

# S . I . S

SELF INJURY SUPPORT  
IN NORTH CUMBRIA

## Self Injury Support in North Cumbria Annual Report & Accounts

Covering the period  
from 1<sup>st</sup> June 2009 to 31<sup>st</sup> May 2010

**Self-Injury Support in  
North Cumbria**

2 Lowthians Lane,  
Carlisle,  
Cumbria CA3 8JR  
Tel: 01228 525705/515500  
[www.sis-cumbria.co.uk](http://www.sis-cumbria.co.uk)  
[info@sis-cumbria.co.uk](mailto:info@sis-cumbria.co.uk)

the  
**Tudor**trust

 Lloyds TSB | Foundation for England and Wales

   
LOTTERY FUNDED



# About Self Injury Support in North Cumbria (S.I.S)

## Mission & Vision

*Our mission is to provide support to people in North Cumbria who self-harm and those who support or care for them, and to educate the public and associated professionals about self-harm.*

*Our vision is that all people in North Cumbria have a greater awareness and understanding of the issue of self-harm and that people who self-harm and those who support them are able to access the services of S.I.S*

## Reference and Administration Information

**Name of Charity:** Self Injury Support in North Cumbria Limited

**Any other name by which the charity makes itself known:** S.I.S, SIS and SIS Ltd

**Address:**

2 Lowthians Lane,  
English Street,  
Carlisle,  
Cumbria CA3 8JR

**Tel:** 01228 525705/515500

[www.sis-cumbria.co.uk](http://www.sis-cumbria.co.uk)

[info@sis-cumbria.co.uk](mailto:info@sis-cumbria.co.uk)

**Charity number** - 1106750

**Company number** - 5251699

**Trustees:**

At start of period - Mel Crawford, Mary Hillery (current Chair), Steve Lax, Keith Nightingale, Paul Wheelhouse

At end of period (May 2010) - Alastair Fisher, Mary Hillery (current Chair), Steve Lax, Keith Nightingale, Paul Wheelhouse

**Accountants** - O'Reilly, 6 Brunswick Street, Carlisle, Cumbria CA1 1PN

**Bank** - Lloyds TSB

**Staff** - Ruth Lax (Service Co-ordinator), Steve Lax (Business Manager), Helen Watson (Development Worker)

**Bank Counsellors over this period** - Helen Damment, Wendy Dawes, Alastair Fisher, Kathrynne Francis, Jill Kirtland, Marita Over, Helen Watson, Helene Wickins, David Wright



Outside the SIS Office

## Structure, Governance and Management

### **The nature of the governing document and how the charity is constituted:**

Memorandum and Articles of Association of Self Injury Support in North Cumbria Limited

### **The methods adopted for the appointment of new trustees:**

The charity may by ordinary resolution:

- Appoint a person who is willing to act to be a trustee; and
- Determine the rotation in which any additional trustees are to retire.

### **The methods adopted for the recruitment of new trustees:**

- Advertising via press, local voluntary recruitment agencies and word of mouth.
- Details given of trustee's roles and responsibilities and statutory duties.
- In a meeting with Service Co-ordinator or Chair of trustees - invited to describe any expertise they could bring to the board, experience or skills they have to offer and any particular areas of the charity's work they would like to become involved in.
- Invited to Board meeting where trustees decide whether to appoint.

Self Injury Support in North Cumbria is currently looking for new trustees. Trustee meetings are held once every 2 months, and generally last for about 2 hours. Between meetings you will be expected to communicate on any urgent issues which arise. Aside from this, trustees can do as much or as little as they want and decide whether they take an active role in the charity or not!

## Objectives and Activities

### **Summary of the objects as set out in the constitution:**

- A) RELIEVE SICKNESS AND PROMOTE THE HEALTH OF PERSONS WHO SELF INJURE AND ARE EMOTIONALLY DISTRESSED THEREBY BY OFFERING INFORMATION, SUPPORT AND COUNSELLING TO SUCH PERSONS AND THEIR FAMILIES;
- B) ADVANCE THE EDUCATION OF THE PUBLIC ABOUT SELF INJURY AND MENTAL HEALTH ISSUES RELATED TO SELF INJURY.

### **Summary of the main activities undertaken in relation to those objects:**

- Information and support - Publications, website
- Quarterly Newsletter
- Professionally qualified counselling
- Group support
- Library loan resource
- Awareness training
- Promoting standards of best practice in supporting people who self-harm, through liaison, networking and awareness raising opportunities

More about these activities and our services can be found on pages 7-11.

## Aims and Core Values

### Aims:

- To provide (without charge to client) professionally qualified counselling and facilitated group support (within the BACP code of ethics) to those who self-harm in North Cumbria (postcodes beginning with CA).
- To provide support and information to those who support and care for people who self-harm in North Cumbria.
- To provide training for individuals, groups, organisations and professionals to enable people to understand self-harm and support those who self-harm.
- To increase awareness and understanding about self-harm through producing publications and resources designed to help those who self-harm, those supporting them, and to raise awareness among the general public.
- To co-operate with statutory, voluntary and private sector agencies in order to improve support available for those who self-harm and those who care for them.

### Core Values:

- Person-centred - providing support in a non-judgmental and non-directive environment, enabling clients to find their own solutions to their problems.
- Support - recognising that those who self-harm and those who care for them deserve help and support.
- Respect and Diversity - respecting that everyone's experience of self-harm is different.
- An understanding that self-harm is a way of coping with emotional distress.
- The importance of educating people about self-harm and dispelling the myths surrounding the issue.

## Report from the Chair



Mary, Ruth & Helen at SIS Open Day

In the last Annual Report I talked about the eventful year we had from 2008-09 with an office move, change in management committee, Big Lottery funding leading to two new paid members of staff, and various other changes.

Thankfully the year from June 2009 to May 2010 has involved less big changes, and has seen SIS grow and prosper as the organisation becomes more well known and improves/builds on relationships with other organisations/groups.

Over this period we have dramatically increased the self-harm awareness training provided (both in-house and general training sessions), which attracts a wide variety of professionals (such as social workers, healthcare professionals, teachers and charity workers) as well as those with family/friends who self-harm, and generates excellent positive feedback ([see pages 8/9](#)). We hope to continue to build on our success with the training sessions and increase our capacity for training even further and reach more people.



Out in town with the display board

The increased awareness of SIS has led to increased services and help provided ([see page 7](#)) for those who self-harm in North Cumbria, with particular success in the group support offered ([see page 8](#)). We receive some lovely feedback from service users, and know what a difference we are making to people's lives.

Although SIS now has more financial stability ([see accounts on pages 12-15](#)) than in the organisation's history, a lot of work is involved with generating funding, and over the year we were pleased to have continued support from the Big Lottery and the Tudor Trust, and also to get funding from the Lloyds TSB Foundation. Fundraising is an excellent way to secure unrestricted funding, and as I report ([on Page 11](#)) we have been extremely grateful for fundraising efforts for SIS.

On a personal level, during this period I made the transition to 'service-user' due to my own struggles with self-harm and my mental health. I feel that this now gives me an additional perspective on SIS and the work we do, and a heightened awareness of the importance of our services. More than ever I feel privileged to be involved with the organisation, and am looking forward to the year ahead of us.

On a final note, I hope that more people will want to get involved with SIS. We are always looking for volunteers, especially to join our board of trustees, so please get in touch if you think you might be interested.

Mary Hillery (Chair)

January 2011

# Services Offered and Future Plans

## Counselling



The main service which Self Injury Support in North Cumbria provides is Person-centred therapy for those who self-harm (in Year 7 (aged from 11) and above, with no upper age limit), at no cost to the service user, and with no time limit i.e. the person receives counselling for as long as they need it. We can also offer support for those who care (e.g. parents and partners) for those who self-harm.

We have 9 bank counsellors who see our clients. Those based in Carlisle usually see our counsellors at our office in Lowthians Lane, but otherwise counsellors meet clients in other places e.g. doctor's surgeries, schools. Our counselling service covers the whole of North Cumbria (postcodes beginning with CA).

### Between June 2009 and May2010 SIS

- Provided 1325 hours of 1 to 1 counselling (2008/09-773 hours)- increase of 71% !
- Received 119 Referrals (2008/09-101)- increase of 18% !
- Gave counselling to 159 Service Users (2008/09-88)- increase of 80% !

Feedback from our clients is extremely positive, and below is what one service-user has shared with us:

*After seeking advice from Samaritans and a contact number for SIS, I made contact with a charity that can only be described as a hidden gem in the city of Carlisle. Its office is neatly tucked inside a busy bustling city centre. Within which a real sense of calm and respect is evident. The support on offer from staff at the centre is something that I have found to be extremely valuable and precious.*

*"I am beginning to understand that my life is valuable and I am precious too."*

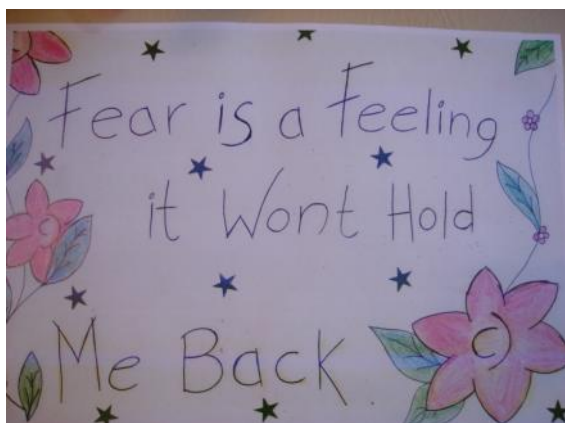
*Through being given time to unravel the turmoil that is going on inside me, I am finding out who the real me is. The environment that is created during time spent talking to members of staff has allowed me to be real, open and feel secure in beginning to release things deep inside of me that I can't understand. Rather than the release being destructive in self harm, I am learning to find alternative ways of dealing with my emotions (the hurts, fears and sadness) so that a positive and constructive thought or action can be the result.*

Referral is a simple process and can be done either by the individual who is self-harming, or someone else on their behalf e.g. GP, an organisation or parent (although it is important that the individual wants to receive counselling). Just phone 01228 515500 to refer someone for counselling services. Our service co-ordinator will ask some questions about the person's background and issues of concern. At present there is no waiting list and people can usually be seen within 2 weeks of referral. However, as demand for services grows we will require further funding to meet these demands.

## Group Support

During this period SIS provided group support for people who self-harm in Maryport in conjunction with Barnardos, and Carlisle in conjunction with Addiction Dependency Solutions (ADS). The groups partake in various activities and look to find more positive ways to deal with emotional distress rather than focusing on the self-harm itself.

Below is some of the artwork produced by the Maryport support group.

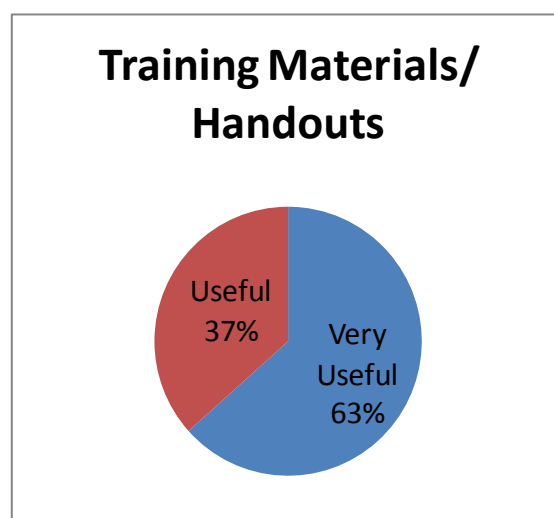
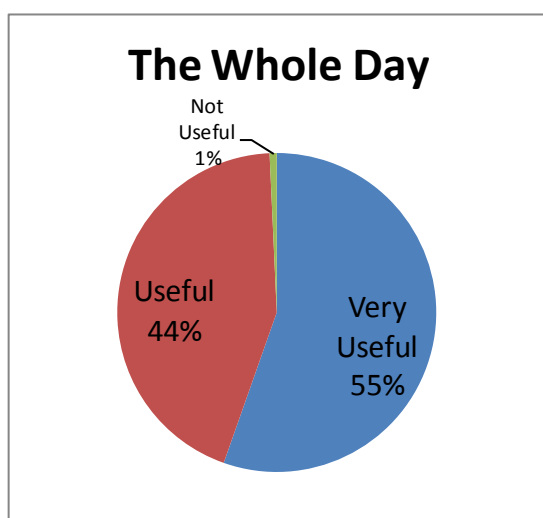


In the future we hope to start a support group for parents of those who self-harm.

## Awareness Training

Between June 2009 and May 2010 SIS delivered 7 training days in Whitehaven, Workington and Carlisle, in addition to full days at the Lakes College, Action for Children, Howgill Family Centre and Cedar House School and other shorter in-house training sessions.

Feedback has been overwhelmingly positive as you can see from the pie-charts below and read in the comments on the next page.



Details of future training dates can be found on the website -

[www.sis-cumbria.co.uk/awareness-training](http://www.sis-cumbria.co.uk/awareness-training)

We are also able to offer in-house training sessions in 1hr, 2hr, half-day or full-day presentations. Please contact Steve on 01228 515500 for further information.

## Feedback from Training

I feel that I am full of admiration for the work SIS does but more specifically the input given by Mary, I think she is very courageous to share her personal experiences and how she is/was feeling at times of self harm.

They covered every aspect of self harm and answered all the questions put to them.

I felt the course was sensitive and comprehensively dealt with SH issues and was very pleased with it in its entirety.

I found it all very interesting and very informative.

I enjoyed it when there was group participation and the case studies, and the three speakers.

Very clear information, pitched at the right level. Will be very useful in my work.

DVDs good, Group work good. Presenters made it a real experience.

## Newsletter

Issue 4 of SIS News went out in July 2009, and subsequent issues in October, January, and April 2010. This quarterly publication is mainly sent out electronically (but is also suitable to be printed as a booklet) contains articles about self-harm and related issues, and information about what Self Injury Support in North Cumbria has been doing.

E-mail [ruth@sis-cumbria.co.uk](mailto:ruth@sis-cumbria.co.uk) to be added to the distribution list, or download it from the website - [www.sis-cumbria.co.uk/latest-news](http://www.sis-cumbria.co.uk/latest-news)

Issue 4 July-Sept 2009

### SIS News

Welcome to SIS News

Welcome to the summer edition of SIS News, slightly less excited than the last one! Since it's the summer, on page 2 I talk about one of the difficulties that those who self-harm face in the hot weather. I also give my thoughts on a conference I attended, and the BBC documentary about self-harm - I'd love to hear other people's thoughts on it!

In this issue you'll find out what we've been up to over the last few months - both related to our involvement with the Suicide Prevention Strategy on the [SIS page](#) - and our [training days](#) for the rest of 2009.

As ever, please email us if you'd like to be added to the distribution list for this newsletter. We would also love to hear from you if you'd like something included in a future issue of SIS News - with an expanding distribution list it could be a good way to let people know about your organisation!

Mary Miller

Trustee Changes!

Finally we need to give a shout-out to our new trustee, however, she is now officially our minute secretary, and she's still very much involved with the organisation, so it's not really goodbye!

We are very pleased to welcome Phil Whitehouse and Alia Crawford to the board as new trustees. Phil is the Carlisle Council Youth Officer and Chapter of Trinity Secondary School. Alia has a wife and 2 children, and is a school governor. Alia has worked in some forms of education for most of her career and now delivers recovery training in Carlisle's homeless hotels. Alia has two daughters, a 12-year-old and a 9-year-old, her husband makes keeps accounts, record collecting and DJ's.

Other news is that Alia is now the Chair to the board of trustees. We are still looking for more trustees, so please contact us if you might be interested, and let us know what you're doing!

With thanks to our funders:

Issue 5 Oct-Dec 2009

### SIS News

Welcome to SIS News

Welcome to the 1st anniversary edition of SIS News, how time flies! It's been a fantastic year for Self Injury Support in North Cumbria. I've enjoyed keeping you all informed about what we've been up to, and I look forward to the year ahead.

In this issue we've pleased to share with you the personal story of Hannah (one of our new volunteers) and how she has overcome self-harm. I'm sure you'll agree that it's inspirational hearing from someone who has overcome self-harm. In addition to this I talk about a website and messageboard which I have found invaluable during my own struggles with self-harm.

I hope that you continue to enjoy reading our newsletter, and remember to sign up to the distribution list if you haven't done so already!

Mary Miller

We Still Need Your Help!

Searching for new trustees seems to be a near-constant exercise for all charities, but we particularly seem to be struggling at the moment unfortunately! We believe we've managed to do so far but to keep the board other any other time, due to family commitments.

As I said in the first issue of SIS News, all you need is a bit of time to spare, the ability to travel to Carlisle for trustee meetings (which are currently once every two months on a Tuesday afternoon), a desire to progress amongst for people who self-harm in North Cumbria, and most importantly enthusiasm! We hope to get people from a wide variety of different backgrounds. Those who get in touch if you think you might be interested, and perhaps come along to our next meeting to get some of an idea of what the role entails. Without making the charity simply exist!

Contact Us: Self-Injury Support in North Cumbria (Charity Coordinator) T: 01228515500 Carlisle, Cumbria CA1 3JN NORTH-CUMBRIA@SIS-CUMBRIA.CO.UK

With thanks to our funders:

Issue 6 Jan-March 2010

### SIS News

Welcome to SIS News

Happy New Year and welcome to the first issue of SIS News for 2010. It's great to have this opportunity to say that our thoughts are with everyone who has been affected by the terrible Haverhill floods.

In this issue we have a focus on our self-harm awareness training, and we're also privileged to be able to share with you some poetry written by people who self-harm.

Seeing that someone you care about is self-harming can be extremely distressing so on the [SIS page](#) we share with you some suggestions for how to help them.

March 1st is Self-Injury Awareness Day, and like last year we're having an open day at our office in Loathwaite Lane. It would be great if you could pop along and meet us!

Mary Miller (Chair)

New Counsellor and Trustee!

We are pleased to welcome Alanor Fisher as a new trustee. Alanor has been a bank counsellor with SIS for a long time, and it is great to have his knowledge and experience on the board.

We are also pleased to announce that we have a new bank counsellor, Marlene Oler who has joined the team.

In the next issue of SIS News we hope to bring news of more new people. Please do get in touch if you'd like to get involved with the charity, particularly if you're interested in becoming a trustee.

Contact Us: Self-Injury Support in North Cumbria (Charity Coordinator) T: 01228515500 Carlisle, Cumbria CA1 3JN NORTH-CUMBRIA@SIS-CUMBRIA.CO.UK

With thanks to our funders:

Issue 7 April-June 2010

### SIS News

Welcome to SIS News

Welcome to SIS News, an issue which is full of pictures! In this issue we share with you the sad story of Dave. Dave who sadly lost his life in February 2009. Dave's parents Marie and Phil have very kindly shared the [SIS page 2](#) with SIS in the hope that by raising awareness about the help available to those who self-harm that a similar tragedy might be prevented. In memory and celebration of Dave's life, and to raise funds for SIS, a sponsored walk is taking place in May (see details below).

Following positive feedback from the previous newsletter, we again have a focus on creative expression from people who self-harm, including artwork and poetry from SIS volunteers!

It's been a busy few months, and you might have seen or heard about SIS in the local news. I hope you enjoy reading about what we've been up to!

Mary Miller (Chair)

Sponsored Walk, in memory of Dave

Marie, Phil and Olla are joining with other friends and family of Dave. The walk is sponsored with Marie's memory to Arthur's Place, in memory and celebration of his life.

The walk will take place on Sunday 2nd May from 10am, sponsored by being taken to raise funds for SIS.

Any donation would be very much appreciated. You can donate by visiting [www.sis-cumbria.co.uk/donate](http://www.sis-cumbria.co.uk/donate). When you make a donation, don't forget to check the [SIS page 2](#). If you are a UK taxpayer then SIS can claim an extra 28p per £1 donation. We have already had some fantastic donations, and we hope to reach our target of £5000.

Contact Us: Self-Injury Support in North Cumbria (Charity Coordinator) T: 01228515500 Carlisle, Cumbria CA1 3JN NORTH-CUMBRIA@SIS-CUMBRIA.CO.UK

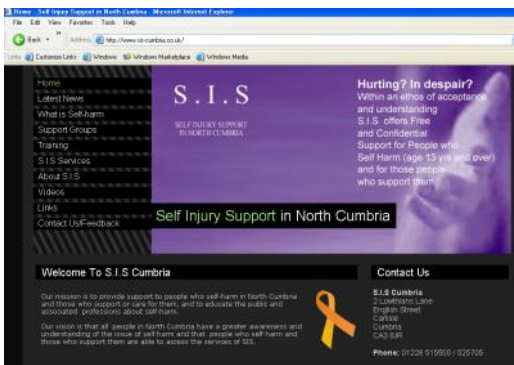
With thanks to our funders:

## Library Loan

Self Injury Support in North Cumbria has an extensive collection of books and information about self-harm and other related areas which can be borrowed from the office.

There are plans to update our library loan collection over the coming year, and to make it more accessible to those who want to use the service.

## Website



Our website ([www.sis-cumbria.co.uk](http://www.sis-cumbria.co.uk)) contains information about our services, in particular training dates, and copies of all issues of the newsletter.

The website and information which it contains will continue to expand over the coming year.

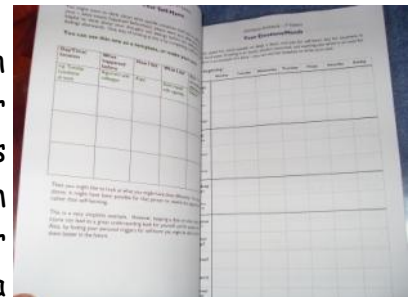
## Publications

Self Injury Support in North Cumbria produces a number of booklets, leaflets, and factsheets, aimed at those who self-harm and those who support them. These include 'A Short Guide about Self Harm for Pupils in yrs 7 to 13', 'A Short Guide about Self Harm for Students', 'Self-Injury - Information for Healthcare Professionals', 'Self-Injury - Information for Parents', 'What is Counselling' and guidelines for schools on writing a self-harm policy. These publications can be provided electronically or in hard copy.



Self Injury Support in North Cumbria also has a Workbook for those who self-harm. This is designed for those who self-harm to work through either on their

own, with a friend or relative, or with a professional counsellor. We charge £10 for the Workbook, but it can be photocopied for use within the organisation purchasing it.



The Workbook

## Working with Others

Self Injury Support in North Cumbria is committed to working with others. Groups we are involved with include the Cumbria Children's Voluntary and Community Sector Reference Group, Cumbria Suicide Prevention Reference Group, and the Mental Health Providers Forum. In addition to this we have a good relationship, and have developed a Strategic Alliance with SAFA (Self-Harm Awareness for the Furness Area) which is a charity based in Barrow-in-Furness with similar aims and objectives to SIS, but covering the south of Cumbria.

We are members of the British Association for Counselling and Psychotherapy (BACP), which is useful for the organisation. Self Injury Support in North Cumbria are also members of Cumbria Youth Alliance (CYA) and Cumbria CVS (Council for Voluntary Service). SIS are currently working with the CYA on the "Journey of Youth" project.

Self Injury Support in North Cumbria feels that it is important to raise awareness of its services, but also of self-harm in general. We take our display board out to local events and distribute information about self-harm.



A volunteer with the display board

We also have good relationships with the media and featured in several articles in the News and Star surround Self-Injury Awareness Day (SIAD) 2010. Each year around SIAD (March 1st) SIS holds an open day where

people can drop into the office for a chat and to find out more about us.



Volunteer Hannah appearing in the News and Star

Over the following year we hope to develop our relationships with other organisations. We particularly hope to get more involved with schools (we are already involved with some), and with the NHS, so that we can reach and help more people who self-harm.

Of course none of this could be done without our funders over this time period - the Big Lottery, Lloyds TSB and the Tudor Trust, so a huge 'thank you' to them! We have also had the pleasure of being involved with the Tuck family who tragically lost their son Dave to suicide. In May 2010 there was a sponsored walk in celebration and memory of Dave's life which raised much-needed funds for SIS, in the hope that with increased awareness and support for those who self-harm that similar tragedies can be prevented in the future.



# Financial Review

The full accounts are in a separate document which can be requested from Self Injury Support in North Cumbria.

## STATEMENT OF FINANCIAL ACTIVITIES INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 May 2010

	UNRESTRICTED FUNDS NOTES	RESTRICTED FUNDS	TOTAL FUNDS 2010	TOTAL FUNDS 2009
	£	£	£	£
<b>INCOMING RESOURCES</b>				
Incoming resources from charitable activities:-				
Grants		97,697	97,697	89,182
Training Services	10,372		10,372	6,456
Sundry donations and fundraising	14,831		14,831	301
Bank Interest	0		0	229
	-----	-----	-----	-----
<b>TOTAL INCOMING RESOURCES</b>	<b>25,203</b>	<b>97,697</b>	<b>122,900</b>	<b>96,168</b>
	=====	=====	=====	=====
<b>RESOURCES EXPENDED</b>				
<b>CHARITABLE ACTIVITIES</b>				
Salaries		69,572	69,572	42,489
Pension		1,625	1,625	1,578
Counselling services	9,289	10,000	19,289	17,007
Training		1,460	1,460	800
Volunteer Costs		0	0	522
Travel expenses		5,432	5,432	3,540
Rent and rates		4,272	4,272	3,772
Room hire	1,695	0	1,695	1,086
Repairs and renewals		111	111	47
Telephone	1,746	1,746	2,213	
Postage, stationery and advertising		3,066	3,066	3,389
Legal Costs		0	0	188
Computer costs		416	416	449
Licences and insurance		816	816	796
Bank charges and interest		0	0	71
Sundry expenses		557	557	656
Moving costs		0	0	375
Accountancy		0	0	575
Depreciation of office equipment	824		824	1,062
	-----	-----	-----	-----
<b>TOTAL RESOURCES EXPENDED</b>	<b>11,808</b>	<b>99,073</b>	<b>110,881</b>	<b>80,615</b>
	=====	=====	=====	=====
<b>NET SURPLUS FOR THE YEAR</b>	13,395	(1,376)	12,019	15,553
Total Funds Brought Forward	1,393	23,991	25,384	9,831
	-----	-----	-----	-----
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>14,788</b>	<b>22,615</b>	<b>37,403</b>	<b>25,384</b>
	=====	=====	=====	=====

**BALANCE SHEET  
AS AT 31 May 2010**

	NOTES	2010	2009	
		£	£	£
<b>FIXED ASSETS</b>				
Tangible Assets	5		2,472	3,185
<b>CURRENT ASSETS</b>				
Debtors and Prepayments	6	3,183		3,002
Cash at Bank and in Hand		32,787		24,568
		-----		-----
		35,970		27,570
<b>CREDITORS:</b> amounts falling due within one year	7	1039		5,371
		-----		-----
<b>NET CURRENT ASSETS</b>			34,931	22,199
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			-----	-----
			37,403	25,384
			=====	=====
<b>FUNDS</b>				
Unrestricted Fund	8		14,788	1,393
Restricted Fund	8		22,615	23,991
			-----	-----
			37,403	25,384
<b>TOTAL FUNDS</b>			=====	=====

For the financial year ended 31 May 2010 the company was entitled to exemption from audit under section 477 of Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the companies Act 2006 relating to the accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

## NOTES TO THE ACCOUNTS

### I. ACCOUNTING POLICIES

a) **Accounting Convention** - The financial statements have been prepared under the historical cost convention and with the Financial Reporting Standard for Smaller Entities (effective April 2008). The Companies Act 2006 and the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2006).

b) **Income Resources** - All incoming resources are included in the SOFA when the charity is legally entitled to the income. Donated facilities are included at the value to the charity where this can be quantified and a third party is bearing the cost.

c) **Resources Expended** - All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

d) **Tangible Fixed Assets and Depreciation** - Depreciation is provided on the reducing balance at the following rates to

effectively write off the assets over their estimated useful lives:- Fixtures and Fittings 25% per annum

e) **Fund Accounting**

a) Unrestricted Funds are funds which are available in furtherance of the general objectives of the Charitable Company and are not designated for other purposes.

b) Restricted Funds are funds which are to be used in accordance with specific restrictions imposed by the Donors

2. **LEGAL STATUS**

The company is a charity limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

3. **TRUSTEES REMUNERATION**

No remuneration was paid to or expenses reimbursed during the year (2009 Nil).

4. **TAXATION**

No Corporation tax is likely to arise on the year's result (2009 Nil).

5. **TANGIBLE FIXED ASSETS**

**FIXTURES &  
FITTINGS**

**COST**

At 1.6.2009	5,294
Additions	111
Disposals	0
	-----
At 31.5.2010	5,405
	=====

**DEPRECIATION**

At 1.6.2009	2,109
Charge for Year	824
Depreciation on disposal	0
	-----
At 31.5.2009	2,933
	=====

**NET BOOK VALUE**

At 31 May 2010	2,472
	=====
At 31 May 2009	3,185
	=====

6. **DEBTORS**

	2010	2009
Provision of Services	3,183	3,002
	-----	-----
	3,183	3,002
	=====	=====

7. **CREDITORS: amounts falling due within one year**

	2010	2009
Accruals	0	575
Taxation	-	-
Trade Creditors	1,039	4,796
	-----	-----
	1,039	5,371
	=====	=====

## 8. STATEMENT OF FUNDS

	At 1 June 2009	Income	Expenditure	At 31 May 2010
<b>a) Unrestricted</b>				
Unrestricted Fund	1,393	25,203	11,808	14,788
=====				
<b>b) Restricted</b>				
Big Lottery	8,241	55,197	58,839	4,599
Lloyds TSB Foundation	-	12,500	12,500	0
Tudor Trust	15,750	30,000	27,734	18,016
	-----			
	23,991	97,697	99,073	22,615
=====				

## 9. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL
Fund balances at 31 May 2010 are represented by:-			
Tangible Fixed Assets	-	2,472	2,472
Net Assets	14,788	22,615	37,403
	-----		
<b>TOTAL NET ASSETS</b>	14,788	25,087	39,875
	=====		

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SELF INJURY SUPPORT  
IN NORTH CUMBRIA

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