

**Charity registration number CHY 20867**

**Company registration number 525785 (Republic of Ireland)**

**FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE**  
**ANNUAL REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**LEGAL AND ADMINISTRATIVE INFORMATION**

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<b>Trustees</b>	Dudley Farrell Gavin Finnerty Brendan Tighe Andrew Keegan Dennis Lally Carmel Breheny Jeanette Glynn John Doran Aaron McCormack	(Resigned 9 May 2023)         (Appointed 16 August 2023)
<b>Secretary</b>	Andrew Keegan	
<b>Charity number</b>	CHY 20867	
<b>Company number</b>	525785	
<b>Principal address</b>	1st Floor 6 Lapps Quay Cork	
<b>Registered office</b>	1st Floor 6 Lapps Quay Cork	
<b>Auditor</b>	MC2 Audit Limited Chartered Accountants & Statutory Audit Firm Penrose Wharf Penrose Quay Cork	
<b>Bankers</b>	Bank of Ireland Montrose Dublin 4	
<b>Solicitors</b>	William Fry Solicitors 2 Grand Canal Square Dublin 2	

**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT)  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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The Board of Trustees of Fight Against Suicide Company Limited by Guarantee ("Cycle Against Suicide" / "the company") present their annual report, combining the Trustees' Report and the audited financial statements for the year ended 30 September 2023.

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

In this report the Trustees' of Fight Against Suicide Company Limited by Guarantee (T/A Cycle Against Suicide) present a summary of its purpose, governance, activities, achievements and finances for the financial year ended 30 September 2023.

The company is a registered charity. 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**

Ireland has one of the highest incidences of mental illness in Europe, ranking third out of thirty-six countries. Despite the clear benefits of treatment for mental health problems, only a small 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 expressed by people to those living with a mental health problem or illness. This can cause intense shame and fear. Those suffering with mental health problems report that the social stigma attached to mental ill health and the discrimination they experience can make their difficulties worse, thus making 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 de-stigmatise mental health issues and changing the narrative around suicide. Our events and programmes contribute to positive mental health as they bring people together to kick-start conversations about mental health and well-being in a fully supportive setting. A slogan coined by Cycle Against Suicide, "**It's OK not to feel OK, and it's absolutely OK to ask for help**" has become the organisation's mantra, helping to build personal resilience and break the stigma associated with mental ill health. These are vitally important for suicide prevention and in helping people of all ages to seek the help and support they need.

### **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. This is through increasing awareness and facilitating open discussion about mental health issues in Ireland and by encouraging people to seek help if their mental well-being is being challenged.

Incidental and ancillary to the attainment of the main objective, 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 affect those main objectives throughout Ireland, particularly but not limited to 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**".

**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**Achievements and performance**

Cycle Against Suicide is an organisation dedicated to combatting mental health stigma, preventing suicide, supporting those affected by it and advocating for mental health as an integral component of overall well-being. Recognising the critical link between mental health and suicide, the organisation focuses on proactive measures and intervention programmes spanning various segments of society rather than merely raising awareness.

**Cycle Against Suicide Programmes**

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

**Schools Programmes**

The World Health Organisation's recognition of ages 10-19 as a crucial period for mental health development underscores the pivotal role that schools play in shaping the mental well-being of young people. The importance of schools in the mental health development of young people is multi-faceted. Beyond their role in academic education, schools provide a foundational platform for emotional, social and psychological growth. Recognising the unique challenges and vulnerabilities of adolescence, schools can implement proactive measures and supportive environments to contribute significantly to the mental well-being of young people.

Acknowledging the role that schools play in the mental health development of students, Cycle Against Suicide delivers its school programmes.

**Primary Schools' Programme – 'Mind Me – Mind You'**

Cycle Against Suicide's Primary school 'Mind Me – Mind You' Programme aligns with the schools' well-being curriculum. Launched in 2021 in the Republic of Ireland and 2022 in Northern Ireland, our 'Mind Me-Mind You' programme equips teachers to foster healthy relationships, personal development and resilience in students.

This programme was delivered by 890 primary schools in the 2021-2022 school year and 1,798 schools in 2022-2023. It is well received by primary schools and has garnered very positive feedback, emphasising its comprehensive and age-appropriate approach. It includes animated videos and full lesson plans, embedding a framework of values, attitudes, understanding and skills in children's mindsets, positively influencing their decisions and actions.

**Mind Me Mind You – Programme Feedback**

*The lesson content was excellent, engaging and was age appropriate at all levels for primary school children. The activities were thought provoking and led to interesting class discussions. The lessons supported our overall work on Well-being throughout the school very well and was in line with our policy on Anti-Bullying through promoting kindness and respect for others and also by teaching children very helpful coping strategies for situations that may cause them difficulty in their lives.*

*Trish Brady , Roundwood N.S.*

*Pupils have demonstrated a better understanding of the effect their behaviour can have on others. We have noticed pupils being more empathetic and inclusive when out in the playground and have brought ideas and experiences with these lessons into other SPHE lessons taught during the year.*

*Caroline Friel, St. Patrick N.S., Ardcath*

*Teachers found the lessons easy to deliver and an excellent reinforcement of the SPHE curriculum taught in the school.*

*Wendy Boyd, Principal, Inver N. S.*

*A really excellent programme that all staff and pupils really enjoyed. Resources were super and we liked the accompanying videos and worksheets. Thank you!*

*Niamh McClarty Ballymoney Model Integrated Primary School*

**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**Secondary Schools and Youthreach programmes – 'HEADSTRONG'**

Cycle Against Suicide's 'HEADSTRONG' programme for secondary schools (<https://www.cycleagainstsuicide.com/headstrong-video/>) focuses on breaking barriers, promoting mental health education, reducing stigma and fostering a sense of belonging among students. With a strong peer-to-peer education component, it empowers students to identify signs of mental health issues and subsequently seek help.

In the school year 2022-2023, 624 secondary schools throughout Ireland implemented the HEADSTRONG programme, with positive feedback highlighting its impact on students' confidence, resilience, and empathy. The HEADSTRONG programme also aligns with components of the school well-being curriculum, promoting students' competence and capacity to act in support of mental health and well-being.

**HEADSTRONG Feedback**

*Our day marking World Mental Health Day was a great success, largely due to the steering and commitment of our Headstrong Committee. Picking a theme was great in terms of focusing our minds and efforts. The resilience piece from the toolkit was invaluable in this regard as we used it as a framework for our goals for the day. Indeed, all the resources in the toolkit were excellent, with students finding Alan Quinlan very relatable re the importance of sharing problems etc. Your continued support and guidance is much appreciated.*

**Helen O'Connor CBS Nenagh.**

*The HEADSTRONG student committee taught students about the different types of bullying. T.Y.s broke students up into different groups and gave the students different roles. Students then played out a scenario of a bullying situation by having one student act as the bully, another as a victim and the others as bystanders. We discussed with the class how each of these people might feel and what to do if this type of situation ever arises. Teachers and students loved this lesson.*

**Orfhlaith McMahon St. Flannan's College**

**Student Congress**

Attended by nearly 5,000 secondary school students, our Student Congress, the first since COVID-19, took place in the RDS on Thursday 9th February 2023.

With a variety of engaging well-being talks, this mental health education day set out to equip students with practical tools for self-care, help with healthy coping and how to deal with stress. It also helped to furnish students with the skills to build their resilience and sustain their mental health and well-being through the normal setbacks in life.

**Student Congress Feedback**

*I would like to congratulate you and all the team for everything yesterday. The content of the day was great - inspiring and uplifting for both students and teachers. A day not to be forgotten - my students were going around the stands inviting speakers to our school while collecting literature for me. It was amazing to see so many of them shine and be inspired. Thank you all from the bottom of our hearts.*

**Staff and Students from Swords Community College Dublin**

*A Brilliant Day, a huge thank you!*

**Vanessa Butler – Teacher**

*Thanks so much for such an amazing day. Me and my friends really enjoyed it and it definitely made us all have a laugh and enjoy a good time. I would love to come back again next year!! It was such a nice experience.*

**Student – (name withheld)**

**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**Support Webinars**

Cycle Against Suicide continued its monthly webinar series with Dr. Blanaid Gavin. Dr. Gavin brings specialised knowledge and expertise in mental health, child development and behavioural issues. Her insights provide valuable guidance to teachers and parents on addressing and understanding various challenges faced by children and adolescents. Providing information and tools to support children's mental health, our webinar series empowers teachers and parents to play an active role in promoting the well-being of children, leading to greater confidence and effectiveness in their roles as educators and caregivers.

**Support Webinars Feedback**

*Thanks so much for putting this talk on. I have three children with disabilities and I'm just so impressed and surprised that this was actually put on tonight. To you and blanaid a massive, huge heartfelt thanks, you are doing amazing work and thank you for continuing to try it to reach and educate people in what can be a very overwhelming area to try to make changes in.*

*Michelle (Surname withheld) – Parent.*

*That was a fantastic webinar. Thank you so much!*  
*Lorna Hurley, Rural Community Health Worker.*

*Just to say thank you for organising yesterday evening's webinar. It was very helpful. Blánaid Gavin is truly amazing in her knowledge, delivery and guidance.*

*Annie O'Carroll – Parent*

*I just attended the Zoom call and I thought it was excellent. I am currently completing a Masters in UL in Guidance Counselling and I am teaching in Cork. I thought the advice was so practical and would be easy to implement in my work and very relevant. I am also a parent and it will benefit my parenting. I loved the idea of a relapse signature this is a concept I know I will use. Just wanted to say thank you.*

*Colette Ni Mhurchu – Teacher - Gaelcholaiste Mhuire A.G. – Scoil Eamainn Ris.*

**Workplace Peer Support Programme**

Cycle Against Suicide's workplace mental health peer-support training programme focuses on fostering empathy and support among employees. By equipping them with skills to assist colleagues facing stress or distress, our workplace programme helps to break down stigma surrounding mental health discussions in the workplace. This creates a compassionate network within companies, strengthening bonds beyond professional duties and enabling trained employees to notice subtle shifts in their colleagues' well-being. Improved communication and problem-solving skills enhance early intervention and cultivate an environment where individuals feel valued and heard. Additionally, the Cycle Against Suicide workplace peer support programme enhances overall resilience, as employees navigate their own challenges more effectively. Companies that prioritise mental health peer support training witness improved productivity, employee engagement and reduced absenteeism and turnover, thus safeguarding their most valuable asset – their people.

**Workplace Peer Support Programme - Feedback**

*'I thought the learning experience was excellent'*  
*Deirdre Ryan- Clare County Council.*

*'Excellent course and the trainer was so good'*  
*Yvonne Kelly- Laois County Council.*

*'Was really happy with the course. Was more than I expected and found it very educational.'*  
*Francis Moran – Kent Stainless.*

**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**Community Buddy Programme**

The Cycle Against Suicide Community Mental Health Peer-Support Training (Community Buddy) trains individuals within communities to provide essential mental health support within their own club/association/network. By equipping participants with step-by-step tools and strategies, the training enables individuals to offer initial support to those who may be struggling or navigating stressful or difficult circumstances.

Participants learn how to create a safe and non-judgmental environment for structured conversations, where individuals can openly discuss their challenges and work together with the trained peer-mentor to develop effective ways of coping and overcoming obstacles. This course not only fosters mental health awareness but also actively contributes to suicide prevention efforts by empowering individuals to provide meaningful support within their communities, clubs or associations. Our programme's emphasis on practical scenarios and role-playing ensures that participants gain valuable skills in providing support to those in mental health distress.

**Community Buddy Programme - Feedback**

*'I was not sure what to expect. I found the content to be really very good - I loved the way everything was clearly set out. Exceeded expectations/ exceptional.'*

*Enda Lloyd- Loughlinstown Parish*

*A great programme. You can use this training anywhere in home and work life as well as in the community.*

*Mary McHugh*

**Men's Mental Health**

Following on from its White Paper on *'Male Suicides in Ireland – Factors and High Risk Groups'* Cycle Against Suicide has united with Prof. Ian Kelleher to develop a library of information and resources to support Men's Mental Health: <https://www.cycleagainstsucide.com/mens-mental-health/>

Irish men have been shown to have much higher rates of completed suicides, with 3 out of 4 suicides each year being male. Men, like anyone else, deserve the space to articulate their struggles to seek help without fear of judgement. By dismantling the stigma surrounding men's mental health and masculinity, we cultivate an environment where emotional expression is not a sign of weakness but a testament to resilience.

**Advocacy**

Throughout the period under review Cycle Against Suicide continued its advocacy work by calling on Minister Norma Foley for a full review of the well-being curriculum in schools: <https://www.cycleagainstsucide.com/letter-to-minister-norma-foley/>

Cycle Against Suicide continues advocating for a gender-specific education campaign for men, addressing Ireland's alarming suicide rates.

**Events**

Cycle Against Suicide's events play a pivotal role in promoting open conversations that de-stigmatise mental health and which break down barriers of silence. A major part of these events is to encourage help seeking behaviour and signpost available services.

Events throughout the period include:

***N2: end to end Portugal Challenge  
Sean Kelly 'King of the Castle' Sportive  
Trek the Dolomites  
Cycle of Hope/Mizen to Malin Challenge for World Suicide Prevention Day/Month  
Cork Awareness Cycle for World Mental Health Day***



**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**Social Media**

Cycle Against Suicide's multi-faceted approach addresses mental health challenges across schools, workplaces, communities and events, demonstrating a commitment to breaking stigma and fostering positive mental health in Ireland. The organisation's proactive programmes, advocacy initiatives and community engagement showcase a holistic and impactful strategy in the ongoing fight against mental health issues.

Cycle Against Suicide leverages its social media platforms which serve to support our work as outlined above, to raise awareness, educate users on mental health issues and encourage help seeking behaviour. Our platforms are also used to advertise our events. Regular updates on Facebook, Instagram, LinkedIn, Tik Tok and Twitter serve as a collective tool to engage people, share informative content and promote the organisation's mission.

**Cycle Against Suicide Strategic Plan 2022-2025**

Cycle Against Suicide's strategic plan for 2022-2025 underscores its unwavering commitment to embedding its vital programmes and events within communities in Ireland. With a primary focus on engaging young people within schools, alongside efforts to extend support to parents, teachers, support communities and workplaces, Cycle Against Suicide aims to address mental health challenges comprehensively. By fostering dialogue, breaking stigma and promoting positive mental well-being, Cycle Against Suicide's multi-faceted approach underscores the critical importance of its work. Its strategic plan highlights a steadfast commitment by Cycle Against Suicide in driving meaningful change in mental health support across Ireland.

**Financial review**

**Current Financial Position**

The results for the year ended 30 September 2023 shows an overall excess of expenditure over income of €9,461 which was driven by investment in programs. 74% of total expenditure during the year was on charitable activity.

Cycle Against Suicide is a growing charity with urgent financial needs due to the growing cost and increased demand for our programmes and delivery of other support activities.

Demand for our services has grown hugely in recent years. We have extensive reach across the whole of Ireland, North and South. However, when it comes to fundraising, we are often overlooked in favour of higher profile charities. Cycle Against Suicide is run by a skeleton staff in comparison to these and we are not in receipt of any government funding. Despite this, we are no less committed to providing quality services to anyone who needs our help, support, and guidance. Ours is a vital service to anyone in mental health distress.

**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 2023 are €189,185 (30 September 2022: €198,646). At 30 September 2023, Cycle Against Suicide held nil restricted reserves (30 September 2022: nil).

It is the policy of the company that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Board consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the company's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**Structure, governance and management**

Cycle Against Suicide is a national charity (CHY 20867) working across Ireland in addressing the issue of mental health stigma. Our suicide prevention programmes, underpinned by strong evidence-based research that opens conversations about mental health. Our programmes span four areas- families, schools, communities, and workplaces, with our educational resources and supports made freely available to all. Each year our ever-popular cycling events make mental health a talking point, spreading the message that it really is 'OK' to ask for help' and thus encouraging help seeking behaviour.

Cycle Against Suicide is a fast-growing charity with nationwide reach and urgent goals, exploring new ways to support communities. To deliver on our mission and to sustain our work and programmes, Cycle Against Suicide has processes and procedures in place to maintain public and funder confidence. Through continuous evaluation and development, Cycle Against Suicide works to develop an agile organisation to achieve maximum impact.

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

**Board Members**

Cycle Against Suicide's Board members currently stands at seven. All Board Members are volunteers and the organisation greatly benefits from their expertise, insights and commitment. Board meetings are held quarterly. This is further supplemented by board members being kept fully informed through a 'WhatsApp' group.

Dudley Farrell (Resigned 9 May 2023)

Gavin Finnerty

Brendan Tighe

Andrew Keegan

Dennis Lally

Carmel Breheny

Jeanette Glynn

John Doran

Aaron McCormack

(Appointed 16 August 2023)

**Governance & Risk Committee**

Cycle Against Suicide's Governance and Risk Committee is chaired by the Chairperson of the Board and has the full input of all Board members. It forms part of all discussion at Board meetings. Risks highlighted by sub committees are fed into Board meetings. All governance and review of risk management is conducted at Board level meetings. A comprehensive risk register has been compiled and is regularly reviewed and updated. A detailed board effectiveness review was conducted during 2020 & 2021 and its recommendations guide and will continue to guide future decision-making structures and processes.

**Management**

Cycle Against Suicide has one paid member of staff – its CEO position. A number of third-party providers support key areas of work including accounting, social media and administration. Other personnel are recruited on an occasional basis.

Sub committees are also in place spanning all areas of the work of Cycle Against Suicide.

**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**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 Governance Code as issued by the Charities Regulator.

**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.

**Stakeholder Accountability**

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

- Cycle Against Suicide respects the rights, values and contribution of our diverse stakeholders.
- Cycle Against Suicide works in partnership with our stakeholders.
- Cycle Against Suicide is a transparent organisation and endeavours 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's lives.

**An Effective & Accountable Organisation**

The significance of Cycle Against Suicide operating as an effective and accountable organisation is imperative so that it maintains a high standard of efficiency and transparency in its operations. By upholding effectiveness, Cycle Against Suicide can maximise its impact, ensuring that resources are utilised optimally to reach those in need. Cycle Against Suicide is an efficient and effective organisation which gets the best possible value from our financial resources.

Moreover, accountability instils trust and confidence among stakeholders, including donors, volunteers and the wider community. Demonstrating accountability means being transparent about how our funds are allocated, providing clear metrics for measuring impact and being responsive to feedback and concerns. Ultimately, by being both effective and accountable, Cycle Against Suicide can fulfil its mission with integrity, fostering positive change and promoting mental well-being throughout Ireland.

**Accounting records**

The company's director acknowledges his responsibilities under sections 281 to 285 of the Companies Act 2014 to ensure that the company keeps adequate accounting records. The following measures have been taken:

- the implementation of appropriate policies and procedures for recording transactions;
- the employment of competent accounting personnel with appropriate expertise;
- the provision of sufficient company resources for this purpose;
- liaison with the company's external professional advisers.

The accounting records are held at the company's registered office, 1st Floor, 6 Lapps Quay, Cork.

**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**Auditor**

MC2 Accountants Limited T/A MC2 Accountants resigned as auditors during the financial year and the directors appointed MC2 Audit Limited as the company's auditor and in accordance with section 383(2) of the Companies Act 2014, continue in office as auditor of the company.

**Thank You**

People all over Ireland donate their time, money, energy and wisdom in supporting Cycle Against Suicide. It is this support that makes all that we deliver and achieve possible. To everyone who participated in our programmes, volunteered for us, fundraised tirelessly, participated in our events or championed our mission, we extend our deepest and most heartfelt thanks. Your invaluable dedication and unwavering commitment are the bedrock upon which Cycle Against Suicide thrives. Without your profound generosity and unwavering dedication, we simply would not exist. Thank you for being the driving force behind our journey towards a brighter, healthier future.

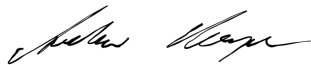
**Disclosure of information to auditor**

Each of the director in office at the date of approval of this annual report confirms that:

- so far as the director is aware, there is no relevant audit information of which the company's auditor is unaware, and
- the director has taken all the steps that he / she ought to have taken as a director in order to make himself / herself aware of any relevant audit information and to establish that the company's auditor is aware of that information.

This confirmation is given and should be interpreted in accordance with the provisions of section 330 of the Companies Act 2014.

The Trustees' report was approved by the Board of Trustees.



.....  
Andrew Keegan  
**Trustee**



.....  
Aaron McCormack  
**Trustee**

Date: 19/06/2024 .....

**STATEMENT OF TRUSTEES' RESPONSIBILITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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The directors, who also act as trustees for the charitable activities of the company, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable Irish law and regulations.

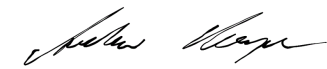
Irish company law requires the directors to prepare financial statements for each financial year. Under that law, the directors have elected to prepare the financial statements in accordance with Companies Act 2014 and FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (Generally accepted Accounting Practice in Ireland) issued by the Financial Reporting Council, as modified by the Charities SORP (FRS 102). 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 financial year end date and of the or of the company for that 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, identify those standards, and note the effect and the reasons for any material departure 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 Trustees' 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.

By order of the Board of Trustees



Andrew Keegan  
**Trustee**



Aaron McCormack  
**Trustee**

Date: 19/06/2024



## INDEPENDENT AUDITOR'S REPORT

### TO THE MEMBERS OF FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

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#### Opinion

We have audited the financial statements of Fight Against Suicide Company Limited by Guarantee ('the company') for the year ended 30 September 2023, which comprise the statement of financial activities, 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 Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* issued in the United Kingdom by the Financial Reporting Council, as modified by the Charities SORP (FRS 102) *Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)*.

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 2023 and of its loss 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*, as modified by the Charities SORP (FRS 102); 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 described below 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 the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and the provisions available for small entities, in the circumstances set out in note 24 to the financial statements, 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

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

#### Other information

The directors are responsible for the other information in the annual report. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. 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.

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 course of 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.



**INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

**TO THE MEMBERS OF FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE**

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**Opinions on other matters prescribed by the Companies Act 2014**

In our opinion, based on the work undertaken in the course of the audit, we report that:

- the information given in the Trustees' report for the financial year for which the financial statements are prepared, which includes the director's report prepared for the purposes of company law, is consistent with the financial statements; and
- the Trustees' report has been prepared in accordance with applicable legal requirements.

We have obtained all the information and explanations which, to the best of our knowledge and belief, are 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 financial statements are 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 any material misstatements in the director's report.

We have nothing to report in respect of our obligation under the Companies Act 2014 to report to you if, in our opinion, the disclosures of director's remuneration and transactions specified by sections 305 to 312 of the Act are not made.

**Responsibilities of Trustees for the financial statements**

As explained more fully in the statement of Trustees' responsibilities, the Trustees, who are also the directors of the company for the purpose of company law, are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as the Trustees 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 Trustees are responsible for assessing the company's ability to continue as a going concern, disclosing, if applicable, matters related to going concern and using the going concern basis of accounting unless management either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

**Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the company's 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: <https://iaasa.ie/publications/description-of-the-auditors-responsibilities-for-the-audit-of-the-financial-statements/>. This description forms part of our auditor's report.



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

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**Use of our report**

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

*James Loughrey*

**James Loughrey**  
**for and on behalf of MC2 Audit Limited**  
**Chartered Accountants & Statutory Audit Firm**  
**Penrose Wharf**  
**Penrose Quay**  
**Cork**

Date.....19/06/2024



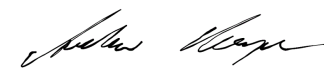
**STATEMENT OF FINANCIAL ACTIVITIES  
INCLUDING INCOME AND EXPENDITURE ACCOUNT  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

	Notes	Unrestricted funds 2023 €	Restricted funds 2023 €	Total 2023 €	Unrestricted funds 2022 €	Restricted funds 2022 €	Total 2022 €
<b><u>Income and endowments from:</u></b>							
Grants and donations	3	96,767	14,380	111,147	64,624	-	64,624
Charitable activities income	4	490,412	10,364	500,776	240,189	26,343	266,532
Other income	5	4,530	-	4,530	5,853	-	5,853
<b>Total income</b>		<u>591,709</u>	<u>24,744</u>	<u>616,453</u>	<u>310,666</u>	<u>26,343</u>	<u>337,009</u>
<b><u>Expenditure on:</u></b>							
Raising funds	6	160,132	-	160,132	197,446	2,394	199,840
Charitable activities expenditure	7	415,694	50,088	465,782	172,872	74,811	247,683
<b>Total expenditure</b>		<u>575,826</u>	<u>50,088</u>	<u>625,914</u>	<u>370,318</u>	<u>77,205</u>	<u>447,523</u>
<b>Net incoming/(outgoing) resources before transfers</b>		15,883	(25,344)	(9,461)	(59,652)	(50,862)	(110,514)
Gross transfers between funds		(25,344)	25,344	-	(18,681)	18,681	-
<b>Net expenditure for the year/ Net movement in funds</b>		(9,461)	-	(9,461)	(78,333)	(32,181)	(110,514)
Fund balances at 1 October 2022		198,646	-	198,646	276,979	32,181	309,160
<b>Fund balances at 30 September 2023</b>		<u>189,185</u>	<u>-</u>	<u>189,185</u>	<u>198,646</u>	<u>-</u>	<u>198,646</u>

**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30 SEPTEMBER 2023**

	Notes	2023 €	€	2022 €	€
<b>Fixed assets</b>					
Tangible assets	13		2,336		4,672
<b>Current assets</b>					
Stocks	14	4,012		11,785	
Debtors	15	63,442		42,893	
Cash at bank and in hand		137,527		178,772	
		<u>204,981</u>		<u>233,450</u>	
<b>Creditors: amounts falling due within one year</b>	<b>16</b>	<u>(18,132)</u>		<u>(39,476)</u>	
Net current assets			<u>186,849</u>		<u>193,974</u>
<b>Total assets less current liabilities</b>			<u><u>189,185</u></u>		<u><u>198,646</u></u>
<b>Income funds</b>					
Unrestricted funds			<u>189,185</u>		<u>198,646</u>
			<u><u>189,185</u></u>		<u><u>198,646</u></u>

The financial statements were approved by the Board of Trustees on ...19/06/2024... and were authorised for issue on their behalf by:



Andrew Keegan  
Trustee



Aaron McCormack  
Trustee

**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

	Notes	2023 €	€	€	2022 €
<b>Cash flows from operating activities</b>					
Cash (absorbed by)/generated from operations	22		(41,245)		14,205
<b>Investing activities</b>					
Purchase of tangible fixed assets		-		(6,469)	
<b>Net cash used in investing activities</b>			-		(6,469)
<b>Net cash used in financing activities</b>			-		-
<b>Net (decrease)/increase in cash and cash equivalents</b>			(41,245)		7,736
Cash and cash equivalents at beginning of year			178,772		171,036
<b>Cash and cash equivalents at end of year</b>			137,527		178,772

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**1 Accounting policies**

**Charity information**

Fight Against Suicide Company Limited by Guarantee is a company limited by guarantee domiciled and incorporated in the Republic of Ireland. The registered office is 1st Floor, 6 Lapps Quay, Cork and its company registration number is 525785.

**1.1 Accounting convention**

These financial statements have been prepared in accordance with the requirements of the Companies Act 2014, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The company is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in euros, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest €.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

**1.2 Going concern**

At the time of approving the financial statements, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

**1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the Board of Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the company.

**1.4 Income**

Income is recognised when the company is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the company has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under deeds of covenant is recognised at the time of the donation.

Income from trading activities is measured at the fair value of the consideration received or receivable and represents amounts receivable for sale of goods.

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**1 Accounting policies** **(Continued)**

**1.5 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

- 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.

**1.6 Tangible fixed assets**

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	33% straight line
Computers	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

**1.7 Impairment of fixed assets**

At each reporting end date, the company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

**1.8 Stocks**

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

**1.9 Cash and cash equivalents**

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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**1 Accounting policies**

**(Continued)**

**1.10 Financial instruments**

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

***Basic financial assets***

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

***Impairment of financial assets***

Financial assets, other than those held at fair value through income and expenditure, are assessed for indicators of impairment at each reporting date. Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected.

If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in net income/(expenditure) for the year.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in net income/(expenditure) for the year.

***Derecognition of financial assets***

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the company transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

***Basic financial liabilities***

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

***Derecognition of financial liabilities***

Financial liabilities are derecognised when the company's contractual obligations expire or are discharged or cancelled.

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

**1 Accounting policies** **(Continued)**

**1.11 Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

**1.12 Retirement benefits**

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

**2 Critical accounting estimates and judgements**

In the application of the company's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**Key sources of estimation uncertainty**

**Useful lives of fixed assets**

Long-lived assets, consisting primarily of tangible fixed assets, comprise a significant portion of total assets. The annual depreciation charge depends primarily on the estimated useful economic lives of each type of asset and estimates of residual values. The director regularly review these asset useful economic lives and change them as necessary to reflect current thinking on remaining lives in light of prospective economic utilisation and physical condition of the assets concerned. Changes in asset useful lives can have a significant impact on depreciation and amortisation charges for the period. Details of the useful economic lives of fixed assets are included in the accounting policies.

**3 Grants and donations**

	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total</b>
	<b>2023</b>	<b>2023</b>	<b>2023</b>	<b>2022</b>	<b>2022</b>	<b>2022</b>
	<b>€</b>	<b>€</b>	<b>€</b>	<b>€</b>	<b>€</b>	<b>€</b>
Donation income	96,767	1,380	98,147	64,624	-	64,624
Grant income	-	13,000	13,000	-	-	-
	<u>96,767</u>	<u>14,380</u>	<u>111,147</u>	<u>64,624</u>	<u>-</u>	<u>64,624</u>

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

4 Charitable activities income	N2 Cycle Mizen to Malin Cycle Income		Student Congress		Trek the Dolomites		Schools Programme		Workplace & Community Buddy		Other Cycle events		Total	
	2023	2023	2023	2023	2023	2023	2023	2023	2023	2023	2023	2023	2022	2022
	€	€	€	€	€	€	€	€	€	€	€	€	€	€
Income within charitable activities	183,101	182,766	51,055	17,675	6,064	8,300	51,815	500,776	266,532					
Analysis by fund														
Unrestricted funds	183,101	182,766	51,055	17,675	-	4,000	51,815	490,412	240,189					
Restricted funds	-	-	-	-	6,064	4,300	-	10,364	26,343					
	183,101	182,766	51,055	17,675	6,064	8,300	51,815	500,776	266,532					

**Charitable trading income**

Restricted income above related to Schools and Community Buddy programmes.



**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

**4 Charitable activities income** **(Continued)**

For the year ended 30 September 2022

	Main Cycle & Mizen to Malin "Spin-Off"	Mizen to Malin Cycle	Trek the Dolomites	Schools Programme	Workplace & Community Buddy	Total 2022
	€	€	€	€	€	€
Income within charitable activities	19,901	168,380	46,708	18,883	12,660	266,532
Analysis by fund						
Unrestricted funds	19,901	168,380	46,708	-	5,200	240,189
Restricted funds	-	-	-	18,883	7,460	26,343
	19,901	168,380	46,708	18,883	12,660	266,532

**Charitable trading income**

Restricted income above related to Schools and Community Buddy programmes.

**5 Other income**

	Unrestricted funds	Restricted funds	Total Unrestricted funds	Restricted funds	Total
	2023 €	2023 €	2023 €	2022 €	2022 €
Sale of merchandise	1,616	-	1,616	3,204	3,204
Charities VAT compensation claim	2,914	-	2,914	2,649	2,649
	4,530	-	4,530	5,853	5,853

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

**6 Raising funds**

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	€	€	€	€	€	€
<u>Fundraising and publicity</u>						
Direct program costs	26,598	-	26,598	42,686	2,394	45,080
Staff and related costs	64,106	-	64,106	98,191	-	98,191
Consultancy costs	13,338	-	13,338	15,620	-	15,620
IT costs	7,829	-	7,829	4,637	-	4,637
Office & admin costs	7,446	-	7,446	7,610	-	7,610
Marketing & advertising	23,018	-	23,018	7,117	-	7,117
Depreciation	2,336	-	2,336	2,336	-	2,336
Support costs	15,461	-	15,461	19,249	-	19,249
	<u>160,132</u>	<u>-</u>	<u>160,132</u>	<u>197,446</u>	<u>2,394</u>	<u>199,840</u>

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

7 Charitable activities expenditure	N2 Cycle		Mizen to Malin Cycle		Student Congress		Trek the Dolomites		Schools Programme		Workplace & Community Buddy		Other Cycle events		Total	
	2023	€	2023	€	2023	€	2023	€	2023	€	2023	€	2023	€	2023	€
Staff costs	-	-	-	73	-	-	-	-	-	-	-	-	-	73	6,152	
Direct program costs	122,867	88,738	139,703	12,084	5,229	5,229	12,084	19,436	5,229	5,861	19,789	5,861	19,789	394,271	172,561	
Consultancy costs	-	-	-	-	-	-	19,436	-	-	-	-	-	-	19,436	-	
Marketing & advertising	179	911	987	5	-	-	5	-	-	-	185	-	185	2,267	22,908	
IT costs	246	-	2,311	-	-	-	-	-	-	442	-	442	-	2,999	1,135	
Office & administration costs	1,117	609	3,495	37	-	-	37	-	-	11	1,711	11	1,711	6,980	13,226	
	124,409	90,258	146,569	31,562	5,229	5,229	31,562	31,562	5,229	6,314	21,685	6,314	21,685	426,026	215,982	
Share of support costs (see note 8)	11,610	8,423	13,678	2,945	488	488	2,945	-	488	588	2,024	588	2,024	39,756	31,701	
	136,019	98,681	160,247	34,507	5,717	5,717	34,507	34,507	5,717	6,902	23,709	6,902	23,709	465,782	247,683	
<b>Analysis by fund</b>																
Unrestricted funds	136,019	98,681	121,485	34,507	488	488	34,507	34,507	488	805	23,709	805	23,709	415,694	172,872	
Restricted funds	-	-	38,762	-	5,229	5,229	-	-	5,229	6,097	-	6,097	-	50,088	74,811	
	136,019	98,681	160,247	34,507	5,717	5,717	34,507	34,507	5,717	6,902	23,709	6,902	23,709	465,782	247,683	

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

**8 Support costs**

	Support costs €	Governance costs €	Total 2023 €	Support costs €	Governance costs €	Total 2022 €
Staff costs	12,174	-	12,174	10,079	-	10,079
Office & admin costs	14,137	195	14,332	5,130	-	5,130
Finance costs	15,962	-	15,962	20,756	-	20,756
Governance costs	7,605	(7,605)	-	9,325	(9,325)	-
IT costs	5,339	-	5,339	5,660	-	5,660
Audit fees	-	7,400	7,400	-	8,300	8,300
Meeting expenses	-	10	10	-	473	473
Filing fees	-	-	-	-	552	552
	<u>55,217</u>	<u>-</u>	<u>55,217</u>	<u>50,950</u>	<u>-</u>	<u>50,950</u>
Analysed between						
Fundraising	15,461	-	15,461	19,249	-	19,249
Charitable activities	39,756	-	39,756	31,701	-	31,701
	<u>55,217</u>	<u>-</u>	<u>55,217</u>	<u>50,950</u>	<u>-</u>	<u>50,950</u>

**9 Net movement in funds**

	<b>2023</b> €	<b>2022</b> €
Net movement in funds is stated after charging/(crediting)		
Fees payable to the company's auditor for the audit of the company's financial statements	7,400	8,300
Depreciation of owned tangible fixed assets	2,336	2,336
	<u>9,736</u>	<u>10,636</u>

**10 Trustees**

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the company during the year.

**11 Employees**

The average monthly number of employees during the year was:

	<b>2023</b> Number	<b>2022</b> Number
Administration	1	2
	<u>1</u>	<u>2</u>

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

**11 Employees** **(Continued)**

<b>Employment costs</b>	<b>2023</b>	<b>2022</b>
	<b>€</b>	<b>€</b>
Wages and salaries	55,000	79,471
Social security costs	6,078	8,701
Other pension costs	15,000	26,250
	<u>76,353</u>	<u>114,422</u>

The company employed one full time CEO during 2023. The CEO salary was €55,000 per annum during the financial year. Pension costs relate to an executive pension plan in place for the CEO. Annual pension contributions amount to €15,000.

2022 pension costs include a payment of €15,000 in December 2021 to cover premiums for the year to 31st December 2021.

There were no employees whose annual remuneration was more than €70,000.

**12 Taxation**

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 Consolidation Act 1997 (as applied to companies by Section 76 of that Act).

**13 Tangible fixed assets**

<b>Current financial year</b>	<b>Fixtures and fittings</b>	<b>Computers</b>	<b>Total</b>
	<b>€</b>	<b>€</b>	<b>€</b>
<b>Cost</b>			
At 1 October 2022	6,469	539	7,008
At 30 September 2023	<u>6,469</u>	<u>539</u>	<u>7,008</u>
<b>Depreciation and impairment</b>			
At 1 October 2022	2,156	180	2,336
Depreciation charged in the year	2,156	180	2,336
At 30 September 2023	<u>4,312</u>	<u>360</u>	<u>4,672</u>
<b>Carrying amount</b>			
At 30 September 2023	<u>2,157</u>	<u>179</u>	<u>2,336</u>
At 30 September 2022	<u>4,313</u>	<u>359</u>	<u>4,672</u>

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

<b>13 Tangible fixed assets</b>	<b>(Continued)</b>		
<b>Prior financial year</b>	<b>Fixtures and fittings</b>	<b>Computers</b>	<b>Total</b>
	<b>€</b>	<b>€</b>	<b>€</b>
<b>Cost</b>			
At 1 October 2021	-	539	539
Additions	6,469	-	6,469
	<hr/>	<hr/>	<hr/>
At 30 September 2022	6,469	539	7,008
	<hr/>	<hr/>	<hr/>
<b>Depreciation and impairment</b>			
Depreciation charged in the year	2,156	180	2,336
	<hr/>	<hr/>	<hr/>
At 30 September 2022	2,156	180	2,336
	<hr/>	<hr/>	<hr/>
<b>Carrying amount</b>			
At 30 September 2022	4,313	359	4,672
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 30 September 2021	-	539	539
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<b>14 Stocks</b>		<b>2023</b>	<b>2022</b>
		<b>€</b>	<b>€</b>
Finished goods and goods for resale		4,012	11,785
		<hr/> <hr/>	<hr/> <hr/>
<b>15 Debtors</b>		<b>2023</b>	<b>2022</b>
<b>Amounts falling due within one year:</b>		<b>€</b>	<b>€</b>
Trade debtors		-	400
Accrued Income		60,200	10,501
Prepayments		3,242	31,992
		<hr/>	<hr/>
		63,442	42,893
		<hr/> <hr/>	<hr/> <hr/>
<b>16 Creditors: amounts falling due within one year</b>		<b>2023</b>	<b>2022</b>
	<b>Notes</b>	<b>€</b>	<b>€</b>
PAYE/PRSI/USC		4,253	4,442
Deferred income	17	3,231	8,441
Trade creditors		3,248	18,412
Other creditors		-	801
Accruals		7,400	7,380
		<hr/>	<hr/>
		18,132	39,476
		<hr/> <hr/>	<hr/> <hr/>

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

**17 Deferred income**

	<b>2023</b>	<b>2022</b>
	€	€
Other deferred income	3,231	8,441
	<u>          </u>	<u>          </u>

Deferred income is included in the financial statements as follows:

	<b>2023</b>	<b>2022</b>
	€	€
Deferred income is included within:		
Current liabilities	3,231	8,441
	<u>          </u>	<u>          </u>
Movements in the year:		
Deferred income at 1 October 2022	8,441	5,909
Released from previous periods	(8,441)	-
Resources deferred in the year	3,231	2,532
	<u>          </u>	<u>          </u>
Deferred income at 30 September 2023	3,231	8,441
	<u>          </u>	<u>          </u>

**18 Retirement benefit schemes**

**Defined contribution schemes**

The company operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the company in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was €15,000 (2022 - €26,250).

**19 Capital commitments**

There were no capital commitments at the financial year ended 30 September 2023 (30 September 2022: €Nil).

**20 Events after the reporting date**

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.

**21 Related party transactions**

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

**Key management personnel**

All trustees 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 €55,000 (2022: €57,500).

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2023**

		2023	2022
		€	€
<b>22</b>	<b>Cash generated from operations</b>		
	Deficit for the year	(9,461)	(110,514)
	Adjustments for:		
	Depreciation and impairment of tangible fixed assets	2,336	2,336
	Movements in working capital:		
	Decrease in stocks	7,773	2,750
	(Increase)/decrease in debtors	(20,549)	112,277
	(Decrease)/increase in creditors	(16,134)	4,824
	(Decrease)/increase in deferred income	(5,210)	2,532
	<b>Cash (absorbed by)/generated from operations</b>	<u>(41,245)</u>	<u>14,205</u>

**23 Analysis of changes in net funds**  
 The company had no debt during the year.

**24 Non-audit services provided by auditor**

In common with many other companies of our size and nature we use our auditor to assist with filing of returns with the Companies Registration Office and in the preparation of the financial statements.