

**Crisis Cafe CIC**  
(A company limited by guarantee, not having a share capital)  
**Abridged Unaudited Financial Statements**  
**for the financial year ended 30 April 2023**



Company Number: NI668771

**Crisis Cafe CIC**  
(A company limited by guarantee, not having a share capital)  
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## **Crisis Cafe CIC**

(A company limited by guarantee, not having a share capital)

### **DIRECTORS' REPORT**

for the financial year ended 30 April 2023

The directors present their report and the unaudited financial statements for the financial year ended 30 April 2023.

The Company is limited by guarantee not having a share capital.

#### **Directors**

The directors who served during the financial year are as follows:

Laura Cummings  
Sean Doogan  
Odran McAllister  
Charlene Curran  
Kevin McDonald  
Inez Murray

There were no changes in shareholdings between 30 April 2023 and the date of signing the financial statements.

In accordance with the Constitution, the directors retire by rotation and, being eligible, offer themselves for re-election.

#### **Political Contributions**

The company did not make any disclosable political donations in the current financial year.

#### **Special provisions relating to small companies**

The above report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

On behalf of the board



Laura Cummings  
Director

25 January 2024

## **Crisis Cafe CIC**

(A company limited by guarantee, not having a share capital)

# **STATEMENT OF DIRECTORS' RESPONSIBILITIES**

for the financial year ended 30 April 2023

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

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A (Small Entities). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

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

- select suitable accounting policies and apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

On behalf of the board

  
Laura Cummings  
Director

25 January 2024

**Crisis Cafe CIC**

(A company limited by guarantee, not having a share capital)

**ABRIDGED PROFIT AND LOSS ACCOUNT**

for the financial year ended 30 April 2023

	Notes	2023 £	2022 £
Gross profit		112,318	86,694
Administrative expenses		(108,340)	(91,534)
Profit/(loss) before taxation		3,978	(4,840)
Tax on profit/(loss)		-	-
Profit/(loss) for the financial year		3,978	(4,840)
Total comprehensive income		3,978	(4,840)

## Crisis Cafe CIC

(A company limited by guarantee, not having a share capital)

Company Registration Number: NI668771

### ABRIDGED BALANCE SHEET

as at 30 April 2023

	Notes	2023 £	2022 £
<b>Fixed Assets</b>			
Tangible assets	4	4,421	6,049
<b>Current Assets</b>			
Stocks		6,432	1,156
Debtors		-	2,849
Cash and cash equivalents		26,492	1,528
		32,924	5,533
<b>Creditors: amounts falling due within one year</b>		(29,166)	(7,381)
<b>Net Current Assets/(Liabilities)</b>		3,758	(1,848)
<b>Total Assets less Current Liabilities</b>		8,179	4,201
<b>Reserves</b>			
Retained surplus		8,179	4,201
<b>Equity attributable to owners of the company</b>		8,179	4,201

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A (Small Entities).

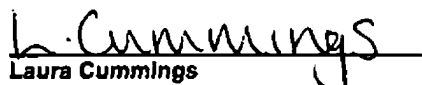
All of the members have consented to the preparation of abridged accounts in accordance with section 444(2A) of the Companies Act 2006.

For the financial year ended 30 April 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The directors confirm that the members have not required the company to obtain an audit of its financial statements for the financial year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 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 and 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 financial statements, so far as applicable to the company.

Approved by the Board and authorised for issue on 25 January 2024 and signed on its behalf by

  
Laura Cummings  
Director

**Crisis Cafe CIC**

(A company limited by guarantee, not having a share capital)

**STATEMENT OF CHANGES IN EQUITY**

as at 30 April 2023

	Retained surplus	Total
	£	£
<b>At 1 May 2021</b>	9,041	9,041
Loss for the financial year	(4,840)	(4,840)
<b>At 30 April 2022</b>	4,201	4,201
Profit for the financial year	3,978	3,978
<b>At 30 April 2023</b>	<b>8,179</b>	<b>8,179</b>

# **Crisis Cafe CIC**

## **NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**

for the financial year ended 30 April 2023

### **1. General Information**

Crisis Cafe CIC is a company limited by guarantee incorporated and registered in Northern Ireland. The registered number of the company is NI668771. The registered office of the company is River House, The Mall, Newry, Co. Down, BT34 1AN, Northern Ireland which is also the principal place of business of the company. The principal activity of the company is to operate a mental health cafe. The financial statements have been presented in Pound (£) which is also the functional currency of the company.

### **2. Summary of Significant Accounting Policies**

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

#### **Statement of compliance**

The financial statements of the company for the financial year ended 30 April 2023 have been prepared in accordance with the provisions of FRS 102 Section 1A (Small Entities) and the Companies Act 2006.

#### **Basis of preparation**

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets.

#### **Turnover**

Turnover comprises the invoice value of goods supplied by the company, exclusive of trade discounts and value added tax.

#### **Tangible assets and depreciation**

Tangible assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible assets, less their estimated residual value, over their expected useful lives as follows:

Fixtures, fittings and equipment	- 25% Straight line
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The carrying values of tangible fixed assets are reviewed annually for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

#### **Stocks**

Stocks are valued at the lower of cost and net realisable value. Stocks are determined on a first-in first-out basis. Cost comprises expenditure incurred in the normal course of business in bringing stocks to their present location and condition. Full provision is made for obsolete and slow moving items. Net realisable value comprises actual or estimated selling price (net of trade discounts) less all further costs to completion or to be incurred in marketing and selling.

#### **Trade and other debtors**

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

#### **Trade and other creditors**

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

#### **Employee benefits**

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The company also operates a defined benefit pension scheme for its employees providing benefits based on final pensionable pay. The assets of this scheme are also held separately from those of the company, being invested with pension fund managers.



**Crisis Cafe CIC****NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**

for the financial year ended 30 April 2023

**Taxation and deferred taxation**

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the financial year and is calculated using the tax rates and laws that have been enacted or substantially enacted at the Balance Sheet date.

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more tax in the future, or a right to pay less tax in the future. Timing differences are temporary differences between the company's taxable profits and its results as stated in the financial statements.

Deferred tax is measured on an undiscounted basis at the tax rates that are anticipated to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the Balance Sheet date.

**Foreign currencies**

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the Balance Sheet date. Non-monetary items that are measured in terms of historical cost in a foreign currency are translated at the rates of exchange ruling at the date of the transaction. Non-monetary items that are measured at fair value in a foreign currency are translated using the exchange rates at the date when the fair value was determined. The resulting exchange differences are dealt with in the Profit and Loss Account.

**3. Employees**

The average monthly number of employees, including directors, during the financial year was 3, (2022 - 1).

	2023 Number	2022 Number
Admin	3	1

**4. Tangible assets**

	Fixtures, fittings and equipment £	Total £
<b>Cost</b>		
At 1 May 2022	11,385	11,385
Additions	1,442	1,442
At 30 April 2023	12,827	12,827
<b>Depreciation</b>		
At 1 May 2022	5,336	5,336
Charge for the financial year	3,070	3,070
At 30 April 2023	8,406	8,406
<b>Net book value</b>		
At 30 April 2023	4,421	4,421
At 30 April 2022	6,049	6,049

**5. Capital commitments**

The company had no material capital commitments at the financial year-ended 30 April 2023.

**6. Post-Balance Sheet Events**

There have been no significant events affecting the company since the financial year-end.



# CIC 34

## Community Interest Company Report

For official use  
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capitals.*

Company Name in  
full

Crisis Café CIC

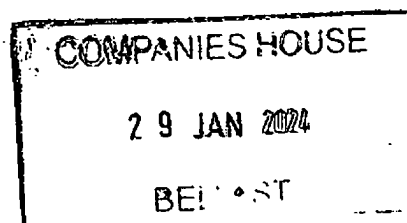
Company Number

NI668771

Year Ending

05/04/2023

*(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)**

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## **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.

As reported on the previous CIC 34 form up to April 2022 we had developed Crisis Café as outlined below -

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.

### **CIC 34 report for Financial year 2022/23 -**

Following on from this growth and expansion during the financial year 2022/23 we continued to grow in strength and number far exceeding our expectations.

We continued to provide a range of individual group and peer based mental health supports to young people in our community which was easily accessible and available at a time when needed, without waiting lists and referral criteria.

Throughout 2022/23 we continued to provide and develop our Drop In Café offering one to one support to young people on a drop in basis and on a separate day offering one to one support on a pre booked basis. The demand for this service is high and we are seeing young people requiring a shorter-term intervention as they have been able to receive one to one support when needed rather than sitting on lengthy waiting lists. Being seen immediately alongside having access to other group and peer-based supports available within Crisis Café CIC ensures that young people are heard and with timely interventions crisis is de escalated without young people requiring longer term clinical supports but rather they are benefitting from social prescribing activities via the group and peer-based supports and activities.

We finished our pilot of Social Bytes Café. The pilot highlighted the need for this to continue as there was a high need for a safe social space where young people could access WIFI and devices to complete homework and to access support with schoolwork as well as mental health support if needed. Young people also received a hot snack and drink. However there was no funding available so from fundraising we continued to roll out Social Bytes Café. The demand was high and highlighted the extent of need in the area in terms of young people and families experiencing food and digital poverty. We continued to gather evidence to ensure that we could secure long term funding for this support service for young people. It was providing young people with equality of opportunity with their peers.

The Friendship Café continued to grow and offered many group and peer based activities from zine making workshops, dance, music, photography, videography, arts and crafts, drama and so forth. All of which helped them develop confidence, resilience, improved self-esteem, greater ability to emotionally regulate, improved mental health and wellbeing. The young people also took the lead in developing ideas and groups themselves from D&D group to games club and so forth. The peer support was pivotal in progress made given many of the young people had no or limited peer friendships or positive social outlets. The friendship café offered opportunity in a safe and supported environment to form develop and maintain peer friendships and a network of support to carry them through into adulthood.

Skills training – a wide range of skills training takes place at Crisis Café including peer mentorship, food hygiene, customer service, barista training, ICT and literacy support.

Mental Health workshops – On an ongoing basis we are delivering a range of mental health workshops on various themes such as mental health, what is good mental health, what can we do to support our mental health, self-harm, suicide awareness and prevention, internet safety, personal boundaries, relationships, RSE and so forth.

Ongoing development of LGBTQ+ peer support café – This was an important year in terms of the development of 'The Lavender Society' which is our LGBTQ+ peer support group. This has grown in strength to include the expansion of the group to include group activities to promote the social aspect of the group.

Hosting other organisations for information sessions is hugely important for us in terms of breaking down barriers for young people to access other community supports now or in the future. We had a range of organisations visit the café – Davina's Ark, Dunlewey Addiction Services, Bolster, Women's Aid, Cruse Bereavement Support, The Well, The Magnet, Volunteer Now, Community Police, Community Pharmacist, GP Federation and Mental Health Nurses & Social Work Team.

Young people who have accessed support from Crisis Café undertake training to be peer mentors. They then developed their own programme of events/cafes/sessions. A popular one was music lessons and planning, practicing, organising music events open to the public

showcasing young people's talents. These have grown considerably throughout the year and young people have flourished and grown in confidence. Young people offer music lessons to other young people on an individual and group basis. They plan and deliver music events. They were asked to headline at Newry Fleadh with Music of their Generation which helped young people connect with each other and their community, providing them with a sense of identity and belonging.

Young people speaking at many forums, participating in conferences, participating in research groups to ensure the voice of young people is heard. Ensuring young people's voices are not just heard but acted upon. Throughout the year they had many opportunities including 6 young people being asked to be keynote speakers at Generation Hope – Youth Suicide Prevention Conference in The Mac theatre Belfast organised by Professor Siobhan O'Neill Mental Health Champion for NI. They also participated in BBC Children in Need – Moving Upstream Mental Health Conference.

Meeting Koulla Yiasouma NI Commissioner for Children and Young people who visited Crisis Café to meet with young people and hear the issues and concerns they had but also the messages of hope in terms of what Crisis Café has done for them and how services for young people should look in terms of offering the right support at the right time.

Creating an environment where young people can talk about mental health rather than being talked 'at'.

Opening community café as a social enterprise – pay it forward café where all profit goes towards ensuring Crisis Café can continue to support the mental health needs of young people in our community. The Café is run by young people with lived experience of mental health.

*(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 SSUNI 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.
- 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.

#### What young people say they need -

We meet on a fortnightly basis with our young advisory group and the continually feed back to us what their views are and the views of other young people accessing crisis café and young



people in the community. They seek these views through discussion, word of mouth, social media polls and so forth. This is what they say -

- 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

The situation in NI is dire. The cost of living crisis is putting much strain on families and services available.

- 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 Study<sup>14</sup> 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.

We also have four young people who have previously accessed some form of support from Crisis Café and have been involved in our Young Advisory Group who now sit on our Board of Directors. This ensures that we remain youth led and do not lose this focus and also ensures that other Board Members remain focused on our youth led ethos. These four young people have a variety of interests that enriches their input to Crisis Café and from which they can draw other feedback from young people.

Consultation with Stakeholders is a vital part of what we do and is something that is continually happening to ensure we are providing the right support to meet the need at that time.

We also receive valuable information from other community and voluntary groups that we collaborate with to ensure that we are getting an accurate view from a cross section of the community.

*(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

L Cummings

Date

25-1-24

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, 4<sup>th</sup> 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)**