

Registration number: NI668771

Crisis Cafe CIC

(A company limited by guarantee)

Annual Report and Unaudited Financial Statements

for the Year Ended 30 April 2022

SP McKeown & Co Ltd
Chartered Certified Accountants, Registered Auditors and Tax Advisors
5 Lower Catharine Street
Newry
Co Down
BT35 6BE

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COMPANIES HOUSE

Crisis Cafe CIC

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Crisis Cafe CIC

Company Information

Directors	Ms Laura Cummings Mr Sean Doogan Mr Odhran McAllister Ms Charlene Curran Mr Kevin McDonald Ms Inez Murray
Company secretary	Mrs Grainne Graham Ms Mary Louise Quinn
Registered office	28 Carrowbane Road Camlough Newry County Down BT35 7HP
Bankers	AIB Newry 42-44 Hill Street Newry Co Down BT34 1AU
Accountants	SP McKeown & Co Ltd Chartered Certified Accountants, Registered Auditors and Tax Advisors 5 Lower Catherine Street Newry Co Down BT35 6BE

Crisis Cafe CIC

(Registration number: NI668771)
Balance Sheet as at 30 April 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	4	6,049	7,444
Current assets			
Stocks	5	1,156	-
Debtors	6	2,849	4,976
Cash at bank and in hand		1,528	11,057
		<u>5,533</u>	<u>16,033</u>
Creditors: Amounts falling due within one year	7	<u>(7,380)</u>	<u>(14,436)</u>
Net current (liabilities)/assets		<u>(1,847)</u>	<u>1,597</u>
Net assets		<u>4,202</u>	<u>9,041</u>
Reserves			
Retained earnings		<u>4,202</u>	<u>9,041</u>
Surplus		<u>4,202</u>	<u>9,041</u>

For the financial year ending 30 April 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. As permitted by section 444 (5A) of the Companies Act 2006, the directors have not delivered to the registrar a copy of the Profit and Loss Account.

Approved and authorised by the Board on 20 January 2023 and signed on its behalf by:


Ms Laura Cummings
Director

Crisis Cafe CIC

Notes to the Unaudited Financial Statements for the Year Ended 30 April 2022

1 General information

The company is a company limited by guarantee, incorporated in Northern Ireland, and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £2 towards the assets of the company in the event of liquidation.

The address of its registered office is:

28 Carrowbane Road
Camlough
Newry
County Down
BT35 7HP

These financial statements were authorised for issue by the Board on 20 January 2023.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A smaller entities - 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' and the Companies Act 2006 (as applicable to companies subject to the small companies' regime).

Basis of preparation

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

Revenue recognition

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when:

The amount of revenue can be reliably measured;
it is probable that future economic benefits will flow to the entity;
and specific criteria have been met for each of the company's activities.

Tangible assets

Tangible assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

Crisis Cafe CIC

Notes to the Unaudited Financial Statements for the Year Ended 30 April 2022

Asset class	Depreciation method and rate
Equipment	25% Straight Line

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost is determined using the first-in, first-out (FIFO) method.

The cost of finished goods and work in progress comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the inventories to their present location and condition. At each reporting date, stocks are assessed for impairment. If stocks are impaired, the carrying amount is reduced to its selling price less costs to complete and sell; the impairment loss is recognised immediately in profit or loss.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Defined contribution pension obligation

A defined contribution plan is a pension plan under which fixed contributions are paid into a pension fund and the company has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised as employee benefit expense when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

3 Staff numbers

The average number of persons employed by the company (including directors) during the year, was 1 (2021 - 0).

Crisis Cafe CIC

Notes to the Unaudited Financial Statements for the Year Ended 30 April 2022

4 Tangible assets

	Furniture, fittings and equipment £	Total £
Cost or valuation		
At 1 May 2021	9,934	9,934
Additions	<u>1,451</u>	<u>1,451</u>
At 30 April 2022	<u>11,385</u>	<u>11,385</u>
Depreciation		
At 1 May 2021	2,490	2,490
Charge for the year	<u>2,846</u>	<u>2,846</u>
At 30 April 2022	<u>5,336</u>	<u>5,336</u>
Carrying amount		
At 30 April 2022	<u><u>6,049</u></u>	<u><u>6,049</u></u>
At 30 April 2021	<u><u>7,444</u></u>	<u><u>7,444</u></u>

5 Stocks

	2022 £	2021 £
Other inventories	<u>1,156</u>	<u>-</u>

6 Debtors

	2022 £	2021 £
Current		
Other debtors	<u>2,849</u>	<u>4,976</u>

7 Creditors

Creditors: amounts falling due within one year

	2022 £	2021 £
Due within one year		
Accruals and deferred income	960	960
Other creditors	<u>6,420</u>	<u>13,476</u>
	<u><u>7,380</u></u>	<u><u>14,436</u></u>



CIC 34

Community Interest Company Report

For official use
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*Please
complete in
typescript, or
in bold black
capitals.*

Company Name in
full

Crisis Café CIC

Company Number

NI668771

Year Ending

30/04/2022

(The date format is required in full)

Please ensure the company name is consistent with the company name entered on the accounts.

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.

To respond to the views from y/people together with the body of research surrounding the m/health crisis in NI and Impact of Covid-19 we launched our first Drop-in and Friendship Café's in 2020. Offering a safe social space where those y/people who feel marginalised due to their m/health are supported to attend. The Friendship Café offers peer-based supports, managed by m/health practitioners. This co-exists alongside the Drop In Café where Y/People can access 1 to 1 support or relax within the safe space. In the year 2021/22 we grew in number and strength opening various other social cafes for young people.

Crisis Café offers a professional clinical approach to the mental health needs of young people utilising a safe, 'café style' environment. Reducing social isolation, loneliness, increasing help seeking behaviours through 'cafes' in deprived communities where suicide and self-harm are highest. Responding to mental health crisis with a drop in or referral out of hours service. Aiming to reduce mental health crisis without multiple professional intervention, laborious referral pathways and waiting times. The café encourages help seeking behaviours through accessibility and non-stigmatising environment, reducing stigma associated with attending A&E and/or statutory services.

We offer therapeutic intervention and peer-based supports to young people feeling suicidal, feeling down, low, flat, anxious or overwhelmed. Enhancing protective factors by increasing resilience and connectiveness, by reducing vulnerability to suicide and self-harm. The Café promotes a more connected community, enhances community capacity to respond through provision of suicide prevention and mental wellness workshops and consultations within the community.

To date we have 600 plus young people registered with Crisis Café. We expanded this year and now offer

1. Drop in – offering quiet safe space and/or clinical one to one intervention/counselling and due to demand on a separate day we offer pre booked one to ones within the social café space.

Provision of easy accessibility to mental health service at a time when needed, reducing number of professionals involved, y/person making choice over time and place of required intervention, no expectation placed on y/person regarding attendance, therefore no y/person told their case is closed due to nonattendance.

Clinical mental health support for y/people. Providing 1 to 1 counselling/therapeutic interventions to de-escalate crisis and safety plan, protective factors around y/person explored and developed, safeguarding issues assessed. Focus on needs of each y/person, see them as an individual with a unique set of needs.

Provision of a service that is easy to navigate, flexible and adaptive to the way symptoms and needs fluctuate. Provision of increased advice and support to y/person and their families/support network.

2. Friendship café bring young people together in safe supported environment to build connections, make friendships and increase confidence in relationships.

Provision of the Friendship Café, provides a space where opportunities are created to promote positive m/health and well-being, by empowering y/people, drawing on strengths, increasing resilience, increasing confidence, improving self-esteem, developing positive coping skills and improving emotional regulation, developing inter-personal skills, reducing social isolation and loneliness, promoting social inclusion and increasing help seeking behaviours through creative activities, therapeutic interventions/supports and group based peer activities/supports, and youth work programmes to promote positive mental health, increase resilience and adopt positive coping strategies.

This guides and supports young people in their personal, social, emotional and educational development to support them in achieving their full potential. Developing more resilient y/people, who are more able to form develop maintain healthy relationship, know the signs of unhealthy relationships, reduce social isolation and loneliness, develop a healthy network of support around them, building trust and relationships with other professionals/organisations. To re-connect within their social environment/re-engage with life, to become aware of others and empathise with them, to play and learn, to face problems and setbacks and learn from them, to enjoy and protect their physical health to make successful transitions at key times from childhood to adolescence and into young adulthood.

3. LGBTQ+ young people's peer support café

This is a safe space for young people who identify as part of the LGBTQ+ community and their friends/allies. This group has grown in number and is focused on providing a safe space, peer support, educative input, fun and creativity, opportunity to make friends and safety to be themselves.

4. Social Bytes Café

This was a pilot project to meet address both digital and food poverty. Providing a social café for young people to access digital technology/laptops/printers/WIFI and so forth to ensure young people can do their homework, group projects and get additional support if necessary. Each young person also gets a hot snack and drink. This is a café we want to develop further and create more reach and impact.

5. Social Action projects

Ensuring young peoples voices are heard and acted upon. We have generated lots of opportunities over the year for young people to speak at various forums and conferences addressing decision makers in terms of what young people want and need to address mental health and create healthier societies.

Throughout the year we collaborated with various organisations and other professionals to enrich the service offered to young people.

(If applicable, please just state "A social audit report covering these points is attached").

(Please continue on separate continuation sheet if necessary.)

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

Crisis Café - Stakeholder Analysis

Stakeholders – young people, parents/carers, Crisis Café employee's & Volunteers and Crisis Café partners.

How we identified need

- Before Crisis Café was formed as a community Interest Company much planning and research took place. We reviewed all recent research and statistical reports on youth mental health.
- A mapping exercise was undertaken of services available in the Newry through links with Locality Planning Groups who had just published a directory of services in the local area.
- We sit on the LCYPSP locality Planning Group and work alongside other voluntary & Community Groups providing services to children & Young People in Newry.
- We met with other community/voluntary groups. Identified a gap in services to meet the emotional/mental wellbeing needs of y/people aged 12-18. A lack of services and overstretched services that can't meet the growing demand.
- We formed a Young Advisory Group representative of a cross section of the youth population in Newry
- We worked with the Young Advisory Group as to why they perceived there to be a mental health crisis among young people and why young people were not accessing services when needed.
- Our Young Persons Advisory group were actively involved in the mapping exercise, consulting with young people in the area as to what services would best meet the presenting need and what this would look like. They undertook social media polls and linked with young people involved in other youth groups/forums such as Newry & Mourne Youth Council to ascertain the views of young people.
- Our Young Advisory Group partnered with Youth Parliament and SSUNl undertaking polls to feed directly into the Mental Health Strategy. The Young Advisory Group participated in Round Table Events hosted by Siobhan O'Neill MHC NI and Future Minds events coming together with other y/people throughout NI to discuss issues such as how to best respond to youth m/health crisis.
- Our Young Advisory Group then put a call out for Crisis Café Young mental health ambassador's representative of each school and college in the area. We now have over 400 ambassadors who use the service, and we consult with regularly. They provide feedback from views that they have gathered from other students within their schools.
- We linked with groups who work young people from ethnic minorities and those who work with young people who are also out of school and not accessing education.
- Sticky Fingers Arts held public/stakeholder events since October 2019. There was a recognition of a lack of services for y/people in Newry. Yet Newry has the highest population of children and y/people in NI with over ¼ of the population under 25 years. Newry has one of the highest rates of child poverty and youth suicide and despite being a busy market town, the area has very little to no resources for y/people, with growing youth unemployment. We have just moved premises to operate out of the same building as Sticky Fingers Arts as they work with children 0-12years and Crisis Café works with mainly aged 12plus.

What young people say they need

- A safe space
- Easily accessible service – remove barriers to accessing mental health support

- Remove waiting lists and strict criteria that make it too difficult to access support when needed
- Removing the stigma associated with accessing mental health support
- Get help before the problem starts
- Get help early before the problem escalates
- An inclusive space
- Peer education and support
- To remove the feeling of 'there is something wrong with me'
- To access support in an informal, inclusive, non-stigmatising nonclinical environment
- To have a range of options and support
- To connect with others and receive support

The situation in NI

- Mental Health Crisis in NI and Covid has exacerbated this.
- NI has higher rates of mental illness when compared with the other UK regions and this is also the case for children and young people (Bunting et al., 2013; Bunting et al., 2020).
- We also have high levels of trauma related mental illness, childhood adversities and deprivation (Ferry et al., 2014; McLafferty et al., 2015).
- Deprivation and inequality were the biggest predictors of area level mental illness and suicide prior to the pandemic, and the pandemic will have resulted in a widening of mental health inequalities.
- 70% of people who die by suicide have never accessed mental health services hence the need for early intervention, easily accessible non-stigmatising services that will encourage, promote and support young people's 'help-seeking behaviour'. Y/people are among the high-risk group of those most seriously affected by COVID19.
- The 2020 Youth Wellbeing Child and Adolescent Prevalence Study¹⁴ provides estimates of common mental health problems in children and young people in Northern Ireland. At any time, one in ten children and young people are experiencing anxiety or depression, which is approximately 25% higher when compared to the other UK jurisdictions. One in 20 young people aged 11-19 years display symptoms of post-traumatic stress disorder. One in six children and young people in Northern Ireland engaged in a pattern of disordered eating and associated behaviours. About one in ten of 11-19-year-olds reported self-injurious behaviour, with nearly one in eight reporting thinking about or attempting suicide.

Why Newry?

- It is currently designated as a Neighbourhood Renewal area, one of 36 deprived areas in Northern Ireland highlighted as a priority for regeneration and is identified as experiencing the most severe multiple deprivation. Incidents of suicide and self-harm are higher in deprived areas.
- In recent years, the area within Newry where we are situated has become home to many migrant families, sheltered housing projects, and is within walking distance of three large housing estates, high levels of anti-social behaviour, increased unemployment, increased poverty and deprivation.
- Newry and Mourne has the highest population of children and young people in Northern Ireland. 62,742 children and young people live in NMD. 18.1% of whom live in an area of deprivation. 27.8% are eligible for free school. (EA NMD Local Assessment of Need 2020-2023).
- Children and Y/people from low-income families are 4 times more likely to experience mental health issues than higher income families.
- Newry, as a border town, has suffered a great deal as a result of the Troubles and the associated negative publicity attention. As a result, there has been a lack of investment for

infrastructures, for services for children and young people. There is also increased youth unemployment.

- Newry is within the Southern Trust Area where at least one in five young people have a mental health need at any one time.

- Waiting times for mental health services are a minimum of 14 weeks for Flare youth workers and up to 4 months with Child and Adolescent Mental Health Service (CAMHS). Yet we know from The Still Waiting Report 2018 that this waiting time is too long and has detrimental impact on young people's mental health.

As a result of the information gathered above, we formed Crisis Café to respond to what young people were telling us they needed.

Overriding consensus was to have an easily, accessible social hub providing peer-based activities and professional mental health support combined. To respond to these views from y/people together with the body of research surrounding the m/health crisis in NI and Impact of Covid-19 we launched our first Drop-in and Friendship Café's in 2020. Offering a safe social space where those y/people who feel marginalised due to their m/health are supported to attend. The Friendship Café offers peer-based supports, managed by m/health practitioners. This co-exists alongside the Drop In Café where Y/People can access 1 to 1 support or relax within the safe space.

Professor Siobhan O'Neill Interim Mental Health Champion NI writes extensively about trans-generational trauma and outlines the need to view suicide prevention from a trauma informed perspective. We are trauma informed practitioners. Protect life 2 strategy outlined the need for peer-based supports and community connectedness which is embedded in the ethos of the Crisis Café.

As an organisation our ethos is to be youth led and young people are the driving force behind everything we do. We currently have an advisory group of 25 young people aged 14-19 years who meet fortnightly and co-design and co-develop all that we do. They constantly seek the views of wider community of young people via various means.

(If applicable, please just state "A social audit report covering these points is attached").

PART 3 – DIRECTORS' REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below.

No Remuneration was received.

PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.

No transfer of assets other than for full consideration has been made.

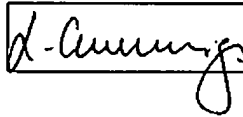
(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY (Please note this must be a live signature)

(DD/MM/YY)

The original report must be signed by a director or secretary of the company

Signed



Date

23/01/23

Please note that it is a legal requirement for the date format to be provided in full throughout the CIC34 report.

Applications will be rejected if this information is incorrect.

Office held (delete as appropriate) Director/Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Tel	
DX Number	DX Exchange

When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38
Linenhall Street, Belfast, BT2 8BG

(N.B. Please enclose a cheque for £15 payable to Companies House)