

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 2022

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COMPANY INFORMATION

Directors	Dudley Farrell Gavin Finnerty Brendan Tighe Andrew Keegan Dennis Lally Carmel Breheny Jeanette Glynn John Doran
Secretary	Andrew Keegan
Charity number	CHY 20867
Company number	525785
Principal address	1st Floor 6 Lapps Quay Cork
Registered office	1st Floor 6 Lapps Quay Cork
Auditor	MC2 Accountants Limited T/A MC2 Accountants Penrose Wharf Penrose Quay Cork
Bankers	Bank of Ireland Montrose Dublin 4
Solicitors	William Fry Solicitors 2 Grand Canal Square Dublin 2

**DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT)
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

The Board of Directors of Fight Against Suicide Company Limited by Guarantee ("Cycle Against Suicide" / "the company") present their annual report, combining the Directors's Report and the audited financial statements for the year ended 30 September 2022.

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 ("SORP") applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

In this report, the Board of Directors present a summary of the company's purpose, governance, activities, achievements, and finances for the year ended 30 September 2022.

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

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 destigmatise 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 seek the help and support they need.

For a decade Cycle Against Suicide has seen tens of thousands of cyclists take to the roads to help spread this message.

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 encouraging people to seek help if their mental wellbeing is being challenged.

As objectives 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"**.

**DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

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.

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 (WHO) describes the adolescent years of age 10 - 19 as a uniquely formative time, during which young people are most vulnerable to mental health problems. The adolescent brain is still growing during this age, and the prefrontal cortex, that part of the brain that controls self-regulation, is still immature meaning adolescents have limited ability to exert control over their impulses. Simultaneously, they are experiencing major physical, emotional and social changes, all of which have a direct impact on mental wellbeing. This impact can be negative, especially when other factors like poverty, abuse or violence are also at play.

The formative years of our young people's lives are therefore some of their most vulnerable. Cycle Against Suicide believes that as a society we have an obligation to support our young people, equipping them with appropriate knowledge and coping skills.

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

In September 2020, Cycle Against Suicide commenced researching appropriate evidenced based whole school approaches to teaching and supporting well-being in primary schools. The result was the 'Mind Me – Mind You' programme which was launched in primary schools in the Republic of Ireland in September 2021. The programme was subsequently introduced into Northern Irish primary schools in September 2022.

Cycle Against Suicide's Primary Schools' Programme 'Mind Me – Mind You' is designed in line with the well-being curriculum to support teachers in building the foundations of good mental health education and well-being in children. It fosters the creation of healthy relationships, personal development and skills central to maintaining future health and well-being.

Cycle Against Suicide's 'Mind Me – Mind You' programme provides teachers with the resources needed to fulfil the new requirements, supporting children's learning and development in a planned and structured manner. The programme features animated videos and full lesson plans for all class groups which embed a framework of values, attitudes, understanding and skills in the mindset of children that will inform their decisions and actions which impact social development and personal well-being. Additional animated videos on a range of well-being related topics have been made available to schools since the programme first started.

Aligning with the primary schools' well-being curriculum, this child-centered programme promotes resilience and social and emotional competence, equipping children with the knowledge and skills needed to address a multitude of life situations throughout their development.

Although it was in its infancy, 890 Primary Schools from across Ireland participated on our 'Mind Me Mind You' programme in the school year, September 2021 to June 2022. Feedback forms were sent to those tasked with implementing the programme in their particular school. Responses were overwhelmingly positive.

**DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

Mind Me Mind You – Programme Feedback

'I thoroughly enjoyed this programme as it was well planned. I didn't have to research anything and each lesson was pitched at my pupils age level. The children loved it too. They especially enjoyed watching and listening to the videos and could relate to a lot of the content. Thank you'. Edel Farrelly - Saint Michael's National School, Corcaghan, County Monaghan.

'The children enjoyed the lessons which were very easy to implement and very relevant'. Wendy Boyd, Inver National School, Barnatra, County Mayo.

'I used this programme with an ASD class of 11-14-year-old boys and the videos provided excellent examples and discussion points. I really liked this programme and it was very easy to implement'. Colette – Saint Anne's Special National School, Ballymany Cross, The Curragh, County Kildare.

'Thank you for this wonderful resource' - Róise Nevin - Gaelscoil Shlí Dála, An Bealach Mór, Contae Laois.

Secondary Schools and Youthreach programmes – 'HEADSTRONG'

Cycle Against Suicide's secondary schools' programme - HEADSTRONG for young people is designed to break down barriers and empower young people to seek help. Not only that, our evidence-based programme 'HEADSTRONG' builds student knowledge about mental health, enabling them to identify signs either in themselves or in others.

HEADSTRONG is designed as a whole school approach to mental health. It supports mental health education in schools, reduces stigma, promotes resilience, and fosters a sense of belonging among young people.

Additionally, teachers are given access to a series of lesson plans as well as creative ideas for teaching students about the different themes and activities that coincide with mental health issues. These can be used in transition year, 5th year and 6th year, in Guidance and SPHE as well as cross curricular and outside of class. This programme is free to all Post Primary schools. Cycle Against Suicide have updated this programme to now include complete lesson plans on all topics.

Not only does Ireland have the 4th highest rate of teen suicides 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.

HEADSTRONG works in three core ways:

Cycle Against Suicide provides all coursework and exercise toolkits and resources.

HEADSTRONG has a strong peer-to-peer education component. A group of students/learners, supported by a teacher, are trained in our programme. This committee of student/learners, overseen by teacher/s then in turn train the rest of their school population throughout the school year.

Cycle Against Suicide's HEADSTRONG Programme strengthen the four components of the school mental health curriculum in the following ways:

Component 1: Develop students' confidence and competence to act in support of mental health and well-being:

Cycle Against Suicide's HEADSTRONG programme help teachers and students understand mental health in all its dimensions. It uses unique learning tools to break down the nuances and intricacies of mental health issues and conditions by providing information in a way that is relatable and understandable. With knowledge that goes beyond mere familiarity with the name of conditions, teachers and students become fully competent and confident to discuss how to optimise and maintain good mental health.

DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

Component 2: Develops students' self-awareness about the attitudes, values and beliefs that underpin health, personal lifestyle behaviours and choices:

Cycle Against Suicide HEADSTRONG programmes helps develop practical rather than theoretical understanding of mental health. While the curriculum takes a broad strokes approach that provides general information, our programme is designed to help students look inward, using the information in the curriculum to identify and understand how the behaviours, attitudes and values they hold or come across each day affects their mental health and those of others.

Component 3: Develop students' capacity to empathise with others through a greater understanding of different life experiences, motives and feelings of other individuals and groups:

Stigma is a major challenge facing those who struggle with mental health issues. Cycle Against Suicide HEADSTRONG programme advances this element of the curriculum through a strong focus on reducing stigma, advancing the curriculum goal of empathy rather than stigma, and breaking down the shame associated with mental ill health. This sets students free to be open about their struggles and also to understand the struggles of friends or classmates.

Component 4: Examine the factors which impact on mental health and well-being and develop young people's ability to act on behalf of personal and group health and well-being.

Cycle Against Suicide HEADSTRONG programme enable students to put the information they learn through the curriculum to use in practical ways. It provides tools that help each student take the right action by teaching them how to identify when they need help and where to seek help and how to help others as well as the right coping skills and treatments for each disorder. Practical tools that Cycle Against Suicide and its diverse partners have used and that have proven effective are provided.

HEADSTRONG FEEDBACK

'The HEADSTRONG programme provided our students with a wonderful experience. It really pushed students out of their comfort zone and they and teachers gained great confidence from it'. Karen Murray – Ardgillan College, Balbriggan, North County Dublin.

'Great information and useful information for S.P.H.E.. Some of the surveys were excellent to set the mood and tone of lessons'. Colleen Gallagher, Moville Community College, Donegal.

'The programme is going well in my school. The students take ownership and like that element. They choose how they want to proceed which is great'. Marian Treacy – Holy Child Community School, Sallynoggin, Dublin.

'I love leading the programme in my school and thank you for your hard work in helping us'. Lorraine Kelly – Loreto Secondary School Wexford.

'It's great to have the booklets and information as early in the school year as possible as it helps with planning in August. Thank you for all the work you are doing with the programme we are really seeing the benefits in our school'. Nicola McKittrick – Saint Finian's Community College, Swords, County Dublin.

'The students enjoyed the responsibility they were given and fulfilled the task well and enthusiastically'. Sinead Ryan – Ballymahon Vocational School, County Longford.

'Really good programme and we definitely will do it again next year. The support provided by you in the organisation was so quick and amazing - thank you'. John Morris, Kishoge Community College, Lucan, County Dublin.

**DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

Our 'HEADSTRONG' programme has gone from strength to strength. In the school year September 2021 to May 2022, 619 secondary schools across Ireland delivered our HEADSTRONG programme. Other teachers within secondary schools also availed of our HEADSTRONG resources for in-class lessons. Our HEADSTRONG programme was introduced into secondary schools in Northern Ireland in September 2021 with 29 secondary schools completed the programme in the school year September 2021 to May 2022.

Croke Park Hour

Further to support the work of teachers, Cycle Against Suicide hosted a 'Croke Park Hour' for both primary and secondary school teachers on 28th February 2022. The session was hosted by Board member John Doran, TED speaker, author of 'Ways to Well-being' and guidance counsellor. It focused on how to help teachers to speak to a student who may be struggling.

Workplace Peer Support Programme

A 2022 workplace survey by Mental Health Ireland with 900 respondents found that a high number of employees reported that work stress negatively impacted their well-being. It also found that 90 per cent of employers were aware of an increase in mental health challenges since the COVID-19 pandemic.

In response to this, Cycle Against Suicide's launched its Workplace Programme a peer peer support in a safe and non-judgemental space. At its core, our programme is about people helping people and is designed to support employees navigating stressful or difficult circumstances that could impact on their productivity. It is a cost-effective approach to promoting and sustaining a culture of wellness and helps to build a supportive community at work.

Cycle Against Suicide's goal is to recognise that people who are experiencing depression, stress and anxiety in work are able to receive the support they need within their own work environment. The result is a reduced rate of absenteeism, improved employee morale and higher rates of employee retention and engagement.

Workplace Peer Support Programme Feedback

I attended the Cycle Against Suicide training during Oct' 2021, I work for Twitter and also take part as the office wellness champion and a student of counselling psychotherapy MA. I was very excited to attend the course and did not know what to expect but I did know that it is a serious and sensitive area to explore. I could see the importance this training may provide me with bringing knowledge back to our DUB office, literally meaning being able to save another person's life that may be in a vulnerable state and just looking for a person to talk to.

The training was two full days and I thought it would be very intensive due to the nature of the topic but I was amazed how captivating it was, delivered with a very engaging curriculum and our amazing facilitator Felix. The participants in the training ranged from many companies around Ireland and the group seemed to link very quickly and bond during the interactive program. I feel much more confident after this training to be able to communicate with a person that might be in distress, be able to distinguish if there are any life threatening signals that may require professional intervention and provide guidance with a wellness plan encapsulating all of the great wellness tools that we currently have. Aharon Melzer – Account Manager – Twitter EMEA HQ, Dublin.

'The Workplace Peer Support training session facilitated by Cycle Against Suicide was a great way to meet with colleagues from different disciplines around the hospital and discuss important and relevant subjects around Mental Health. In the workplace, we don't often get this opportunity so it was a nice way to speak to others on how they were feeling but also how to approach others who might not be feeling their best. Felix brought in some group exercises which was interactive and forced us to come out of our comfort zone which is critical when managing conversations around Mental Health'. Ann-Marie Keenan – HR Manager - National Orthopaedic Hospital Cappagh, Dublin

**DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

Community Buddy Programme

Research shows that the greatest impact is made when support is provided locally by people and organisations who are part of the communities they serve.

Promoting positive coping right at the heart of communities, Cycle Against Suicide's 'Community Buddy' initiative is working to establish a self-help network of peer support into communities across Ireland.

The Cycle Against Suicide Community Buddy Programme prioritises peer-to-peer action as a means to identify and help those who may be vulnerable. Our programme trains and equips participants with the practical, hands-on skills and knowledge they need to deliver support to those in mental health distress in their local communities.

Training is delivered over 2 days or 4 evenings and is free of charge. So far Cycle Against Suicide have trained 150 people as Community 'Buddies'

Community Buddy Programme Feedback

'All members of Limerick Suicide Watch found Cycle Against Suicide's Community Buddy/Peer support course and the instructors who delivered it excellent, and we all learnt a huge number of skills that will help us with what we do around the river in Limerick City.' - Shirley Johnston - Secretary, Limerick Suicide Watch.

'I felt there was a lot of different scenarios covered that would be beneficial to us. I felt Felix put us at ease and made the role playing enjoyable because usually that can be hard to do' – Lorraine Hogan, Limerick Suicide Watch.

'The course was very valuable, and Frank was a fantastic trainer. He was very interested in our work too and went out of his way to understand it and tailored the course content to make it as relevant as possible to us' – Sandrine, Limerick Suicide Watch.

Advocacy

In the last several years 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 individuals 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 in schools, communities and workplaces are tailored to the needs of those we serve. In the last number of 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 and around communities. Cycle Against Suicide now advocates the government for mental health to become a national priority. Two of the core areas of our advocacy work is reform of the wellbeing curriculum in schools and our call for gendered specific education campaign targeted at men.

Ireland has the 17th highest rate for suicide in Europe, and the 4th highest rate for males aged 15–24. Of the 390 people who died by suicide in Ireland in 2019, 77% were men, with a rate of 12.9 per 100,000 people, compared to the female suicide rate of 3.6 per 100,000.

Since 2010, middle aged men have been the highest age demographic for suicide in Ireland. In 2016 and 2018, the highest rate was among those aged 55-64 years, and between 2010 and 2015 this was among 45-54-year-olds.

In 2021, provisional data shows that 3 in 4 victims of suicide were male (302 of 399 deaths in total). The highest number of these men were aged 35-44 years old (69 deaths), followed by men aged 45-54 (64 deaths). While middle aged men have been at the greatest risk of suicide for the past decade, the rate for younger men is significantly higher than the European average.

Cycle Against Suicide understand the need to engage in advocacy. This is of vital importance in order for mental health issues to become an important part of an ongoing, open and honest dialogue.

In response to this, Cycle Against Suicide were responsible for a comprehensive white paper on men's mental health in Ireland. Suicide disproportionately affects men, with considerably higher numbers of male victims than female.

**DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

Cycle Against Suicide sent its white paper to Minister for Health Stephen Donnelly as well as a letter urging him to make men's mental health a critical part of the government's overall conversation on mental health and wellbeing.

A letter was also sent to Mary Butler TD, Minister for Mental Health and Older People, stressing that suicide disproportionately affects men so that a gendered prevention strategy should be addressed.

Cycle Against Suicide also addressed the importance of consistent mental health education programmes to be delivered in Irish schools. Research shows that when young people have the knowledge, attitudes and competencies to understand mental health and well-being and how it impacts their lives, they are better able to help themselves and others.

Research also shows that mental health issues in adults can be prevented if there is a proactive approach taken from a young age. It is thus very important for us a society to equip young people with the right knowledge and tools from a young age. This means that schools, both primary and secondary, are key to addressing this issue of mental health. This is recognised by the Government, as evidenced by portions of the curriculum designed to address this.

Cycle Against Suicide recognised that the delivery of wellbeing programmes had been so disjointed and incoherent that they are ineffective. We recognised a fresh approach is required in teaching mental health in schools. Cycle Against Suicide's Mind Me Mind You and HEADSTRONG schools programmes were in direct response to this need.

Social Media

Cycle Against Suicide continued to raise awareness of its mission, activities and events through its website as well as regular updates on Facebook, Instagram, LinkedIn, TikTok and Twitter. These were used as a collective tool to educate users on mental health issues as well as an encouragement to take part in Cycle Against Suicide events throughout the country.

Cycle Against Suicide App

Cycle Against Suicide launched its app and will offer instant access to a blog, well-being articles and self-help tools for those struggling with mental health issues. We are also working to ensure that this App can enhance our Community Buddy Programme and facilitate easy access between our trained Community Buddies and individuals needing support.

Data will be processed through pulse surveys with the intention of targeting more people with self-help tools. Technology will be used to equip those with necessary and freely available support.

Press

An Irish Independent December 2021 supplement on men's mental health included an editorial on Cycle Against Suicide's work in breaking the stigma surrounding men seeking help with mental health issues. The article included information on Cycle Against Suicide's Peer Support 'Buddy' Programme launched in 2021, quoting a survey carried out by Amárach Research on behalf of Saint Patrick's Mental Health Services which reported a 6% increase since 2020 and 16% increase since 2019 in the number of people receiving mental healthcare.

A radio campaign on Cork's RED FM publicised Cycle Against Suicide's 'spinoff' cycle. A radio campaign on both Newstalk and Midlands 103 also publicised Cycle Against Suicide's Coast to Coast cycle. These cycles were tied to our campaign of raising awareness of the issue of suicide among males. Press Releases for both events were issues to local and national press also.

EVENT ETHOS

Cycle Against Suicide's cycling events first started in order to raise awareness of mental health issues in towns, villages and communities throughout Ireland. They continue to serve this purpose and so much more. Participants are given the opportunity to work on their own mental health while discussing this important issue with others in an open and non-judgemental manner.

February 2022 research from the healthcare outcomes research centre and the department of health psychology at the Royal College of Surgeons in Ireland (RCSI) found that exercise is the most cost-effective method in the treatment of depression.

DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

Australia's Black Dog Institute also found that 16 weeks of regular exercise is equally as effective as antidepressant medication in the treatment of mild to moderate depression.

Our events offer a safe space for people to discuss how they are coping or otherwise. They present an opportunity for participants to work through mental health challenges with fellow participants and event crew. Our events are intended to be fully supportive and inclusive.

EVENTS

80 cyclists took part in Cycle Against Suicide's 'Malin to Mizen' cycle from one end of Ireland to the other. The event took place from Saturday May 21st to Saturday May 28th 2022. Along its challenging 700km route, the cycle passed through counties Cork, Kerry, Clare, Galway, Mayo, Sligo and Donegal. The event was a healing process for many as mental health issues were discussed in a free and open manner throughout the week.

200 cyclists took part in Cycle Against Suicide's Cork 'spinoff' cycle on Saturday 3rd September 2022 to help raise awareness of mental health issues in the region in advance of World Suicide Prevention Day (WSPD) on Saturday September 10th. The aim of our community spinoff cycles is to bring people together across the length and breadth of Ireland. The common goal is to promote positive mental health, to stamp out the stigma surrounding it and to give hope to those struggling with mental health issues. A key part of this campaign also was to raise awareness of the issue of suicide among men.

70 cyclists took part in our 'Coast to Coast' cycle from Dublin to Galway to mark World Suicide Prevention Day on September 10th 2022. This was for healing and recovery for those impacted by suicide; for the memory of loved ones lost to suicide; to nurture hope in communities and to help families struggling with the impact of isolation and loneliness. A key part of this campaign also was to raise awareness of the issue of suicide among men.

Cycle Against Suicide also facilitated PWC (Price Waterhouse Cooper's) cycle from its headquarters in Dublin's East Wall Quay to Howth and back on Thursday 16th December 2021. 110 cyclists took part in the event.

Cycle Against Suicide's Trek the Dolomites event took place in north-east Italy between September 3rd and 10th 2022. It included 5 days of trekking, walking and cycling and was suitable for all walking abilities. 18 participants took part. The purpose of the event was to raise funds for our evidence-based schools programmes 'Mind Me- Mind You' and 'HEADSTRONG'.

All of these events greatly strengthened Cycle Against Suicide's ongoing campaign for positive men's mental health in line with its advocacy objectives as well as positive mental health for all. While being motivational and informative regarding positive mental health they also stressed the greater importance of self-help when faced with a particular mental health challenge.

**DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

Financial review

Current Financial Position

The results for the year ended 30 September 2022 shows an overall excess of expenditure over income of €110,514. €32,181 being a use of restricted funds on hand and €78,333 a use of unrestricted funds during the year. This represents an €81,637 or 49% increase in charitable activity expenditure versus the prior year.

Cycle Against Suicide is a growing charity with urgent financial needs due to the growing cost and number of participants taking part in our schools, workplace and community programmes. Demand for our services has grown hugely in recent years. We have extensive reach across all counties and facets of Irish life. However, when it comes to funding, we are often overlooked in favour of higher profile charities. Cycle Against Suicide is run by a skeleton staff and 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 2022 are €198,646 (2021: €276,979) which represents approx. 12 month operational costs. At 30 September 2022 Cycle Against Suicide held Nil restricted reserves (2021: €32,181).

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.

Plans for future periods

Cycle Against Suicide Strategic Plan 2022-2025

Cycle Against Suicide's Strategic Plan 2022-2025 states its ultimate aim is to establish and embed its programmes and events into communities across the island of Ireland in order to reach as many individuals as possible. This begins with young people in schools as well as later in workplaces and communities. The psychological impact of COVID-19 on mental health will be felt for many years to come and upscaling demand to meet need will be a crucial aspect to Cycle Against Suicide's work over the next three years. Our strategic plan noted that the **value** and **importance** of Cycle Against Suicide's work has never been greater.

Structure, governance and management

Cycle Against Suicide is a national charity (CHY 20867) working across Ireland addressing the issue of mental health stigma. Our suicide prevention programmes, underpinned by strong evidence-based, open up conversations about mental health. Our programmes span 3 areas, schools, communities, and workplaces with our educational resources and supports made freely available to all. Each year our head turning and 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 the 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.

DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

Board Members

In September 2021, following an open call Cycle Against Suicide recruited a new Board member, John Doran, a teacher, and wellbeing TED speaker to the Board of Cycle Against Suicide. The total number of Board members is 8. All Board Members are volunteers, and the organisation greatly benefits from their expertise, insights, and commitment. Board meetings have moved from bi-weekly & monthly as the organisation worked through crisis management to meetings being held quarterly. This is further supplemented by Board members being kept fully informed through a 'Whatapp' group communication.

Dudley Farrell
Gavin Finnerty
Brendan Tighe
Andrew Keegan
Dennis Lally
Carmel Breheny
Jeanette Glynn
John Doran

GOVERNANCE & RISK COMMITTEE

Cycle Against Suicide Governance and Risk Committee is chaired by the Chairperson of the Board and has full input of all Board members. It forms part of all discussion at Board meetings. Risks highlighted by subcommittees is fed into Board meetings. All governance and reviews of risk management are 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 – CEO position. A number of third-party providers support key areas of work including social media marketing and accounts. Other personnel are recruited on a need to do basis.

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

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.

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.

**DIRECTORS' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

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 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 lives.

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 processes within Cycle Against Suicide.

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.

Auditor

MC2 Accountants Limited were appointed as the company's auditor and Ernst & Young resigned as auditors in accordance with section 383(2) of the Companies Act 2014, continue in office as auditor of the company.

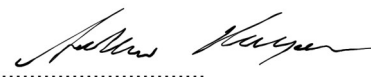
Thank You

People all over Ireland donate their time, money, energy and wisdom in supporting the organisation. 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. The organisation simply would not exist without your highly valued support, enthusiasm, and commitment.

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



.....
Brendan Tighe
Director



.....
Andrew Keegan
Director

Date: 21 APRIL 2023

**STATEMENT OF DIRECTORS' RESPONSIBILITIES
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

The directors, who also act as trustees for the charitable activities of #cd2, are responsible for preparing the Director's Report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the director to prepare financial statements for each financial year. Under that law, the director has 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 director must not approve the financial statements unless he is 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 director is 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 director is 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 Director's Report comply with the Companies Act 2014 and enable the financial statements to be audited. He is 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 Directors



.....
Brendan Tighe
Director



.....
Andrew Keegan
Director

Date: 21 APRIL 2023
.....



INDEPENDENT AUDITOR'S REPORT
TO THE DIRECTORS 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 2022, 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 2022 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 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 Directors' 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 Directors with respect to going concern are described in the relevant sections of this report.

Other information

The director is 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 DIRECTORS OF FIGHT AGAINST SUICIDE COMPANY LIMITED BY GUARANTEE

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 Directors' 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 Directors' 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 Directors for the financial statements

As explained more fully in the statement of Directors' responsibilities, the Directors 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 Directors 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, 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://www.iaasa.ie/Publications/Auditing-standards/Standards-Guidance-for-Auditors-in-Ireland/Description-of-the-auditor-s-responsibilities-for>. This description forms part of our auditor's report.



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

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 (Statutory Auditor)
for and on behalf of MC2 Accountants Limited
Certified Public Accountants & Statutory Audit Firm
T/A MC2 Accountants
Penrose Wharf
Penrose Quay
Cork

Date: 21 Apr 2023

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

		Unrestricted funds 2022 €	Restricted funds 2022 €	Total 2022 €	Unrestricted funds 2021 €	Restricted funds 2021 €	Total 2021 €
	Notes						
<u>Income and endowments from:</u>							
Grants and donations	3	64,624	-	64,624	194,318	131,435	325,753
Charitable activities	4	240,189	26,343	266,532	372,779	-	372,779
Other income	6	5,853	-	5,853	4,225	7,367	11,592
Total income		<u>310,666</u>	<u>26,343</u>	<u>337,009</u>	<u>571,322</u>	<u>138,802</u>	<u>710,124</u>
<u>Expenditure on:</u>							
Raising funds	7	197,446	2,394	199,840	315,600	-	315,600
Charitable activities	8	172,872	74,811	247,683	37,609	128,437	166,046
Total expenditure		<u>370,318</u>	<u>77,205</u>	<u>447,523</u>	<u>353,209</u>	<u>128,437</u>	<u>481,646</u>
Net (outgoing)/incoming resources before transfers		(59,652)	(50,862)	(110,514)	218,113	10,365	228,478
Gross transfers between funds		(18,681)	18,681	-	(2,443)	2,443	-
Net (expenditure)/income for the year/ Net movement in funds		(78,333)	(32,181)	(110,514)	215,670	12,808	228,478
Fund balances at 1 October 2021		276,979	32,181	309,160	61,309	19,373	80,682
Fund balances at 30 September 2022		<u>198,646</u>	<u>-</u>	<u>198,646</u>	<u>276,979</u>	<u>32,181</u>	<u>309,160</u>

STATEMENT OF FINANCIAL POSITION
AS AT 30 SEPTEMBER 2022

	Notes	2022 €	€	2021 €	€
Fixed assets					
Tangible assets	14		4,672		539
Current assets					
Stocks	15	11,785		14,535	
Debtors	16	42,893		155,170	
Cash at bank and in hand		178,772		171,036	
		<u>233,450</u>		<u>340,741</u>	
Creditors: amounts falling due within one year	17	<u>(39,476)</u>		<u>(32,120)</u>	
Net current assets			<u>193,974</u>		<u>308,621</u>
Total assets less current liabilities			<u><u>198,646</u></u>		<u><u>309,160</u></u>
Income funds					
Restricted funds			-		32,181
Unrestricted funds			<u>198,646</u>		<u>276,979</u>
			<u><u>198,646</u></u>		<u><u>309,160</u></u>

The financial statements were approved by the Board of Directors on 21 APRIL 23 and were authorised for issue on their behalf by:


.....
Brendan Tighe
Trustee


.....
Andrew Keegan
Trustee

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Notes	2022 €	€	2021 €	€
Cash flows from operating activities					
Cash generated from operations	21		14,205		85,417
Investing activities					
Purchase of tangible fixed assets		(6,469)		(539)	
Net cash used in investing activities			(6,469)		(539)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			7,736		84,878
Cash and cash equivalents at beginning of year			171,036		86,158
Cash and cash equivalents at end of year			<u>178,772</u>		<u>171,036</u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

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 Directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Thus the Directors 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 Directors in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Directors 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 2022

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 2022

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 2022

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 Directors 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

	Unrestricted funds	Restricted funds	Total Unrestricted funds		Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	€	€	€	€	€	€
Donation income	64,624	-	64,624	104,318	6,688	111,006
Donations in kind	-	-	-	90,000	-	90,000
Grant income	-	-	-	-	124,747	124,747
	<u>64,624</u>	<u>-</u>	<u>64,624</u>	<u>194,318</u>	<u>131,435</u>	<u>325,753</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

4 Charitable Activities

	Unrestricted Funds 2022 €	Restricted Funds 2022 €	Total Unrestricted Funds 2022 €	Total Unrestricted Funds 2021 €	Restricted Funds 2021 €	Total 2021 €
Main Cycle Income & Spin-Off Income	19,901	-	19,901	(4,399)	-	(4,399)
Malin to Mizen	168,380	-	168,380	302,047	-	302,047
Schools Income	-	18,883	18,883	5,153	-	5,153
Bike for Life/Share the Load	-	-	-	32,938	-	32,938
Trek the Dolomites Income	46,708	-	46,708	-	-	-
Community Buddy Income	-	7,460	7,460	28,725	-	28,725
WorkPlace Program Income	5,200	-	5,200	8,315	-	8,315
	<u>240,189</u>	<u>26,343</u>	<u>266,532</u>	<u>372,779</u>	<u>-</u>	<u>372,779</u>

5 Government Grant

	Total 2022 €	Total 2021 €
Government Grant	-	124,747

During the prior year, the company received a Pobal Grant from the Department of Rural and Community Development under the COVID-19 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.

6 Other income

	Unrestricted funds 2022 €	Unrestricted funds 2021 €	Restricted funds 2021 €	Total 2021 €
Sale of merchandise	3,204	2,779	-	2,779
Charities VAT compensation claim	2,649	1,446	-	1,446
Temporary wage subsidy scheme receipts	-	-	7,367	7,367
	<u>5,853</u>	<u>4,225</u>	<u>7,367</u>	<u>11,592</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

7 Raising funds

	Unrestricted funds	Restricted funds	Total Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021
	€	€	€	€	€
<u>Fundraising and publicity</u>					
Direct program costs	42,686	2,394	45,080	230,421	230,421
Staff and related costs	98,191	-	98,191	39,674	39,674
Consultancy costs	15,620	-	15,620	14,279	14,279
IT costs	4,637	-	4,637	3,296	3,296
Office & admin costs	7,610	-	7,610	12,824	12,824
Marketing & advertising	7,117	-	7,117	7,641	7,641
Depreciation	2,336	-	2,336	-	-
Support costs	19,249	-	19,249	7,465	7,465
	<u>197,446</u>	<u>2,394</u>	<u>199,840</u>	<u>315,600</u>	<u>315,600</u>

8 Charitable activities

	Unrestricted funds	Restricted funds	Total Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021
	€	€	€	€	€
Staff costs	6,152	-	6,152	25,326	32,693
Direct program costs	121,042	51,519	172,561	4,462	64,097
Marketing & advertising	21,194	1,714	22,908	1,284	17,274
IT costs	771	364	1,135	-	8,956
Office & admin costs	6,643	6,583	13,226	5,220	19,611
	<u>155,802</u>	<u>60,180</u>	<u>215,982</u>	<u>36,292</u>	<u>142,631</u>
Share of support costs (see note 9)	17,070	14,631	31,701	1,317	23,415
	<u>172,872</u>	<u>74,811</u>	<u>247,683</u>	<u>37,609</u>	<u>166,046</u>
Analysis by fund					
Unrestricted funds	172,872	-	172,872	37,609	37,609
Restricted funds	-	74,811	74,811	-	128,437
	<u>172,872</u>	<u>74,811</u>	<u>247,683</u>	<u>37,609</u>	<u>166,046</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

9 Support costs

	Support costs	Governance costs	2022	Support costs	Governance costs	2021
	€	€	€	€	€	€
Staff costs	10,079	-	10,079	4,289	-	4,289
Office & admin costs	5,130	-	5,130	303	-	303
HR costs	-	-	-	1,230	(750)	480
Finance costs	20,756	-	20,756	18,198	-	18,198
Governance costs	9,325	(9,325)	-	6,760	(6,760)	-
IT costs	5,660	-	5,660	100	-	100
Audit fees	-	8,300	8,300	-	4,305	4,305
Meeting expenses	-	473	473	-	750	750
Filing fees	-	552	552	-	2,455	2,455
	<u>50,950</u>	<u>-</u>	<u>50,950</u>	<u>30,880</u>	<u>-</u>	<u>30,880</u>
Analysed between						
Fundraising	19,249	-	19,249	7,465	-	7,465
Charitable activities	31,701	-	31,701	23,415	-	23,415
	<u>50,950</u>	<u>-</u>	<u>50,950</u>	<u>30,880</u>	<u>-</u>	<u>30,880</u>

10 Net movement in funds

	2022	2021
	€	€
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	8,300	4,305
Depreciation of owned tangible fixed assets	2,336	-
	<u>10,636</u>	<u>4,305</u>

11 Directors

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

12 Employees

The average monthly number of employees during the year was:

	2022	2021
	Number	Number
Administration	<u>2</u>	<u>2</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

12 Employees **(Continued)**

Employment costs	2022	2021
	€	€
Wages and salaries	79,471	70,895
Social security costs	8,701	5,761
Other pension costs	26,250	-
	<u>114,422</u>	<u>76,656</u>

In the prior year the company was in receipt of the Temporary Wage Subsidy Scheme for €7,367 which was allocated against wages and salaries. The company did not receive any such support for the year ended 30 September 2022.

The company employed one full time CEO during 2022. The CEO's salary was €57,500 during the financial year and pension costs relate to an executive pension plan in place for the CEO.

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

13 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).

14 Tangible fixed assets

	Fixtures and fittings	Computers	Total
	€	€	€
Cost			
At 1 October 2021	-	539	539
Additions	6,469	-	6,469
	<u>6,469</u>	<u>539</u>	<u>7,008</u>
At 30 September 2022	6,469	539	7,008
Depreciation and impairment			
Depreciation charged in the year	2,156	180	2,336
	<u>2,156</u>	<u>180</u>	<u>2,336</u>
At 30 September 2022	2,156	180	2,336
Carrying amount			
At 30 September 2022	<u>4,313</u>	<u>359</u>	<u>4,672</u>
At 30 September 2021	<u>-</u>	<u>539</u>	<u>539</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

15 Stocks	2022	2021
	€	€
Finished goods and goods for resale	11,785	14,535
	<u>11,785</u>	<u>14,535</u>
16 Debtors	2022	2021
Amounts falling due within one year:	€	€
Trade debtors	400	154,456
Other debtors	10,501	-
Prepayments and accrued income	31,992	714
	<u>42,893</u>	<u>155,170</u>
	<u>42,893</u>	<u>155,170</u>
17 Creditors: amounts falling due within one year	2022	2021
	€	€
	Notes	
PAYE/PRSI/USC	4,442	7,436
Deferred income	8,441	5,909
Trade creditors	18,412	7,729
Other creditors	801	802
Accruals and deferred income	7,380	10,244
	<u>39,476</u>	<u>32,120</u>
	<u>39,476</u>	<u>32,120</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 €26250 (2021 - €Nil).

19 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.

20 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 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 €57,500 (2021 : €59,585).

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

21 Cash generated from operations	2022 €	2021 €
(Deficit)/surplus for the year	(110,514)	228,478
Adjustments for:		
Depreciation and impairment of tangible fixed assets	2,336	-
Movements in working capital:		
Decrease/(increase) in stocks	2,750	(2,546)
Decrease/(increase) in debtors	112,277	(136,148)
Increase/(decrease) in creditors	4,824	(10,276)
Increase in deferred income	2,532	5,909
	14,205	85,417
	14,205	85,417
22 Analysis of changes in net funds		
The company had no debt during the year.		