

Breaking Through



Annual Report and Financial Statements for year ended

31 December 2019

Breaking Through CLG

Newtown House

Confey

Leixlip

Co. Kildare

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Company Information

Breaking Through

A Company Limited by Guarantee with Charitable Status

Legal and Administration Details

Board of Directors (November 2018- November 2019)

- Gerard Griffin (Chair), National Co-ordinator, Youthreach/ VTOS
- Ciaran Kenny (Vice Chair) Outreach Aftercare Worker, Don Bosco Care
- Neil Forsyth (PRO) Services Manager, Focus Ireland
- Sharon Byrne (Treasurer) Aftercare Worker, Crosscare
- Edel Weldon (Board Member) Advocacy Officer, EPIC
- Dr Eavan Brady (Board Member) Assistant Professor in Social Work, Trinity College Dublin
- Louise Keane (Board Member) Social Care Worker, Tusla

Secretary

Marie Halligan (January - August 2019)

Yvonne Casey (August 2019 – present)

Registered Office

Newtown House

Confey

Leixlip

Co Kildare

Registered Company Number: 321538

CHY Number: 13601 **Charity Registration No:** 20042844

Office phone number: 01 6060858

Email: info@breakingthrough.org

Auditors:

PT O'Farrell & Company Limited

Chartered Accountants & Statutory Auditors

Castlemaine Court

Dublin Road

Athlone

Co. Westmeath

Principal Bankers:

AIB

O'Connell Street

Dublin 2

Staff Members:

Yvonne Casey, National Director

Marie Halligan, Assistant National Director (retired August 2019)

Jane Tracey, Training Administrator (from September 2019)

Sarah Kearns, Administrator (from November 2019)

AGM 26th of November 2019

The following appointments to the board were confirmed at the AGM 2019:

Chairperson:

Gerry Griffin, National Co-Ordinator, Youthreach/VTOS

Vice Chairperson

Ciaran Kenny, Outreach Aftercare Worker, Don Bosco Care

Treasurer

Sharon Byrne , Aftercare Worker, Crosscare

Secretary

Yvonne Casey (staff & non -board member)

PRO

Joint Appointment

Neil Forsyth, Services Manager, Focus Ireland and Yvonne Casey (staff & non-board member)

Board Members

Edel Weldon, Advocacy Officer, EPIC

Dr Eavan Brady, Assistant Professor in Social Work, Trinity College Dublin

Louise Keane, Social Care Worker, Tusla (nominated at September Board meeting)

Sharon Morrison (effective 1st January 2020)

Charlotte Armstrong (effective 1st January 2020)

For the majority of 2019 there were two paid members of staff, one full- time and one part- time, along with a voluntary Board of Directors and a voluntary Advisory Committee. The advisory committee comprises of practitioners from the Aftercare sector whose knowledge, experience and skills have greatly enhanced the knowledge base of Breaking Through Board of Directors.

Irish Aftercare Network Committee

- **Ciaran Kenny:** Don Bosco Care, Outreach Aftercare Worker
- **Edel Weldon:** EPIC, Advocacy Officer
- **Sharon Byrne :** Crosscare, Aftercare Worker
- **Neil Forsyth:** Focus Ireland, Services Manager
- **Louise Keane:** Don Bosco Care, Aftercare Service

- **Tanya Blyth:** Peter McVerry Trust, Deputy Director of Services (under 18's services, aftercare services and family services)
- **Belinda Reid:** Tusla, Aftercare Worker/ Social Care Leader
- **Charlotte Armstrong:** Daffodil Care Services, Social Care Manager
- **Dr Eavan Brady:** Assistant Professor in Social Work, Trinity College Dublin
- **Sharon Morrison:** Tusla Leaving & Aftercare Service, Social Care Manager
- **Aoife Patterson:** Daffodil Care Services, Regional Manager Semi-Independent, Aftercare & Outreach Services
- **Colin Scanlan:** Compass CFS, Fostering Services Manager

Chairperson's Report

2019 was a year of change & growth for Breaking Through.

Breaking Through was allocated core funding from the Department of Rural & Community Development under The Scheme to Support National Organisations (SSNO) 2016-2019. Core funding received in 2019 amounted to €77,980.00. 2019 was the third and final year of this particular funding period which was due to end on 30th June 2019. The organisation needed to reapply to the new funding stream from 1st July 2019 – 30th June 2022 and received confirmation that we were successful in May 2019.

After almost 20 years with the organisation our esteemed colleague Marie Halligan retired in August 2019. Marie's dedication and knowledge of the organisation meant the organisation had to consider how best to recruit in order to grow and sustain the successful organisation it had become under Marie's watchful eye. The uncertainty around renewed funding made succession planning difficult and it was some months before a replacement could be found. It had been nine years since the organisation had last needed to recruit.

Thanks to our successful application for renewed core funding we were able to hire a suitable replacement in November.

Breaking Through reviewed its requirements to increase efficiency and meet its needs into the future. It was essential we would have adequate staffing for our size and growth whilst complying with human resources standards and maintaining corporate governance structures alongside this time of change.

In 2019 the HSE also renewed its Service Level Agreement with Breaking Through to plan, manage & coordinate suicide intervention and prevention training inclusive of Suicide Alertness for Everyone (safeTALK), Applied Suicide Intervention Skills Training (ASIST) and Understanding Self-Harm training for CHO Area 7 which encompasses Kildare, West Wicklow, Dublin West, Dublin South City & Dublin South West. The HSE also engaged us in organising training for national organisations such as various government Departments, pilot training with Gardaí and various other national pieces of work such as community training with Men's Sheds Groups, a further endorsement of Breaking Through's competence. This led to a discussion in late 2019 whereby the HSE would provide Breaking Through with a second Service Level Agreement commencing in 2020 to plan, manage and co-ordinate their national training.

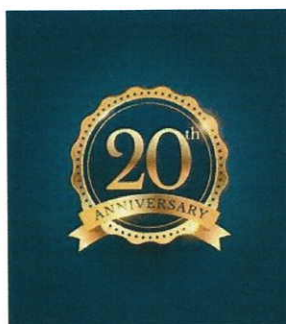
The National Director's report, below, will highlight the events and achievements for the year and communicate what wonderful work Breaking Through does and continues to do with a small budget, volunteer board, volunteer committee and a small staff.

We are enthusiastic and excited to see what 2020 will bring. Breaking Through will continue to strengthen and sustain its presence as a national organisation by securing sustainable funding, ensuring staff satisfaction and honouring governance obligations.

Gerard Griffin

Chairperson

National Director's Report



History

Arising from a European Conference in 1999 entitled "Young People, Crime & Disadvantage" a recommendation was made to establish a support network to develop strong links for practitioners interested in promoting the quality of policies and practices for young people at risk and those working with other vulnerable or disadvantaged members of the community.

Breaking Through has grown from small beginnings in 1999 to a national organisation with a committed staff and a skilled and dedicated volunteer board whilst still maintaining a very similar mission statement some 20 years later : **To provide support to those who engage with people/groups at risk.**



Breaking Through CLG manages, coordinates and oversees the development of The Irish Aftercare Network and also manage and co ordinate area based Suicide Intervention/Prevention training on behalf of the HSE.

Mission Statement: To provide support to those who engage with people/groups at risk

Objectives:

- Facilitate links through local, regional and national agencies/networks
- Promote partnership and inter-agency co-operation
- Collate and disseminate models of best practice
- Provide informed support for practitioners and volunteers within an atmosphere of mutual respect
- Influence policy, practice and programme development
- Secure appropriate resources to support the networks
- Collaborate with State Agencies in providing training

Funding: Breaking Through was allocated core funding from 1st July 2016 - 30th June 2019 by the Department of Rural & Community Development under The Scheme to Support National Organisations (SSNO). Core funding was granted to the amount of €214, 440 over three years (July 2016 – June 2019).

As this scheme came to end, Breaking Through applied for funding under the Scheme to Support National Organisations (SSNO) 2019 - 2022. The application was successful and with approval by the Department of Rural and Community Development, we were awarded €267,038 over the three year period, 1st July 2019 to 30th June 2022.

Total core funding received in 2019 amounted to €77,980.00. This was to fund two core posts: National Director, and National Administrator, along with associated, indirect costs. These positions will contribute to information provision, advocacy, education, training, and networking.



Suicide Intervention & Prevention Training on behalf of the HSE



The HSE renewed its Service Level Agreement for 2019 with Breaking Through CLG. Under this agreement Breaking Through were funded to plan, manage & coordinate suicide intervention and prevention training inclusive of the following:

- Suicide Alertness for Everyone (safeTALK)
- Applied Suicide Intervention Skills Training (Asist)
- Tune Up (a refresher to Asist)
- Understanding Self Harm

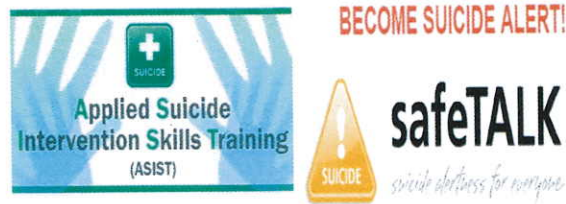
for the Community Health Organisation 7 (CHO) which encompasses Kildare, West Wicklow, Dublin West, Dublin South City & Dublin South West.

All of the above training is linked to the Connecting for Life Strategy which is Ireland's National Strategy to reduce Suicide (2015 – 2020) and the area based suicide action plans '*Connecting for Life Dublin South and Connecting for Life Kildare and West Wicklow 2018-2020*'.

safeTALK	ASIST (Applied Suicide Intervention Skills Training)	Understanding Self Harm
safeTALK (Suicide Alertness for Everyone) is a half-day training programme that prepares participants to recognise and engage with people who may be having thoughts of suicide and to connect them to suicide first aid resources. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognise these invitations for help and take action by supporting people to connect with life-saving resources, supports and services. A maximum number of 30 participants can attend training.	ASIST (Applied Suicide Intervention Skills Training) is a two-day skill building workshop in suicide first aid. Participants are trained to reduce the immediate risk of a suicide and increase the support for a person at risk. The workshop provides opportunities to learn what a person at risk may need from others in order to keep safe and get more help. Those taking part in the training will feel challenged and safe, work interactively with others in small groups, learn a suicide first aid model that provides a framework for skills practice and experience powerful audio visuals. A maximum number of 30 participants can attend training.	The Understanding Self Harm workshop provides opportunities to improve knowledge, awareness and understanding of self-harming behaviour. Participants consider how personal attitudes and experiences might affect their helping role with a person who self-harms. It aims to clarify what self-harm is, what leads people to engage in the behaviour and considers its relationship with suicide. The causes, reasons behind the behaviour, and the functions are discussed. Positive approaches to engaging with and caring for someone who self-harms are presented. Active participation is encouraged. A maximum number of 20 participants can attend training.

Under this Service Level Agreement in 2019 Breaking Through planned, managed & coordinated 102 training events, the following is the breakdown of the different training events:

- 67 x safeTALKS (Suicide Alertness for Everyone)
- 31 x Asist (Applied Suicide Interventions Skills training)
- 4 x Understanding Self – Harm training



Breaking Through offers:

- Expert planning & promotion of training
- Full management of efficient online booking system
- Securing facilitators
- Full attendance at workshops
- A proven track record of prudent budget management and regular review of its activities
- Careful planning and vigilance in sourcing low cost/no cost venues
- Training material stock control and storage

During 2019, 2007 people were trained in suicide intervention & prevention coordinated by Breaking Through in 2019. **This equates to 5.5 people on average a day being trained in suicide intervention & prevention or 167 people trained a month.**

Breaking Through also coordinated training for national organisations on behalf of the National Office of Suicide Prevention. For example this included the National Garda Training College in Templemore, The Department of Foreign Affairs, The Department of Justice, The Probation Service, Men's Sheds and Financial Services organisations.

We helped coordinate with the Defence Forces to roll out SafeTALK to all their staff. We assisted with a SafeTALK pilot with the Human Rights Unit of An Garda Síochána. As part of this, SafeTALK was held in Harcourt Street & Tallaght Garda Stations. We helped coordinate community training through the GAA's Health Clubs initiative.

Below is a link to a simple yet effective video made by Jobstown Community, Tallaght following a safeTALK training coordinated by Breaking Through

<https://m.youtube.com/watch?feature=youtu.be&v=Zn6yVw644ys>

"Breaking Through coordinates suicide prevention training on behalf of the HSE National Office for Suicide Prevention (NOSP). The initiative is a core element of Ireland's national suicide prevention strategy, Connecting for Life. The training aims to build community capacity to respond to people in suicidal distress. The work undertaken by the team at Breaking Through is invaluable to the NOSP office. The team are so professional and always go above and beyond what is required to support us."

Sarah Woods, Lead for Strategy Coordination, Quality & Education, National Office for Suicide Prevention

IRISH AFTERCARE NETWORK

Providing Support to People Working With Care Leavers

Breaking Through's main focus is to manage, coordinate & develop the Irish Aftercare Network.

Aftercare is a term used to describe the planning and support put in place to meet the needs of a young person who is leaving care services at age 18. Currently there are approximately 6000 young people in care in Ireland. Approximately 450 to 500 young people leave care annually on turning 18 years of age. The professionals who support these young people, namely Aftercare Workers, do so by planning and assisting them to make the transition from care to independent living.

Aims of the Irish Aftercare Network

- Providing support to people working with Care Leavers
- *To create better outcomes for young care leavers in Ireland*

Objectives:

- Share and promote models of best practice in *Aftercare*
- Collate and disseminate evidence based information
- Develop a directory of services and resources
- Provide peer support and access to training
- Lobby, contribute and inform the development of standards for young people leaving care
- Quarterly network meetings for Aftercare Workers
- National Annual Conference

The Irish Aftercare Network provides a forum for Aftercare Workers to access peer support, information, training and an opportunity to network. It also gives a platform to discuss current issues of concern. This information is then used to advocate for policy reform and to improve practice.

The network has a national remit with members from all counties represented.

Membership

There are over 50 organisations in membership representing over 300 individuals who work directly or indirectly with young care leavers. The network has a national reach and includes organisations such as Care Leavers Network, TUSLA, Irish Foster Care Association, Fostering First Ireland, EPIC, Focus Ireland, Don Bosco Care, Peter McVerry Trust, Salvation Army, Crosscare, Oberstown Detention Centre, Merchant Quay Ireland, and An Garda Síochána.



In early 2019 Breaking Through reviewed its Strategic Plan to inform its work for the year. The Plan was pivotal in guiding & measuring the work achieved. Not only were the majority of Key Performance Indicators (KPIs) met, many were exceeded. The table below outlines the work carried out in 2019.

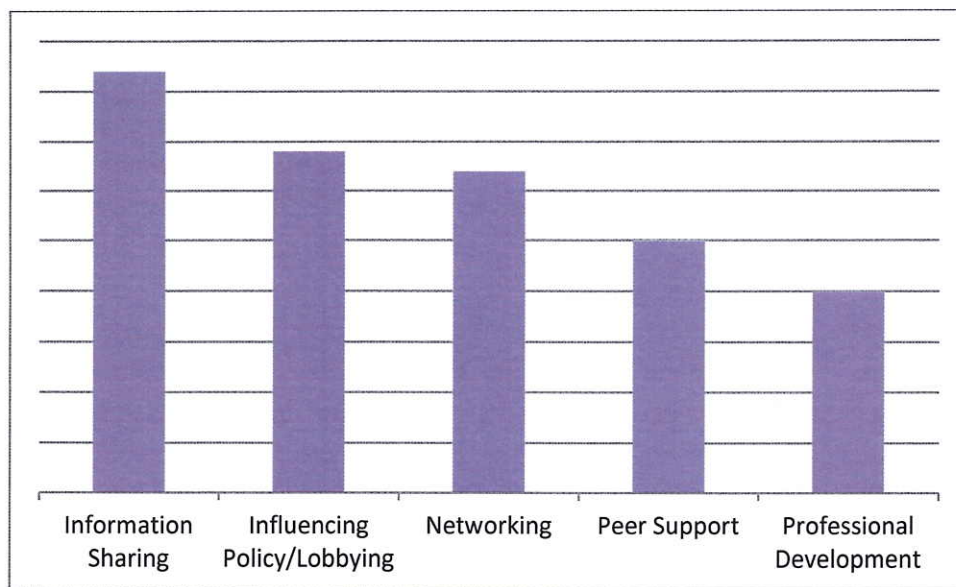
Area of Work	Key actions that will be undertaken	List Output Indicators (If applicable)	Target	Result
Information Provision	Collate and maintain up-to-date information on policy and practice. Utilise expertise within Network to support professionals with their queries Respond to all queries by members & those who work directly or indirectly with care leavers	Record information dissemination to full member group (date, nature of information etc.)	Regular & relevant emails sent with information to help workers in their day to day work. All queries responded to Target 15	22 emails circulated including research & policy information, grant information etc.
		Record the number of queries responded to		16 queries responded to.
Advocacy	Targeted campaigning to advocate in relation to four key areas that have been identified/prioritised that will lead to improved outcomes for care leavers Information dissemination in relation to the Aftercare Policy review and all current issues Provide ongoing feedback	Submissions to relevant Ministers	Annual meeting with the Minister	Despite continuous efforts to meet with the Minister our invitations were declined
		Secure a meeting with the Minister for Children	Annual meeting with Tusla COO	Summary of issues raised by members at network meetings communicated to Tusla National Office

	to Tusla's National Aftercare Coordinator and COO	Log of feedback sent to Tusla COO		
Networking	Continue expansion & roll out of regional networks	Development of Munster Regional Network	6 regional meetings scheduled	Established Munster Regional Network and hosted two meetings in the region. A further 4 meetings took place nationally
		Regional reps to strengthen steering committee	Minimum of 3 regional representatives on committee	4 regional reps on committee
Host National Annual Conference	<p>In consultation with membership, steering committee and board of directors, choose relevant theme for each conference.</p> <p>Source venue, sponsorship & expert speakers</p>	<p>Networking opportunities for Aftercare Workers from across Ireland.</p> <p>Expand knowledge of participants.</p> <p>Share good practice.</p> <p>Fully evaluated Comprehensive conference programme with expert speakers on each theme.</p> <p>Full attendance each year.</p> <p>Positive feedback</p>	1 fully evaluated annual conference Target of 135 delegates (capacity)	Most successful conference to date further details contained in annual report

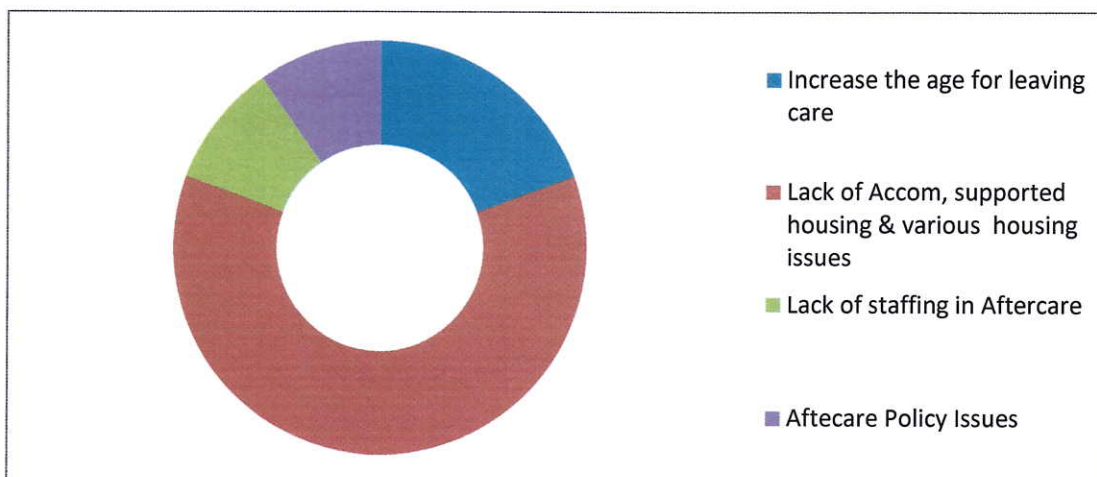
Responding to the needs of our membership

Having received the good news that our application for core funding for the next three years (July 2019 – June 2022) was successful we conducted a needs analysis survey amongst our 300 members from over 50 organisations which would feed in to the strategic plan completed earlier in the year. This was very beneficial in helping to guide and inform our work to meet our members' needs into the future. A summary of findings are set up below.

What do you find most beneficial about the Irish Aftercare Network?



Top issues that members would like the Irish Aftercare Network to highlight/lobby for on their behalf. Housing was by far the issue of greatest concern



What Irish Aftercare Network members said:

- Information is brilliant and the staff team in the Aftercare network are very approachable
- Knowing that there is a dedicated group of professionals in this particular field advocating, sharing and supporting each other is a great benefit for professional skills development and service quality development
- Thanks for the support, it has been integral to my development as an aftercare worker over the past 2 years
- I have loved attending the events so far, it is great to see the Aftercare workers / social care workers, do have a professional identity, keep up the fantastic work and thank you
- Fantastic Network that gets things done. Thank you
- Excellent for information sharing and a valuable resource to members and ultimately young people leaving care

- I find the networking very beneficial as I can build up contacts with other aftercare people working in different areas. Opportunity for training. Opportunity to lobby on various policy issues
- I find the meetings have been beneficial for me in terms of networking and finding out about services available to young people which I wasn't aware of.
- The fact that we have an aftercare network is very comforting & reassuring
- I feel the peer support is invaluable especially as aftercare workers work on a lone working model.
- Great to know there is a group for information and support
- It supports and offers guidance as aftercare covers a wide range of topics / areas of support and sometimes it feels that the aftercare worker should act as the 'jack of all trades' so to speak
- Regular emails with updates/information sharing are very beneficial.
- The emails that are circulated when one area comes up against an issue and how it is resolved or not is extremely helpful

Information Dissemination & Sharing

Throughout the year relevant & current information was disseminated to members this included but was not limited to

- Details on University Open Days
- Daily Question & Answer to Minister for Children & Youth Affairs, Katherine Zappone
- Resources for young people leaving care and their specific circumstances
- Details of available grants for young adults leaving residential care
- Circulation of a study in relation to LGBTQI and youth homelessness
- Relevant workshop details
- Bursary fund details for people who are or were in the care of the state
- Research of interest: Education and Care – two published journal articles
- Information sharing platform whereby we circulate a member's query anonymously and collate all responses to see what the standard or best practice is in relation to a particular query/issue.

Member Feedback

"Information sharing at National level is very important & the network is great for passing on relevant information. Thank you"

Key Events 2019

Successful grant application to Department of Children & Youth Affairs

A grant application to Department of Children & Youth Affairs under the Quality Capacity Building Initiative (later renamed to What Works) was successful & funding of €13,200.00 was secured.

This funding was sought to enhance and develop our regional networks and help fund the annual conference. Having established a gap in network delivery nationally we linked in with the regions

and commenced the establishment of a third regional network. Having sourced this funding it allowed us to launch our Munster region network in March 2019

"I'm a Social Care Manager with Daffodil Care Services; I joined the Irish Aftercare Network committee after attending one of the National Conferences. The Network is a hub of information, to which anyone can access and seek professional advice / guidance on anything relating to aftercare.

The network organises regional and national conferences / workshops on up and coming issues or barriers we face as practitioners. The workshops / conferences creates and allows opportunity for networking, peer to peer support & learning, which benefits our day to day work with young people.
– Charlotte Armstrong, Daffodil Care Services & Munster Region Representative, Irish Aftercare Network

The following meetings were funded by the grant. A synopsis of the agendas & content show the high standard of speakers to contribute to

- ✓ Education & Training
- ✓ Networking
- ✓ Advocacy
- ✓ Specialist Supports
- ✓ Research & Policy Development
- ✓ Information Provision

Midlands Regional Meetings – 26th March 2019 & 15th October 2019

Agendas included

- Round table informal discussion
- Presentation followed by Q & A by Immigrant Council of Ireland
- Presentation followed by Q & A by the Team for Separated Children, Tusla
- Updates on Policy Information, Local Updates, Aftercare Payments, Joint Protocols, Supported Lodgings

Leinster Regional Meetings – 26th February 2019 & 1st October 2019

Agendas included

- Access to Apprenticeships
- The Cruthu Foundation
- Discussion with the National EPIC (Empowering People in Care) Youth Council
- "When Homeless Services become the aftercare solution" Social Care Managers Perspective
- Consultation on Outcomes and Aftercare for Young People Leaving Care in Ireland – summary of findings
- Care & Justice Report – Key findings followed by Q & A
- "Unravelling Stress" Understanding Stress, Identifying triggers & learning strategies to cope with stress

Munster Regional Meetings – 9th April 2019 & 22nd October 2019

Agendas included

- Aftercare – Difficulties and Obstacles to Strengths & Skills
- An overview of Cork & Kerry Aftercare Services
- Aftercare – Young Peoples Issues & Experiences
- Focus Ireland – A regional Overview
- Facing The Challenges with Suggested Solutions: Peer to Peer learning and Information Sharing
- Aftercare – A young person's experience

“Regional meetings very beneficial. Well done on bringing those of us in the mid/west/south/south east together. It was great to network and hear about other developments elsewhere”

Network Member & Aftercare Worker

Annual Conference Sheraton Hotel, Athlone- Friday 17th May 2019

Our annual conference is growing in status and quality. The conference was ran at capacity with 135 delegates. The conference received an average rating of 9.3 out of 10 from delegates. 60% of delegates gave it full marks 10 out of 10. The event also received sponsorship from high profile organisations, such as the Department of Children and Youth Affairs, Focus Ireland, DIT & Daffodil Care.

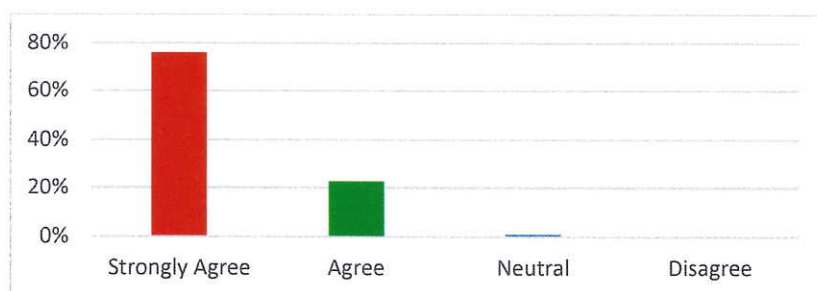
Irish Aftercare Network, Annual Conference, Friday 17th May 2019

“Working with Trauma” What Aftercare workers need to know

Conference feedback from delegates

The information gained today will benefit me in my work:

- 76% Strongly Agree
- 23% Agree
- 1% Neutral
- Nobody Disagreed



Member Feedback

"Was so happy to attend this years conference in Athlone, it was so relevant to the work and probably one of the best conferences I attended. It provides a supportive and encouraging presence to the day to day work. A big thank you to all who invest their time and energy to ensure the Network grows and develops"

The presenters were well prepared:

- 87% Strongly Agree
- 11% Agree
- 2% Neutral
- Nobody Disagreed

The conference was good value for money:

- 89% Strongly Agree
- 7% Agree
- 4% Neutral
- Nobody Disagreed

What did you find most useful about the day and why?

- The presentation by Joanna Fortune was very engaging and informative and was the highlight of the day followed by Colm O’Gorman’s presentation
- Informed views and a good reminder of terminology practice and approach
- All presenters had informative, passionate, helpful and insightful information dealing/understanding in trauma.
- The opportunity to look at trauma from a multidisciplinary setting
- The links made between informed practice and care of self as workers with difficult matters to deal with

Any other comments or suggestions you would like to make?

- ✓ The laughter therapy after lunch was a super idea and well placed at a great time in the conference.
- ✓ Really enjoyed the conference, presentations were excellent and thought provoking
- ✓ Very informative, well planned event, would like PowerPoint presentation to download/print
- ✓ All speakers were excellent thoroughly enjoyed the day
- ✓ Would like to take the opportunity to thank you all for your hard work in organising/putting together the day.
- ✓ Thanks for the professional and high standard conference

The conference **highlights video** is available here <https://youtu.be/PjTWmVcPeag>



Colm O’Gorman, Executive Director of Amnesty International Ireland

Minister for Children & Youth Affairs

The network first made contact with Minister Zappone with an invite to open conference 2017 which was declined. We regularly sought a meeting with the Minister throughout 2017 and 2018. January 2019 saw our fourth meeting request to be declined.

It is usual that Minister for Children and Youth Affairs would engage all relevant stakeholders in the provision of services to young people in care and leaving care. Aftercare practitioners from across Ireland have a wealth of knowledge of how legislation, policy and practice are impacting on the lives of these young people and it is very important that the Minister give them the opportunity to express those views through their representative body. For that reason, the Irish Aftercare Network asked the Minister to reconsider her decision to meet. Unfortunately for the 5th time our invitation was declined in April 2019 stating “*we regret that we are unable to schedule any additional meetings at this time*”. This lack of engagement has been challenging for the network as we continue to have our members voices heard,

The network contributed to articles published by the Dublin Inquirer

What Help Does the State Offer the Children It Raises, Once They Turn 18?

<https://dublininquirer.com/2019/11/13/what-help-does-the-state-offer-the-children-it-raises-once-they-turn-18>

More Must Be Done to Keep Young People Leaving State Care from Falling into Homelessness

<https://dublininquirer.com/2019/11/06/more-must-be-done-to-keep-young-people-leaving-state-care-from-falling-into-homelessness-some-say>

HIQA Draft National Standards for Children's Social Services

HIQA is developing Draft National Standards for Children's Social Services that cover all welfare and protection services for children. Having one set of national standards will ensure that the interests of the child are put first, above individual service requirements, and will promote a child-centred approach to service delivery. The Irish Aftercare Network compiled a submission for this consultation. Several committee members also attended consultation sessions to inform the development of the Draft National Standards for Children's Social Services.

Meeting with Tusla National Office

The network meet with Tusla at least twice a year. The positive communication channels and working relationship that is now in place between the Irish Aftercare Network and Tusla benefits all. The purpose of these meetings is to communicate with Tusla an update of the issues that are raised by members during the six regional network meetings annually. We would like to thank Valerie Mawe, Professional Support Manager, William McNamara, National Implementation Lead Aftercare Services and Grainne Collins, National Policy Manager, Alternative Care from Tusla for their engagement.

Irish Foster Care Association Annual Conference - November 1st 2019

The Irish Aftercare Network were delighted to host a stand at Irish Foster Care Association Annual Conference 2019 in Limerick

The Future

Outcomes the network is striving for at end of funding stream in 2022

- The Irish Aftercare Network is recognised as a key national advocate for the aftercare sector
- The Irish Aftercare Network continues to influence policy and practice.
- The Irish Aftercare Network's work remains relevant to, and reflects, the voices of its members.
- The Irish Aftercare Network ensures its work is strategic and informed by evidence.
- The Irish Aftercare Network work is informed by best-practice
- Adds value to its members

Governance/Management & Financial Reporting

Legal Status

Breaking Through CLG is a national organisation registered in Ireland (Registration Number 321538) which was incorporated under the Companies Act 2014 and is a company limited by guarantee not having a share capital. The objectives of the company are charitable in nature with full charitable status.

Governance

Breaking Through is committed to maintaining the highest standards of governance to ensure full transparency in how we operate. We are fully compliant with all relevant Irish charity legislation and regulatory frameworks. Breaking Through complies with the Governance Code for community, voluntary and charitable organisations in Ireland which was adopted in September 2014. In 2020 Breaking through will adopt the Charities Governance Code.

Breaking Through were delighted to be one of only three organisations shortlisted in 2019 for the Good Governance Awards as a category 1 organisation.



Risk Management Policy

Breaking Throughs Risk Management Policy forms part of our internal control and governance arrangements and explains our underlying approach to risk management.

The board is responsible for maintaining a sound system of internal control that supports the achievement of policies, aims and objectives while safeguarding funds and assets for which we are responsible.

The risk register currently identifies two main risk factors:

1. Cuts in SSNO core funding
2. Staff redundancies due to loss of funding

The board regularly investigates income diversification should core funding be cut. The guarantee of core funding until at least June 2022 allows the board some time to investigate the possibility of other funding sources.

The purpose of the risk register is to identify and monitor significant risks and consequently to enable the board to make informed and coherent decisions and timely actions in the best interests of the organisation.

Risks are categorised into four groups:

- Strategic
- Operational
- Financial
- Reputational

Reserves Policy

Breaking Through currently operates with a reserve policy to the amount of 12k. It was agreed at AGM 2019 that the aim would be to build reserves to match 12 weeks of operational costs this will take time as it is vital there is enough funds for cash flow within the organisation and often funders place restrictions on building reserves therefore the opportunity to build reserves is limited. However the organisation is committed to building reserves.

Appointment of Directors

At every Annual General Meeting at least one third of board members shall retire from office but shall be eligible for re-election following resignation. Elected nominees are required to serve for a period of three years and attend at least 3 out of 4 meetings annually.

Board of Directors

The Board of Directors elected and co-opted under the terms of the Articles of Association has overall responsibility for strategic development. The Board is responsible for providing leadership, setting strategy and ensuring control. It currently comprises of seven volunteer board members.

Breaking Through's Board of Directors operates to best practice corporate governance principles. Board members possess skills & expertise in areas such as social care, community development, mental health, homelessness, education, civil and human rights, financial management, media & communications, research and report writing. Skills and experiences combined are relevant and effective in meeting programme objectives and representing the target group. Through their own roles it also facilitates good collaboration and inter agency work. Breaking Through gives board members the opportunity to contribute their professional skills and experience to a cause that they are passionate about. Following a review of the board recruitment of board members in 2020 will focus on Legal & HR expertise. Recruitment will be done via Boardmatch or professional contacts.

Training in relation to board roles and responsibilities will be provided to all board members in 2020 in line with the organisations ongoing commitment to good governance.

Board meeting attendance for 2019

Board Members	22 January 2019	30th April 2019	4th September 2019	AGM & Strategic Planning
Gerry Griffin	✓	✓	✓	✓
Ciaran Kenny	✓	✓	✓	✓
Neil Forsyth	✓	✓	✓	✓
Sharon Byrne	✓	✓	✓	✓
Edel Weldon	✓	✓	✗	✓
Dr Eavan Brady	✓	✓	Maternity Leave	Maternity Leave
Louise Keane			Nominated	✗

Date	22nd January 2019	30th April 2019	4th September	AGM
Overall Attendance	100%	100%	80%	83%

Currently there are 12 members on the Irish Aftercare Network committee. The committee members bring expert knowledge, skills and experience of the Irish Aftercare sector which augments the knowledge and skills of Breaking Through Board of Directors.

Staffing

Breaking Through resources and delivers its aims and objectives with a very small but committed team of staff.

2019 was a year of change and adjustment to meet the organisation's needs. 2019 saw

1. A full time National Director
2. Part time Assistant National Director (retired August 2019)
3. Tús placement (from April 17th 2019)
4. Full time Financial Administrator (from November 2019)

The increase in staffing capacity meant there was a need for a second office which we were fortunate to secure in the same building and next door to the the current one.

The organisation benefited greatly from The Tús initiative. The initiative is a community work placement scheme providing short-term working opportunities for unemployed people. Jane commenced her 19.5 hours Tus placement with us in April 2019 and we were delighted to be able to increase her hours to an extra paid ten hours from Breaking Through in September 2019. A full time financial administrator commenced in November 2019.

Both staff and board members availed of appropriate training opportunities that arose during the year. All staff are provided with regular staff support and supervision via a staff liaison officer.



Ciaran Kenny, Louise Keane, Neil Forsyth, Marie Halligan, Yvonne Casey, Sharon Byrne & Gerry Griffin on the occasion of Maries Retirement

Volunteers

All board and committee members are voluntary. Breaking Through was also very fortunate to have a volunteer with excellent I.T skills who helped with social media for our annual conference. We are hugely grateful to Brian Melvin for all the hours he has volunteered.

Treasurer's Report

2019 was a progressive, busy, productive year for Breaking Through at all levels.

I would like to thank the following funders; the Department of Rural and Community Development, for funds to enable us to complete our work plan for 2019. This allowed us to expand & develop our work in the management and coordination of the Irish Aftercare Network. I believe this network has a major impact on supporting those working directly and indirectly with care leavers in Ireland.

Funding was put in place for a further three years from July 2019 to June 2022. It is a vital component in our work that we have security of funds to plan and implement our work strategy for a definite period of time. Multi annual funding also allows us to offer our staff a level of job security for this period.

I would also like to thank the HSE for renewing the Service Level Agreement for training in Dublin West, Dublin South City, Dublin South West together with Kildare/West Wicklow, comprising all of CHO Area 7 (Community Healthcare Organisation) and placing their confidence in Breaking Through to coordinate the training element of the governments Connecting for Life Strategy. We thank them for the confidence they place in Breaking Through for also coordinating national pieces of work on their behalf.

Thanks also to Department of Children and Youth Affairs for funding via their Quality & Capacity Building Initiative. This funded six network meetings and also went towards conference costs such as engaging a professional sound and audio visual company and high profile, high quality expert presenters.

Much appreciation to our conference sponsors DCYA, Daffodil Care, Focus Ireland & DIT in 2019 for our most successful conference to date.

Many thanks to my fellow board and committee members for their co-operation and support and to staff members. A strong and united board and committee have contributed hugely to a very successful year. Thanks also to staff members for their continued dedication to the organisation, ensuring the strategic and development programme is implemented to the highest standard. Thanks also for their patience during a time of change which included the rental of a second office alongside the current one; banking transferred online and a payroll package implemented.

Many thanks to Marie Halligan for her years of dedicated service and comradery; she will be missed greatly by all.

The following pages show detailed audited accounts completed by O'Farrell & Co. Chartered Accountants and Statutory Auditors.

Sharon Byrne
Treasurer

Company Registration Number 321538

Breaking Through Company Limited by Guarantee

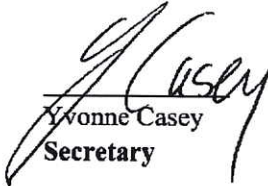
Directors' Report and Financial Statements

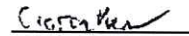
for the year ended 31 December 2019

**Breaking Through Company Limited by
Guarantee
Registration Number 321538
for the year ended 31 December 2019**

Overall Certification for Financial Statements Companies Act 2014

We hereby certify that all documents which are required under Part 6 of the Companies Act 2014 to be annexed to this annual return, have been so annexed, and that they true copies of the originals laid or to be laid before the relevant general meeting, or presented to the members.


Yvonne Casey
Secretary


Ciaran Kenny
Director

Date: 31 August 2020

Breaking Through Company Limited by Guarantee

Company information

Directors	Gerard Griffin Ciaran Kenny Sharon Byrne Neil Forsyth Edel Weldon Eavan Brady Louise Keane Charlotte Armstrong Sharon Morrison	Chairperson Vice Chairperson Treasurer P.R.O. Appointed 1 September 2019 Appointed 13 January 2020 Appointed 4 February 2020
Secretary	Yvonne Casey	
Company number	321538	
Registered office	Newtown House Confey Leixlip Co. Kildare	
Auditors	Philip O'Farrell for and on behalf of PT O'Farrell & Company Limited Chartered Accountants & Statutory Auditors Castlemaine Court Dublin Road Athlone Co. Westmeath	
Bankers	Allied Irish Banks 37-38 Upr. O'Connell Street Dublin 1	

Breaking Through Company Limited by Guarantee

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Breaking Through Company Limited by Guarantee

Directors' report for the year ended 31 December 2019

The directors present their report and the financial statements for the year ended 31 December 2019.

Principal activity and business review

The main object for which the body is established is to manage, co-ordinate and develop the Irish Aftercare Network and to promote effective interventions with young people at risk by facilitating links through local, regional and national agencies/networks and by promoting partnership and inter-agency co-operation.

The company also coordinates suicide intervention and prevention skills training in CHO Area 7 (Community Health Organisation) on behalf of the HSE.

The company operates from its registered office at Newtown House, Confey, Leixlip, Co.Kildare. The company is a company limited by guarantee, having no share capital and its CRO number is 321538.

The company received funding from the Department of Rural and Community Development, under the Scheme to Support National Organisations (SSNO). Funding was also received from the Health Service Executive.

Additional funding was received from the following sources:

- Sales of conference tickets and conference sponsorship
- Department of Children and Youth Affairs (DCYA). 2019 What Works Network Support Fund
- €500 donation

Results

The results for the year are set out on page 8 and the surplus was added to reserves at the end of the year. The company has a Reserves Policy in place. Reserves are maintained at a level which ensures that the Company's core activity can continue during a period of unforeseen difficulty.

A proportion of reserves are maintained in a readily realisable form.

Future Developments

The Directors are not expecting to make any significant changes in the nature of the business in the near future.

Events after the Balance Sheet date

In the first half of 2020, the COVID-19 virus spread worldwide. In common with many other countries, the Irish government issued guidance and restrictions on the movement of people designed to slow the spread of this virus. In early March 2020, many businesses closed voluntarily and throughout the month more restrictions were placed on people and businesses. On 28 March, all "non-essential" businesses were ordered to close temporarily.

The company reacted to these conditions by restricting staff working from its offices with most staff working from home. This has resulted in the company remaining operational during this period and the following periods of varying restrictions. There has been no significant reduction in the level of services provided as a result of Covid-19. The directors are confident that the company will continue to be fully operational once all restrictions are lifted.

Breaking Through Company Limited by Guarantee

Directors' report for the year ended 31 December 2019

Principal risks and uncertainties

As the company has secured funding from Pobal for a further 3 years, commencing on 1 July 2019 - 'To coordinate, develop and manage The Irish Aftercare Network'- the Directors are confident that the future of the company is secure for at least to June 2022.

Under the grant, Scheme to Support National Organisations (SSNO) 2019 - 2022, the company was awarded €267,038 over three years to fund 2 core posts: National Director and National Administrator from 1st July 2019 to 30th June 2022, along with associated indirect costs. These positions will contribute to information provision, advocacy, education and training, and networking ensuring further management and development of the Irish Aftercare Network.

The company has also been awarded two Service Level Agreements (SLAs) from the HSE in 2020 for the management & co coordination of suicide intervention & prevention training. The current CHO 07 management and a new SLA will see the company coordinate National Organisations such as various Government Departments and various other national organisations.

The Directors have also identified the key risks and uncertainties relating to the potential increase in compliance requirements in accordance with company, health and safety and other legislation.

The company mitigates these risks as follows:

- The company continually monitors the level of activity and prepares and monitors budgets, targets and projections.
- The company closely monitors emerging changes to regulations and legislation on an on-going basis.

Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety for staff, volunteers, clients and visitors to the company.

The directors who served during the year are as stated below:

Gerard Griffin
Ciaran Kenny
Sharon Byrne
Neil Forsyth
Edel Weldon
Eavan Brady
Louise Keane

Breaking Through Company Limited by Guarantee

Directors' report for the year ended 31 December 2019

Accounting records

The measures taken by the directors to secure compliance with the requirements of sections 281 to 285 of the Companies Act 2014 with regard to the keeping of accounting records are the implementation of necessary policies and procedures for recording transactions, the employment of competent accounting personnel with appropriate expertise and the provision of adequate resources to the financial function. The accounting records of the company are located at Newtown House, Confey, Leixlip, Co. Kildare.

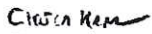
Statement of Relevant Audit Information

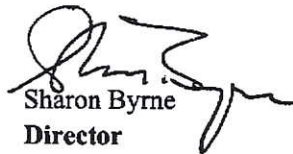
In accordance with Section 330 of the Companies Act 2014, so far as each person who was a director at the date of approving this report is aware, there is no relevant audit information, being information needed by the auditor in connection with preparing its report, of which the auditor is unaware. Having made enquiries of fellow directors, each director has taken all the steps he/she is obliged to take as a director in order to make himself/herself aware of any relevant audit information and to establish that the auditor is aware of the information.

Auditors

In accordance with Section 383 (2) of the Companies Act 2014, Philip O'Farrell, for and on behalf of, PT O'Farrell & Company Limited, Chartered Accountants & Statutory Auditors will continue in office.

This report was approved by the Board on signed on its behalf by


Ciaran Kenny
Director


Sharon Byrne
Director

Date: 31 August 2020

Breaking Through Company Limited by Guarantee

Statement of Directors' responsibilities for the members' financial statements

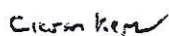
The directors are responsible for preparing the Directors' Report and the financial statements in accordance with Irish law and regulations.

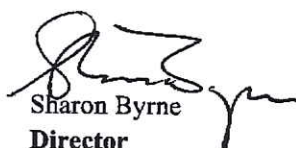
Irish company law requires the directors to prepare financial statements for each financial year. Under the law, the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard, which is issued by the Financial Reporting Council and promulgated by the Institute of Chartered Accountants in Ireland ("relevant financial reporting framework"). Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

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

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors' report comply with the Companies Act 2014 and enable the financial statements to be readily and properly audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.


Ciaran Kenny
Director


Sharon Byrne
Director

Date: 31 August 2020

Breaking Through Company Limited by Guarantee

Independent auditor's report to the members of Breaking Through Company Limited by Guarantee

Report on the audit of the financial statements

Opinion

We have audited the financial statements of Breaking Through Company Limited by Guarantee ('the Company') for the year ended 31 December 2019, which comprise the Income and Expenditure Account, Balance Sheet, Cash Flow Statement and notes to the financial statements, including the summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102, the financial reporting standard applicable in the UK and Republic of Ireland, 'applying Section 1A of that Standard'.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the Company as at 31 December 2019 and of its profit for the year then ended;
- have been properly prepared in accordance with FRS 102, the financial reporting standard applicable in the UK and Republic of Ireland, 'applying Section 1A of that Standard' and;
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described below in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Company in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the Company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Breaking Through Company Limited by Guarantee

Independent auditor's report to the members of Breaking Through Company Limited by Guarantee (continued)

Other information

The directors are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that:

- in our opinion, the information given in the directors' report is consistent with the financial statements; and
- in our opinion, the directors' report has been prepared in accordance with the Companies Act 2014.

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

In our opinion, the accounting records of the Company were sufficient to permit the financial statements to be readily and properly audited and financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the Company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report. The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

Respective responsibilities

Responsibilities of directors for the financial statements

As explained more fully in the directors' responsibilities statement on page 4, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so.

Breaking Through Company Limited by Guarantee

Independent auditor's report to the members of Breaking Through Company Limited by Guarantee (continued)

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at:

http://www.iaasa.ie/getmedia/b2389013-1cf6-458b-9b8f-a98202dc9c3a/Description_of_auditors_responsibilities_for_audit.pdf.

This description forms part of our auditor's report.

The purpose of our audit work and to whom we owe our responsibilities

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



Philip O'Farrell

for and on behalf of

PT O'Farrell & Company Limited

Chartered Accountants & Statutory Auditors

Castlemaine Court

Dublin Road

Athlone

Co. Westmeath

Date: 31 August 2020

Breaking Through Company Limited by Guarantee

**Income & Expenditure statement
for the year ended 31 December 2019**

		Continuing Operations	
		2019	2018
	Notes	€	€
Income	2	208,523	174,657
Administrative expenses		<u>(204,333)</u>	<u>(154,990)</u>
Surplus before taxation		4,190	19,667
Tax on profit	7	<u>-</u>	<u>-</u>
Surplus after taxation		<u>4,190</u>	<u>19,667</u>
Surplus for the year		<u><u>4,190</u></u>	<u><u>19,667</u></u>

The notes on pages 11 to 21 form an integral part of these financial statements.

Breaking Through Company Limited by Guarantee

**Balance sheet
as at 31 December 2019**

		2019		2018	
	Notes	€	€	€	€
Current assets					
Debtors	5	6,336		23,183	
Cash at bank and in hand	6	103,538		22,972	
		<u>109,874</u>		<u>46,155</u>	
Creditors: amounts falling due within one year	8	<u>(69,898)</u>		<u>(10,370)</u>	
Net current assets			<u>39,976</u>		<u>35,785</u>
Net assets			<u><u>39,976</u></u>		<u><u>35,785</u></u>
Capital and Reserves					
Reserves			<u>39,976</u>		<u>35,785</u>
Accumulated Reserves	13		<u><u>39,976</u></u>		<u><u>35,785</u></u>

These financial statements have been prepared in accordance with the Small Companies Regime.

Approved by the board of directors and signed on its behalf by


Ciaran Kenny
Director


Sharon Byrne
Director

Date: 31 August 2020

The notes on pages 11 to 21 form an integral part of these financial statements.

Breaking Through Company Limited by Guarantee

**Cash flow statement
for the year ended 31 December 2019**

	Notes	2019 €	2018 €
Reconciliation of operating profit to net cash inflow from operating activities			
Operating profit		4,190	19,667
Decrease in debtors		16,847	(19,932)
Increase in creditors		59,530	(20,424)
Net cash inflow from operating activities		<u>80,567</u>	<u>(20,689)</u>
Cash flow statement			
Net cash inflow from operating activities		<u>80,567</u>	<u>(20,689)</u>
Reconciliation of net cash flow to movement in net funds			
Increase in cash in the year		80,567	(20,689)
Net funds at 1 January		22,972	43,661
Net funds at 31 December		<u>103,539</u>	<u>22,972</u>

Breaking Through Company Limited by Guarantee

Notes to the financial statements for the year ended 31 December 2019

1. 1.1 General Information

The principal activity of the company was the coordination and development of the Irish Aftercare Network whose main object is to improve the lives of young people leaving care. This is achieved by supporting aftercare workers through peer support, training, education and by influencing policy allied with research into good practice and all other matters affecting the lives of young people leaving care.

The financial statements comprising the Income & Expenditure Statement, the Balance Sheet, Cash Flow Statement and the related notes constitute the individual financial statements of Breaking Through Company Limited by Guarantee for the financial year ended 31 December 2019.

Breaking Through Company Limited by Guarantee is a company limited by guarantee having no share capital. Amended Constitution & Articles of Association were submitted and approved by the CRO, Revenue Commissioners and Charities Regulator on 06 July 2018.

The company is incorporated and registered in the Republic of Ireland (CRO number 321538). The Registered Office is Newtown House, Confey, Leixlip, Co. Kildare, which is also the principal place of business of the company.

Currency

The financial statements have been presented in the Euro currency (€) without rounding.

Statement of Compliance

The financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102), applying section 1A of that Standard.

1.2 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.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention modified to include certain items at fair value. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 (the Act) and FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland, issued by the Financial Reporting Council and promulgated by the Institute of Chartered Accountants in Ireland. The company qualifies as a small company for the period, as defined by section 280A of the Act, in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Act and Section 1A of FRS 102.

The presentation of an Income & Expenditure Account represents a departure from the provisions of the Third Schedule of the Companies Act, 2014 regarding the format of the Profit & Loss Account and this represents the operation of the "true and fair override" provisions of the Companies Act, 2014. The directors believe that the presentation used, better achieves the true and fair presentation required by company law.

Breaking Through Company Limited by Guarantee

Notes to the financial statements for the year ended 31 December 2019

1.3 Funding

Unrestricted funds

The company is funded by Government agencies. These funds are expendable at the discretion of the directors in furtherance of the objects of the company.

Restricted funds

Restricted funds are funds received which can only be used for particular purposes specified by the donors and binding on the directors. Such purposes are within the overall aims of the company.

Fundraising income

Fundraising income is credited to the Income and Expenditure Account in the year in which it is received by the company.

Voluntary income is recognised when the income is received.

Income recognition

Income is reflected in the income and expenditure account when the effect of the transaction or other event results in an increase in the company's assets.

When the company provides services in accordance with agreements, the income is recognised when the service is provided. Funds already received in relation to future years but not yet expended are shown in creditors as deferred income. All statutory grants are treated as restricted grants.

1.4 Government grants

Government grants are recognised at their fair value in profit or loss where there is a reasonable assurance that the grant will be received and the company has complied with all attached conditions.

Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred.

Breaking Through Company Limited by Guarantee

Notes to the financial statements for the year ended 31 December 2019

1.5 Judgements

The directors consider the accounting assumptions below to be its critical accounting judgements:

1.6 Going Concern

In the first half of 2020, the COVID-19 virus spread worldwide. In common with many other countries, the Irish government issued guidance and restrictions on the movement of people designed to slow the spread of this virus. In early March 2020, many businesses closed voluntarily and throughout the month more restrictions were placed on people and businesses. On 28 March, all "non-essential" businesses were ordered to close temporarily.

The company reacted to these conditions by restricting staff working from its offices with most staff working from home. This has resulted in the company remaining operational during the period and the following periods of varying restrictions. There has been no significant reduction in the level of services provided as a result of Covid-19. The directors are confident that the company will continue to be fully operational once all restrictions are lifted.

The company has prepared budgets for the upcoming 12 months which show that the company will continue as a going concern. The financial statements have been prepared on a going concern basis.

Breaking Through Company Limited by Guarantee

Notes to the financial statements for the year ended 31 December 2019

Grant 2

Agency	HSE		
Sponsoring Government Department	Health Executive Service (HSE)		
Grant Programme & Purpose	Coordinate and manage suicide intervention skills training in CHO Area 7: Kildare/West Wicklow, Dublin West, Dublin South City, Dublin South West.		
		2019	2018
		€	€
Total Grant			
- Grant taken to Income in the year		105,791	90,996
- (Due) or deferred grant forward at start of year		(19,863)	16,843
- Cash received in the year		185,458	54,290
- Grant (deferred) or due at year end		(59,804)	19,863
Expenditure		105,791	90,996
Term	Yearly		
Capital Grant element	Nil		
Restriction on use	Organise and plan training. Administration of payment to external facilitators/trainers and training overheads, venues etc. Apportionment of staff wages and overhead costs.		
Tax Clearance	Yes		

Breaking Through Company Limited by Guarantee

Notes to the financial statements for the year ended 31 December 2019

Grant 3

Agency	Department of Children and Youth Affairs
Sponsoring Government Department	Quality and Capacity Building Initiative (QCBI) Network Support Fund.
Grant Programme & Purpose	Training workshops and seminars.

	2019 €	2018 €
Total Grant		
- Grant taken to Income in the year	13,200	-
- (Due) or deferred grant forward at start of year	-	-
- Cash received in the year	13,200	-
- Grant (deferred) or due at year end	-	-
Expenditure	13,200	-

Term	Once off annual grant
Capital Grant element	Nil
Restriction on use	Training workshops and seminars such as venue hire & catering, facilitator fees and associated costs
Tax Clearance	Yes

3. Status of the Company

The company is limited by guarantee of its members and has no share capital. The members have each undertaken to contribute to the assets of the company in the event of it being wound up whilst they are members, or within one year after they cease to be members, for the payment of such debts and liabilities contracted before they cease to be members and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves, such amounts as may be required but not exceeding €1.

Breaking Through Company Limited by Guarantee

**Notes to the financial statements
for the year ended 31 December 2019**

4. Employees

Number of employees

The average monthly numbers of employees during the year were:

	2019	2018
Administration	<u>2</u>	<u>2</u>

Employment costs

	2019	2018
	€	€
Wages and salaries	90,641	83,066
Social welfare costs	<u>8,353</u>	<u>6,322</u>
	<u>98,994</u>	<u>89,388</u>

No Employees were paid in excess of €60,000.

No salaries were paid to Directors.

5. Debtors

	2019	2018
	€	€
Trade debtors	3,086	70
Prepayments and accrued income	<u>3,250</u>	<u>23,113</u>
	<u>6,336</u>	<u>23,183</u>

6. Cash at bank

	2019	2018
	€	€
Restricted Funds	59,804	5,157
Unrestricted Funds	43,680	17,625
Petty Cash	<u>54</u>	<u>190</u>
	<u>103,538</u>	<u>22,972</u>

Breaking Through Company Limited by Guarantee

**Notes to the financial statements
for the year ended 31 December 2019**

7. Taxation

The Charities Regulatory Authority has granted charitable status to Breaking Through CLG. and as a result the company is exempt from Corporation Tax, Income Tax and Deposit Interest Retention Tax. The registered Charity number is 20042844.

Breaking Through Company Limited by Guarantee

**Notes to the financial statements
for the year ended 31 December 2019**

8. Creditors: amounts falling due within one year	2019	2018
	€	€
Accrued expenses	10,094	5,213
Deferred income	59,804	5,157
	<u>69,898</u>	<u>10,370</u>

Deferred Income Analysis

	2019	2018
	€	€
<u>HSE funding programs</u>		
Balance at start of year	(19,863)	16,843
Received as income in the year	185,458	54,290
Recognised as income in the year	(105,791)	(90,996)
Grant due at end of year	-	19,863
Deferred at end of year	<u>59,804</u>	<u>-</u>

Department of Rural and Community Development, under the Scheme to Support National Organisations (SSNO)

Pobal-Government Funding Program

	2019	2018
	€	€
Balance at start of year	5,157	5,190
Received as income in the year	75,151	71,480
Refund due	(2,328)	(1,533)
Recognised as income in the year	(77,980)	(69,980)
Balance at end of year	<u>-</u>	<u>5,157</u>

	2019	2018
	€	€
<u>Energy for Generations ESB fund</u>		
Balance at start of year	-	2,905
Received as income in the year	-	-
Recognised as income in the year	-	(2,905)
Balance at end of year	<u>-</u>	<u>-</u>

Breaking Through Company Limited by Guarantee

**Notes to the financial statements
for the year ended 31 December 2019**

Deferred Income Analysis (continued)

	2019	2018
	€	€
<u>Conference sponsorship</u>		
Balance at start of year	-	2,000
Received as income in the year	20,428	6,000
Recognised as income in the year	(20,428)	(8,000)
Balance at end of year	-	-
Total Deferred Income	59,804	5,157

9. Capital commitments

There were no capital commitments at the year end.

10. Contingent liabilities

There were no contingent liabilities at the year end.

11. Related party transactions

There were no related party transactions during the year.

12. Post balance sheet events

In the first half of 2020, the COVID-19 virus spread worldwide. In common with many other countries, the Irish government issued guidance and restrictions on the movement of people designed to slow the spread of this virus. In early March 2020, many businesses closed voluntarily and throughout the month more restrictions were placed on people and businesses. On 28 March, all "non-essential" businesses were ordered to close temporarily.

The company reacted to these conditions by restricting staff working from its offices with most staff working from home. This has resulted in the company remaining operational during this period and the following periods of varying restrictions. There has been no significant reduction in the level of services provided as a result of Covid-19. The directors are confident that the company will continue to be fully operational once all restrictions are lifted.

Breaking Through Company Limited by Guarantee

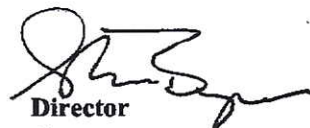
**Notes to the financial statements
for the year ended 31 December 2019**

13. Reconciliation of movements in members' funds	2019	2018
	€	€
Surplus for the year	4,190	19,667
Opening Accumulated funds	35,786	16,118
Closing Accumulating funds	<u>39,976</u>	<u>35,786</u>

14. Approval of financial statements

The financial statements were approved by the Board on 31 August 2020 and signed on its behalf by


Director
Ciaran Kenny


Director
Sharon Byrne

Breaking Through Company Limited by Guarantee

The following pages do not form part of the statutory accounts.

Breaking Through Company Limited by Guarantee

**Detailed Income & Expenditure account
for the year ended 31 December 2019**

	2019		2018	
	€	€	€	€
Funding				
Department of Rural and Community				
Development, under the Scheme to Support National Organisations (SSNO)	77,980			69,980
HSE	105,791			90,996
ESB Energy for Generation	-			2,905
Other conference sponsorship & tickets	11,052			2,776
DCYA - Conference sponsorship	8,000			8,000
Donations	500			-
DCYA - Irish Aftercare Network meetings funding	5,200			-
	<u>208,523</u>			<u>174,657</u>
Administrative expenses	<u>204,333</u>		<u>154,990</u>	
		<u>(204,333)</u>		<u>(154,990)</u>
Operating surplus		<u><u>4,190</u></u>		<u><u>19,667</u></u>

Breaking Through Company Limited by Guarantee

**Administrative expenses
for the year ended 31 December 2019**

	2019	2018
	€	€
Administrative expenses		
Wages and salaries	90,641	83,066
Employer's PRSI/NI contributions	8,353	6,322
Training & Development	560	675
Conference expenses	16,019	7,155
Committee expenses	1,086	405
Rent payable	9,125	6,500
ICT	3,538	344
Insurance	1,705	1,265
Network expenses	3,823	1,709
Light and heat	367	322
Printing, postage and stationery	2,814	638
Telephone	1,375	1,436
Staff recruitment	297	-
Travel & Subsistence	2,761	1,487
HSE Suicide intervention skills training	58,328	42,013
Audit	3,218	1,403
Bank charges	254	250
Bad debts	70	-
General expenses	(1)	-
	<u>204,333</u>	<u>154,990</u>