	9,957	14,935	24,892
	-	-	147,708	201,958	349,666

NOTES TO THE FINANCIAL STATEMENTS
30 September 2020 (Continued)

8.	ACTIVITIES INCLUDED IN SUPPORT COSTS	2020	2019
		€	€
	Staff related costs	4,001	-
	Office and administration costs	8,307	10,120
	Finance costs	10,345	10,070
	Governance costs	4,461	3,982
	IT costs	2,641	718
		<u>29,755</u>	<u>24,890</u>
		<u><u>29,755</u></u>	<u><u>24,890</u></u>

Support costs are allocated on the basis of time spent in supporting the charitable activities and funds generating activities of the organisation as follows:

	2020	2019
	€	€
Raising funds	4,012	9,956
Charitable activity	25,743	14,934
	<u>29,755</u>	<u>24,890</u>
	<u><u>29,755</u></u>	<u><u>24,890</u></u>

9. GOVERNANCE COSTS

2020	<i>Unrestricted</i>	<i>Restricted</i>	
	<i>total</i>	<i>total</i>	<i>Total</i>
	€	€	€
Auditors remuneration	4,235	-	4,235
Meeting expenses	226	-	226
Other costs	-	-	-
	<u>4,461</u>	<u>-</u>	<u>4,461</u>
	<u><u>4,461</u></u>	<u><u>-</u></u>	<u><u>4,461</u></u>
2019	<i>Unrestricted</i>	<i>Restricted</i>	
	<i>total</i>	<i>total</i>	<i>Total</i>
	€	€	€
Auditors remuneration	3,690	-	3,690
Meeting expenses	244	-	244
Other costs	49	-	49
	<u>3,983</u>	<u>-</u>	<u>3,983</u>
	<u><u>3,983</u></u>	<u><u>-</u></u>	<u><u>3,983</u></u>

NOTES TO THE FINANCIAL STATEMENTS
30 September 2020 (Continued)

10. EMPLOYEES AND REMUNERATION

The average number of persons employed by the company in the financial period was 1 (2019: 1).

In the year 2020, there were no employees with a salary in excess of €60,000. The CEO is paid a salary of 55k but took a voluntary reduction between March and July resulting in the reduced costs set out below:

	<i>2020</i>	<i>2019</i>
	<i>No.</i>	<i>No.</i>
Administration	1	1
	<u> </u>	<u> </u>
The staff costs comprise of:	€	€
Wages and salaries	29,403	54,998
Social welfare costs	3,034	5,999
Temporary wage subsidy	7,583	-
	<u> </u>	<u> </u>
	40,020	60,997
	<u> </u>	<u> </u>

11. OPERATING DEFECIT	<i>2020</i>	<i>2019</i>
	€	€

This is stated after charging:

Audit fees	3,690	3,690
	<u> </u>	<u> </u>

12. INTEREST PAYABLE AND SIMILAR CHARGES	<i>2020</i>	<i>2019</i>
	€	€

Bank current account charges	773	769
	<u> </u>	<u> </u>

13. TAX ON SURPLUS ON ORDINARY ACTIVITIES

No provision has been made for tax on the company's surplus as the company has, due to its status as a charity, been granted an exemption in accordance with the provisions of Section 207 of the Taxes Consolation Act 1997 (as applied to companies by Section 76 of that Act).

NOTES TO THE FINANCIAL STATEMENTS
30 September 2020 (Continued)

14.	STOCKS	2020	2019
		€	€
	Goods for resale	11,989	20,239
		<u>11,989</u>	<u>20,239</u>
		<u><u>11,989</u></u>	<u><u>20,239</u></u>

The replacement cost of stock did not differ significantly from the figure shown.

15.	DEBTORS (amounts falling due within one year)	2020	2019
		€	€
	Trade debtors and prepayments	19,022	28,918
	Provision for bad debts	-	231
		<u>19,022</u>	<u>29,149</u>
		<u><u>19,022</u></u>	<u><u>29,149</u></u>

16.	CREDITORS (amounts failing due within one year)	2020	2019
		€	€
	Creditors and accruals	36,487	28,542
		<u>36,487</u>	<u>28,542</u>
		<u><u>36,487</u></u>	<u><u>28,542</u></u>

17. RELATED PARTY TRANSACTIONS

The directors had no other transactions with the company during the year within the meaning of the Companies Act 2014.

Key management personnel

All directors and certain senior employees who have authority and responsibility for planning, directing and controlling the activities of the company are considered to be key management personnel. The total remuneration in respect of these employees was €30,000 (2019: €55,000).

NOTES TO THE FINANCIAL STATEMENTS
30 September 2020 (Continued)

18. NOTES TO THE STATEMENT OF CASH FLOWS

(a)	<i>Reconciliation of profit to net cash flow from operating activities</i>	2020 €	2019 €
	Surplus before tax	39,984	15,109
	<i>Working capital movements:</i>		
	Decrease/(increase) in debtors	10,127	(20,009)
	Increase in creditors	7,945	8,574
	Decrease/(increase) in stock	8,250	(6,126)
	Net cash flow from operating activities	<u>66,306</u>	<u>(2,452)</u>
(b)	<i>Cash and cash equivalents</i>	2020 €	2019 €
	Cash at bank and in hand	86,158	19,852
	Total cash and cash equivalents	<u>86,158</u>	<u>19,852</u>

19. SUBSEQUENT EVENTS

Other than as described in the Principal Risks and Uncertainties section above in relation to COVID-19 which is a non-adjusting post Statement of Financial Position event, there were no significant events between the Statement of Financial Position date and the date of signing of the financial statements, which require adjustment to or disclosure in the financial statements.

20. APPROVAL OF THE FINANCIAL STATEMENTS

The financial statements were approved by the directors on 17th June 2021