

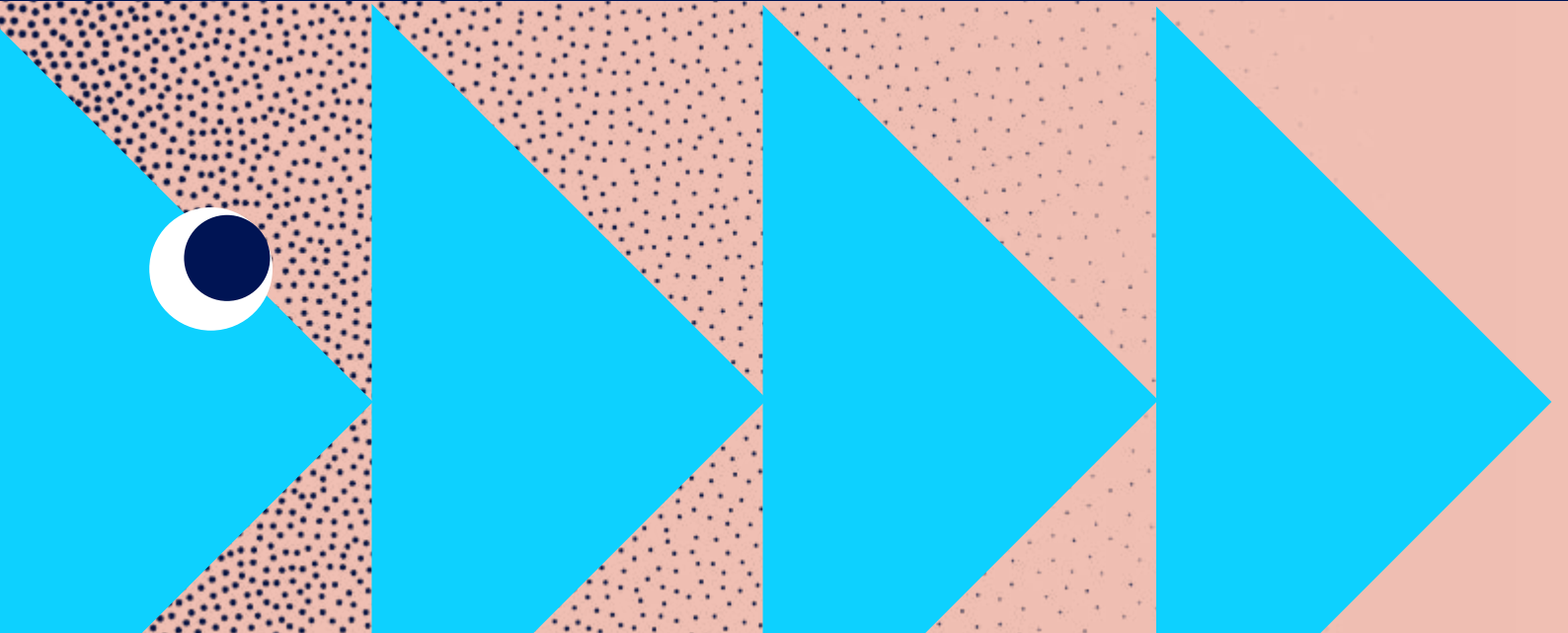


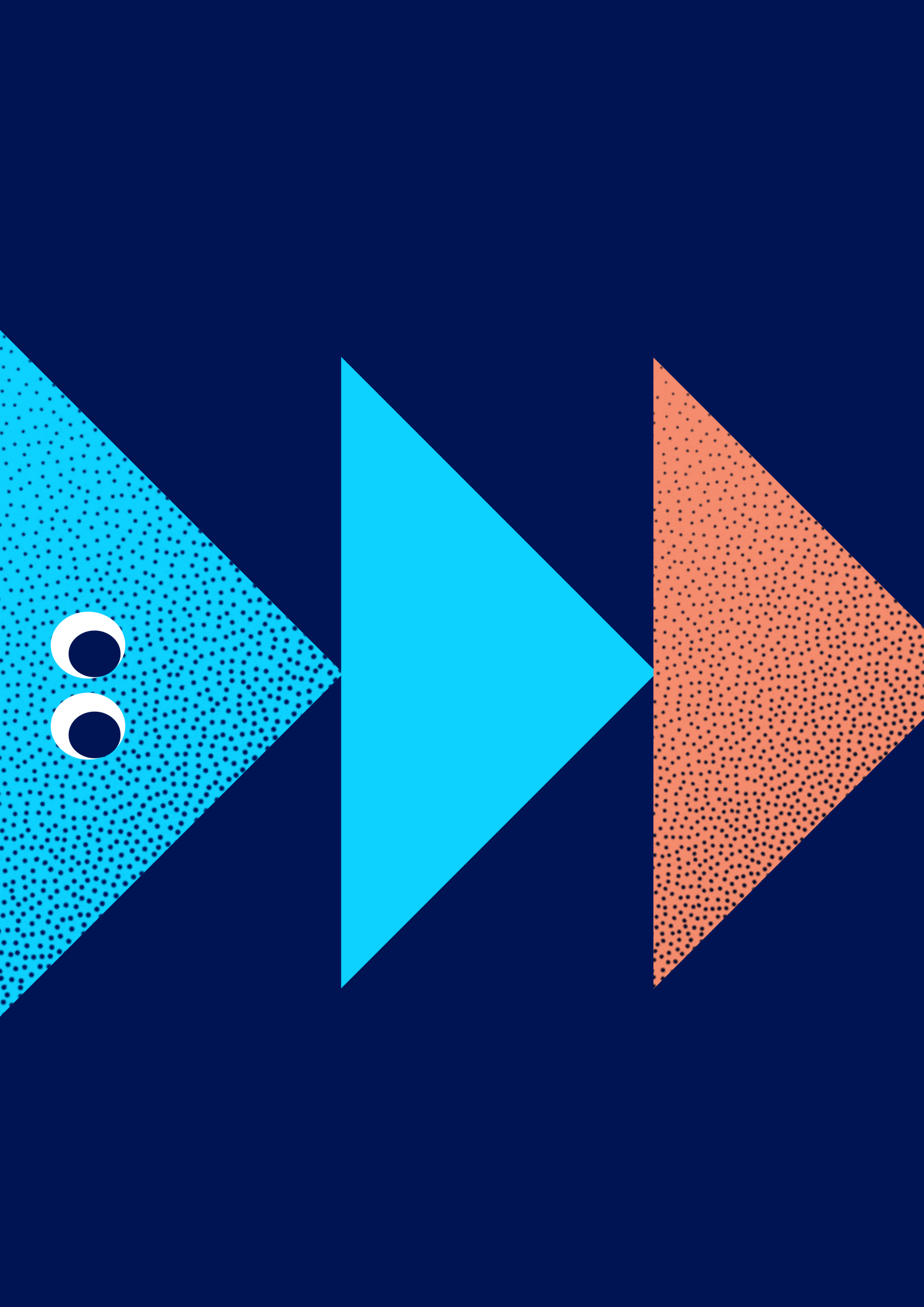
spunout

spunout CLG

2025

Annual Report





spunout CLG
ANNUAL REPORT 2025

Impact Report

Directors' Report

Audited Financial Statements

FOR THE YEAR ENDED 31st DECEMBER 2025

Our company information

spunout CLG

CHAIRPERSON

Tara Doyle

DIRECTORS

Tara Doyle

Conor Nolan (resigned 29/11/25)

Suzanne Mulholland (resigned 29/11/25)

Barry Ryan

Conor Healy (resigned 29/11/25)

Dermot O'Sullivan

Daniel Waugh

Garrett Harte

Gillian O'Brien (resigned 18/09/25)

Danielle Martin

Isobel Solan

Kacper Bogalecki

Lisa-Nicole Dunne (appointed 05/04/25)

Deirdre Purcell (appointed 05/05/25)

Anne-Marie Whelehan (appointed 27/09/25)

Deirdre Clune (appointed 29/11/25)

Pat Mannion (appointed 29/11/25)

COMPANY SECRETARY

Conor Healy (resigned 29/11/25)

Barry Ryan (appointed 29/11/25)

CEO

Ian Power (Resigned April 2025)

Maria Towey
(Acting CEO April-September 2025)

Sinéad Keane
(Appointed September 2025)

INDEPENDENT AUDITORS

Woods & Partners

7 Clanwilliam Square

Grand Canal Quay

Dublin 2

BANKERS

Allied Irish Bank PLC

Main Street

Ballyshannon

Co. Donegal

SOLICITORS

Meaghers Solicitors

IFSC

Dublin 1

BUSINESS ADDRESS

The Glass House,

11 Coke Lane,

Smithfield, Dublin 7

D07 WNP2

CHARITY TAX NUMBER (CHY)

16212

CHARITY REGISTRATION NUMBER

20057923

COMPANY NUMBER

384783

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Chairperson's Statement

Welcome to spunout's Annual Report for 2025. After another exciting year of progress for the organisation, it is a pleasure to reflect and look back over some of our achievements from this year.

2025 saw a changed and challenging digital landscape, where the organisation nonetheless continued to adapt and increase the scale of services, leading to record access and exposure levels. In particular, we witnessed increased demand and complexity of needs amongst young people accessing Text About It, highlighting that the provision of accessible mental health supports has never been more necessary.



We witnessed increased demand and complexity of needs amongst young people accessing Text About It, highlighting that the provision of accessible mental health supports has never been more necessary."

In this context, it has been a joy to witness spunout's progress and innovations through the year. Some highlights include the celebration of 20 years of impact in Wood Quay, the launch of the groundbreaking Navigator service, and the further development of spunout Academy. We also made strides towards our Strategic Goals via the launch of our first spunout Insights report on youth loneliness, and the first year of our structured advocacy programme for youth volunteers.

spunout's impact would not be possible without support from a range of stakeholders. I would like to thank all of our fantastic volunteers, staff members, and Board of Directors, who dedicate their time and efforts into building an Ireland where all young people are supported and empowered to thrive. I would also like to extend my gratitude to our partners and funders: the HSE, the Department of Education and Youth, the Department of Rural and Community Development, Rethink Ireland, and many more, without whom none of these achievements would be possible.

Finally, I would like to acknowledge the contributions of Ian Power, who left the organisation in 2025 after eleven incredible years as CEO. A special thanks also to Maria Towey, who went above and beyond as Acting CEO to maintain spunout's momentum, and of course to our serving CEO Sinéad Keane, who continues to capably guide the organisation and its positive trajectory.

Going forward, I have the utmost confidence in spunout's continued leadership and role empowering young people in Ireland. With the support of our volunteers, staff members and partners, I am excited to see what else we will achieve in 2026.

Tara Doyle
Chairperson
BOARD OF DIRECTORS



CEO Reflection

I am very proud to welcome you to spunout's Annual Report and Financial Statements for 2025.

This year represented a huge milestone for our charity as we marked twenty years of spunout.

Our journey over the past two decades has taken us from a small group of enthusiastic founders in Ballyshannon, Donegal, to our current position as Ireland's youth information and support platform.

From humble beginnings, spunout now provides crucial support for thousands of young people each month. Whether through supplying trustworthy information, empowerment opportunities, skills development, or life-saving active listening support; spunout's enormous and growing impact is clear.

This year was also my first as CEO. In taking up this position, I am acutely aware of those who have paved the way over the past two decades: volunteers, staff, partners, funders and Board members, all of whom have played such a vital role in the evolving spunout story.

I am particularly grateful to our previous CEO Ian Power for his long-time leadership of the organisation, and to Maria Towey who so ably stepped into the role of Acting CEO during the transition.

As these pages showcase, spunout has had a remarkable year for service development and innovation with new and expanded services.

With the support of the HSE and Minister Mary Butler, we successfully launched Navigator to connect young people with reliable, relevant mental health and wellbeing resources.

We also expanded our Academy and Voices projects, providing essential opportunities for young people to develop skills and to have their voices heard.

This was also the first year of spunout Insights, our open-source research service, and of our extensive new programme of public advocacy. Both projects have ensured that the authentic youth voice is at the heart of our engagement with policy-makers and our sectoral partners.



I am entirely confident that spunout is needed now more than ever"

Overall, this year has seen considerable growth in demand for spunout's services. We have been dealing with increasingly complex service user needs via our Text About It service, as well as new digital challenges in providing relevant, reliable information resources in an era of growing misinformation and toxicity online.

As we look to the future, I am entirely confident that spunout is needed now more than ever and we will continue to work with and for young people across Ireland

Looking ahead, I am excited to grow our advocacy work, continue development of Insights, to further integrate our Navigator and Academy services, and to invest in our digital infrastructure to ensure our Text About It, Information and Voices services can continue to reach, support and empower young people in every part of our country.

Sinéad Keane
Chief Executive Officer

OUR IMPACT IN 2025

What We Did

Reaching young people

89 new videos produced

39,170,282 TikTok views

8,671,038 Instagram impressions

120 social media campaigns



47,841,320

Social media
engagements



Providing support

192 Text About It volunteers

1,188 Youth Information Chat conversations

784 Emergency Service Interventions

390 Mandatory Reports

52,748

Text About It conversations



784

Emergency Service
Interventions for those
experiencing suicide ideation

Driving change



- 42** policymakers and politicians engaged with our Pre-Budget Lobbying Day
- 31** young people participated in face-to-face advocacy
- 5** parliamentary questions on youth investment
- 3** appearances at Oireachtas Committees
- 1** research report on youth loneliness



171
Youth
Action
Panel
members

Building skills and connection

- 972** Academy learners
- 760** Academy courses completed
- 4** new Academy courses launched including 19 new Academy modules
- 4** new Academy custom course pathways
- 185** Navigator pathways developed
- 3,435** young people connected to resources via Navigator in 2025



38,400
Navigator
sessions

Mobilising youth voice

- 46** Youth Proofers
- 6** Mental Health youth consultations



From reach to real impact

By delivering accessible and trusted information, real-time support, and meaningful opportunities for participation, spunout helped young people to feel more informed, heard, supported, empowered, and guided to take the next step.



Young people are properly informed



Trust the information provided by spunout

76% of young people felt more informed after engaging with spunout

86% satisfaction rate with Youth Information Chat

“The spunout website gave me really useful information as a teenager navigating being gay”

Young people's voices are heard



Felt their concerns are listened to and represented by spunout

Young people participated directly in advocacy and policy engagement

Young people **shaped campaigns, consultations and lived-experience storytelling**

77% of texters were connected with a volunteer within five minutes

79% of texters felt heard

“The Text About It service was a lifeline for when I was suffering with my mental health”

Young people's experiences are validated

82%

Texter who felt their volunteer had genuine concern for them

82% of texters satisfied with spunout

69% felt connected to young people's stories shared by spunout

75% felt validated and more understood while engaging with spunout

“It was especially comforting to hear other people's stories and experiences as it made me feel not so alone.”

Young people build mental health literacy and coping skills

85%

Learned new skills that they can apply in their life to support their mental wellbeing

76% of respondents felt more confident in their active listening skills

81% of respondents would recommend our courses to a friend

“spunout provided absolutely invaluable help at times when things felt like they couldn't get better.”

Young people are guided to take the next steps

90%

of high risk conversations successfully de-escalated

10% connected with the appropriate emergency service

77% were able to access further support after engaging with spunout

81% gained knowledge of other supports available after engaging with spunout

“It helps me to be able to reach out to local organisations or people in person as well as websites online or help services online”

81%

Gained knowledge of other supports available after engaging with spunout

76% of texters felt supported

“spunout has genuinely helped me through countless struggles over the last few months and I am truly grateful”

Behind every number is a young person who felt heard and validated, empowered and informed, and is supported to access and navigate other services

about



spunout is Ireland's national youth information and support platform, working towards an Ireland where all young people are supported and empowered to thrive.

OUR VISION

An Ireland where all young people are empowered and supported to thrive.

OUR MISSION

Our mission is to work collaboratively with young people to support our mental health and wellbeing. We do this by creating evidence-based, person-centred digital solutions and safe, validating support spaces.

OUR STORY

Life can be hard sometimes; we can feel unsure or even unsafe.
We can find ourselves a little lost, nervous or worried, not knowing where or who to turn to next.
We can all feel lonely at times too, alone with no one to talk to or in a crowd with no one to relate to.
We are there for everyone as we travel our own unique journey.
We are here for you if you just need a helping hand or if you're lost, low or lonely.
Together we can drive away the clouds, lighten the load and find a clear path ahead.
If it matters to you, it matters to us.
You can connect with us for support. You can share what's on your mind.
With us, you can take a step to make your life a little better.

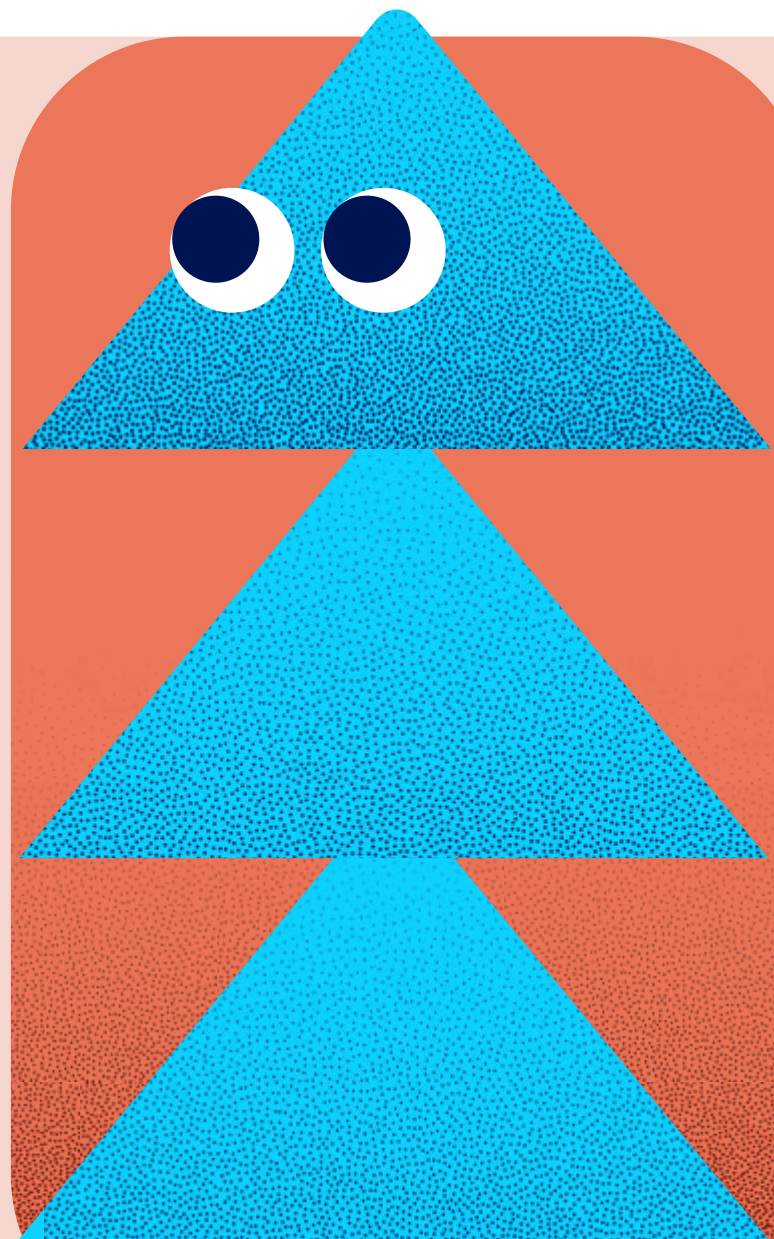
OUR PURPOSE

spunout was originally incorporated as Community Creations in 2004, with the spunout service being launched in 2005 to provide youth information and support for young people in Ireland.

In 2025, the organisation formally changed its legal name from Community Creations CLG to spunout CLG, reflecting our long-standing public identity.

Our objectives, as set out in our constitution, are to provide:

- ▶ A youth information website
- ▶ Publications and resources
- ▶ An electronic support service
- ▶ Accessible information on mental health and culture



Our Values

Empathy

Understanding and validating young people's experiences

Compassion

Acting to support and alleviate challenges

Equity

Removing barriers and ensuring access for all

Expertise

Delivering evidence-based, high-quality services

Innovation

Evolving to meet young people where they are

What We Do

Information & digital outreach

We provide trusted accessible information to help young people make informed decisions about their health and wellbeing. Through our digital platforms we ensure this information reaches young people where they are, when they need it most.

Youth participation

The active involvement of young people in shaping spunout is essential. We recognise that young people are experts in their own experiences and needs, and involving them across all aspects of spunout ensures that our services are relevant and effective.

Service navigation & signposting

Finding the right mental health and support in life can be overwhelming. Our guidance helps navigate the complex web of available resources and services, making informed choices and taking the first step towards the support that best suits their unique circumstances.

Collaborative partnerships

The power of collective effort is core to spunout. Collaboration with other organisations allows us to harness our collective expertise, resources, and knowledge to address the complex challenges faced by young people.

Centering lived experience & peer support

By sharing their experiences and insights, young people offer invaluable perspectives that shape our understanding of mental health challenges. Peer support, based on empathy and compassion, fosters a community where young people can find strength in knowing that they are not alone.

Peer-to-peer text-based active listening

We understand that sometimes young people just need someone to talk to who truly listens and empathises. Our peer-to-peer text-based active listening service offers a safe, non-judgemental space, fostering genuine understanding and validation.

Self-directed learning

We strive to empower young people to take control of their own education and personal development. By fostering self-guided learning, we enable individuals to grow at their own pace, equipping them with essential life skills.

Our Priority Action Areas

Our priority action areas reflect the issues that matter most to young people and where spunout can have the greatest impact. Identified through consultation and grounded in our expertise, they guide how we deliver meaningful lasting impact through our 2023 - 2027 strategy 'Supported To Thrive'.

Mental health literacy

Mental health is central to spunout's work and identity. We continue to provide trusted, evidence-based information and support while advocating for improved understanding of mental health among young people, policymakers and the wider public.

Healthy relationships

spunout aims to recast the narrative towards supporting a healthy conception of masculinity and a positive view of relationships between and involving young men. This work has an enormous potential to positively impact a very large cohort of young men who have been hard to reach with help-seeking information in the past.

Anti-racism

spunout is committed to further building our knowledge, contacts and credibility in the anti-racism space. We will continue to develop as a positive force against growing racism, xenophobia and anti-immigration sentiment within our society.

Economic opportunity

spunout's vision is of an Ireland where all young people are empowered to thrive, yet time and again we see how economic systems can hold young people back. spunout aims to address these challenges frankly and constructively, to advocate for radically just solutions to economic inequality in our society.

Climate action

spunout is directly affected by the rising tide of climate anxiety as the climate crisis worsens around the globe. spunout's growing expertise on the climate crisis positions us to provide constructive information support on this centrally important issue.

Our Funders

We are grateful to the support of our funders who ensure that we can continue our mission to support the mental health and wellbeing of young people across Ireland.

- ▶ Health Service Executive
- ▶ Department of Education and Youth (via the City of Dublin Youth Services Board and Pobal)
- ▶ Department of Rural and Community Development (via Pobal)
- ▶ Rethink Ireland



An Roinn Leanaí, Comhionannais,
Michumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development

Our Partners

spunout's work is strengthened by a diverse and wide-reaching network of partner organisations who play a vital role in connecting people with our services. Our partners span multiple sectors, reflecting shared commitment to supporting the mental health and wellbeing of young people.

48 - Three Ireland

We are honoured to be a charity partner of 48. Users of 48 can 'Donate Data' to either spunout or FoodCloud, with 48 monetizing each donation for the service. spunout is the information partner, providing information for users via a bespoke landing page and unique keyword partnership for users of the 48 network to access the Text About It service.

Higher Education Institutions:

Including members of the PCHEI network, such as Trinity College Dublin, University College Dublin, Maynooth University, Dublin City University and University of Galway.

Mental health and suicide prevention organisations:

Including 3TS (Turn the Tide of Suicide), Connect MH, St John of God Hospital, and St Patrick's Mental Health Services.

Youth and Community Organisations:

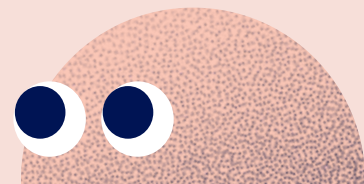
Including Belong To - LGBTQ+ Youth Ireland, Foróige, Youth Work Ireland, Pavee Point, Gaisce, Crosscare Youth Services, YMCA, the Trim and Walkinstown Greenhills Resource Centres.

National and Representative Bodies:

Including the Health Service Executive, National Women's Council, Union of Students in Ireland and the Gaelic Players Association.

These partnerships are central to how spunout reaches young people through their trusted channels, institutions and communities. They enable increased awareness and visibility, access to diverse and sometimes hard-to-reach groups. They support integration into education, community and workplace settings. They also allow for the expansion of support through employee wellbeing and EAP programmes.

Some of these partnerships have evolved over time, and each has contributed to the growth and development of our services. Together, they have helped establish spunout as a trusted and accessible support for young people across Ireland.





Our Strategy 2023 - 2027

We are now two years into implementing our multi-annual strategic plan, Supported to Thrive, which is guiding the continued growth and development of spunout's services.

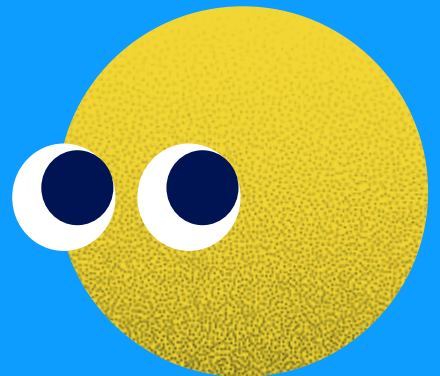
In 2025, we made strong progress across our strategic priorities, expanding our reach, strengthening our support offering, and deepening our engagement with young people.

Key milestones include the introduction of a new innovation: Navigator, a digital tool to enhance how young people access information and support, and the delivery of a strengthened advocacy programme including a pre-budget submission, a national lobbying day engaging politicians across a range of policy areas and the publication of our first spunout Insights research report on youth loneliness.

Considerable work has also taken place to achieve our goals in the provision of youth information, engagement and empowerment. On our Text About It service, ever increasing numbers of texters, complexity of presentations and length of conversations have provided a growing challenge. Our staff and volunteers have worked tirelessly to continue to uphold our record of compassionate, reliable support in line with our strategic aims to grow and enhance this vital service.

This strategy continues to shape how we respond to the evolving needs of young people ensuring our work remains relevant, accessible and impactful.

Delivering on our Strategic Goals



STRATEGIC PILLAR 01

Inform

Providing trusted, non-judgemental information resources with young people

WHAT WE SET OUT TO DO

In 2025, we continued to provide accessible information to young people on the issues that matter most to them. Our focus was on expanding reach, strengthening digital engagement, and improving pathways to support services.

WHAT WE DID

- ▶ We published 34 new factsheets, 89 videos and 100 carousels, and updated 696 factsheets for continued relevancy and readability.
- ▶ Our content reached wide audiences, including high profile engagement such as a reshare by Hozier of our 'Resources for Trans People in Ireland'.
- ▶ We launched a new climate justice documentary 'Embrace and Act: Living with Eco-Anxiety' which was presented by UN Youth Climate Delegate and spunout volunteer Fatima Ismail, and has received over 11,000 views to date.
- ▶ We released our Blue Chair campaign in partnership with James Doyle for Text About It, which reached 436,372 people across TikTok and Instagram.
- ▶ Our Youth Information Chat service in partnership with Youth Work Ireland, YMCA and Crosscare achieved an 86% service user satisfaction rate, up 1.16% from 2024.
- ▶ We launched the Open Conversations content series, a space for honest, peer-led dialogue on topics that can be difficult for young people to talk about.
- ▶ We also produced Country Queers, a new series featuring interviews with young LGBTI+ people and content creators from rural Ireland.

WHAT CHANGED FOR YOUNG PEOPLE

In 2025, more young people than ever before were informed by spunout's multimedia information content. We engaged with greater numbers of young people across the topics and platforms they themselves have chosen, strengthening our role as a trusted source of information for young people navigating complex issues.

We continually connected young people with our Text About It and Youth Information Chat services, providing personalised information and real-time emotional support. Overall, spunout expanded the quality, reach and interconnectedness of our information services throughout 2025.

WHAT WE LEARNED

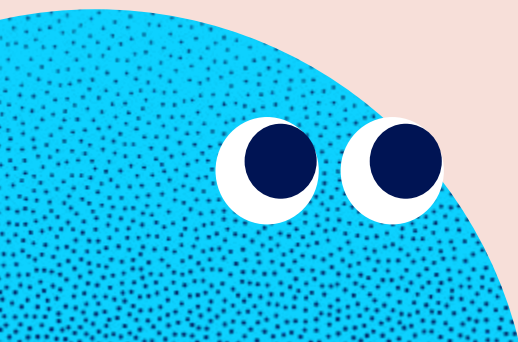
Demand for spunout services continues to grow, particularly in digital spaces where reaching young people is increasingly complex and costly.

Ensuring that accurate, relevant information reaches those who need it most requires ongoing investment in content development, partnerships and digital marketing strategies.

As online behaviours continue to evolve, maintaining visibility and accessibility remains a key challenge.

WHAT IS NEXT THROUGHOUT 2026, SPUNOUT WILL:

- ▶ Develop new, engaging formats for presenting and promoting vital information online.
- ▶ Work with expert partners on developing reliable, readable, and expert-validated content on a range of complex issues.
- ▶ Develop a new edition of our well-known Survival Guide to Life publication, and continually audit our existing on-site information across all topic areas.
- ▶ Enhance our collaborations with influencers and trusted partners to further grow awareness of spunout's service offering.
- ▶ Revamp and refresh our brand guidelines for maximum impact.
- ▶ Develop cohesive, service-level marketing strategies for each of spunout's individual projects.



Top Website Content (Ireland) 2025

	Page Title	Sessions	Views
01	spunout website home page	40,020	71,885
02	What is ADHD? - spunout	29,091	44,942
03	Who qualifies for Carer's Allowance? - spunout	12,048	18,653
04	Financial supports for college students in Ireland - spunout	10,635	16,716
05	Jobseeker's Allowance and Jobseeker's Benefit - spunout	12,117	15,711
06	How do I apply for Emergency Accommodation? - spunout	11,770	13,748
07	Important dates for your CAO - spunout	9,298	11,827
08	How often can my rent be increased? - spunout	9,054	10,674
09	How to answer interview questions - spunout	7,451	10,097
10	Student Grant: Frequently Asked Questions - spunout	5,810	8,556

Digital Content Analytics

Total visits to spunout

1,612,987

(website sessions)

Visits from Ireland

908,324

(website sessions)

Total impressions

(across all platforms)

21,902,492

STRATEGIC PILLAR 02

Empower

Amplifying the voices and experiences of young people in Ireland

WHAT WE SET OUT TO DO

In 2025, we aimed to strengthen youth participation and ensure young people remain at the heart of everything we do. Our focus was on amplifying youth voice, supporting volunteers, and creating inclusive opportunities for engagement.

WHAT WE DID

- ▶ Throughout 2025, 171 young people volunteered as members of our Youth Action Panel, alongside 46 volunteer youth proofers. Engagement increased with an 11.5% rise in meeting attendance, enabling more consistent input into spunout's work.
- ▶ The Action Panel contributed to a wide range of topics including Rise of the Far Right, Food and Nutrition, and Positive Masculinity, providing practical guidance on content and campaigns.
- ▶ We published 75 Voices pieces, with 284 contributors engaged throughout the year. These pieces reflected lived experiences, helping to amplify youth perspectives and reduce stigma on a wide range of topics.
- ▶ We delivered training and workshops on topics including Irish politics, intersectionality, media skills, and effective advocacy.
- ▶ We produced 'A Lot on Your Plate', a podcast series amplifying the experiences of young Palestinians in Ireland. This was hosted by Sanaa El Habbash, and explored themes of identity, community, culture and resilience. It was developed in response to Action Panel requests to hear directly from young Palestinians.
- ▶ We reviewed and reformed our structures of support for the Youth Action Panel to increase opportunities to shape spunout's work.
- ▶ We piloted a young men's group to create a space to hear directly from young men on the issues affecting them.
- ▶ The Navigator Youth Advisory Committee, established to collaborate on designing Navigator, fed into the design and functionality of the tool until its launch in June 2025.

WHAT CHANGED FOR YOUNG PEOPLE

Throughout 2025, more young people have had meaningful opportunities to shape spunout's work. Increased participation and engagement has strengthened the role of youth voice at the heart of service design and delivery across all projects.

A diverse range of young people's voices have been amplified through spunout Voices and the Youth Action Panel. Through regular training opportunities, young people have been supported to build confidence, develop skills and contribute to conversations that influence change.

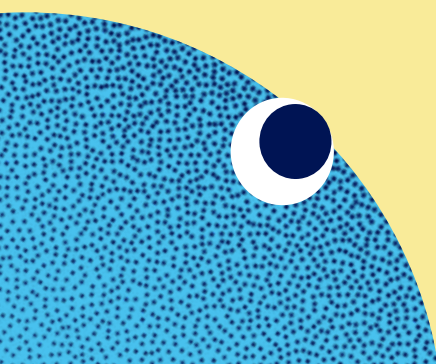
WHAT WE LEARNED

The need for authentic youth voices in the public sphere is now greater than ever. We know that young people are best placed to articulate their needs, provide peer-to-peer education, and bring forward innovative solutions to their generations' most pressing issues.

Facilitating and empowering young people to provide this leadership requires ongoing investment in support, training and engagement structures. By providing the right structures and support, we can continue to enable young volunteers to grow their own authentic voices.

WHAT IS NEXT THROUGHOUT 2026, SPUNOUT WILL:

- ▶ Further enhance the experience of our Action Panel and Voices volunteers by strengthening our volunteer recruitment, training and appreciation activities.
- ▶ Expand opportunities for underrepresented groups, specifically our specialist panels for BAME activities and young men.
- ▶ Grow spunout Voices, including developing stronger external partnerships.
- ▶ Enhancing volunteer engagement with spunout's advocacy, research and information initiatives.
- ▶ Work to keep the experiences and voices of young people central to our work in advocacy, empowerment and information.



STRATEGIC PILLAR 03

Support

Connecting young people in Ireland to the right peer-to-peer support, at the right time

WHAT WE SET OUT TO DO

We understand that a key part of supporting young people to thrive is providing appropriate, in-the-moment support. Throughout 2025, we aimed to connect young people to the right supports.

WHAT WE DID

- ▶ In June 2025, we launched Navigator, a mental health signposting tool designed to improve the well-being of young people by providing them with the right resources, tools, and support to address their mental health needs. We were delighted to be joined by Minister Mary Butler for the formal launch of Navigator, which was accessed 38,424 times in 2025.
- ▶ Throughout our Text About It, we supported 27,612 individual texters through 52,748 conversations, representing an increase of 4.96% in unique texters and 11.45% in conversations compared to 2024.
- ▶ We also reached a major milestone of 250,000 conversations since the launch of Text About It in 2020.
- ▶ We carried out 784 Emergency Service Interventions, connecting texters in crisis situations with emergency services.
- ▶ Through Text About It, we carried out 390 Mandatory Reports, ensuring we meet our safeguarding obligations in full for vulnerable service users.
- ▶ Our Text About It campaigns generated a total of 13.4 million impressions and 13,785 clicks, increasing awareness and access to the service.
- ▶ This year also saw Text About It review our internal feedback systems including a full review of our post-conversation survey, to ensure we can better respond to service user feedback and provide a better, safer experience for everyone.
- ▶ We carried out detailed analyses of high-risk conversations, providing deeper insight into the rise in Emergency Service Interventions and Mandatory Reports arising from Text About It.

WHAT CHANGED FOR YOUNG PEOPLE

In 2025, spunout's capacity to support young people has grown through the launch of the Navigator service and the ongoing development of Text About It.

We can now ensure reliable support is available to young people through a range of channels, backed by a well-trained community of volunteers and staff. spunout now fills a vital role in our national mental health architecture, connecting young people with high-quality, appropriate resources and support in the moments they most need them.

WHAT WE LEARNED

During 2025, we have seen clearly how the demand for trustworthy, human-delivered mental health support and referral services is continuing to grow among young people.

In common with the rest of the charity sector, we face ongoing challenges in growing and maintaining our numbers of volunteers. In addition, our support services are facing increasing conversation numbers, length, and complexity which require ongoing training and capacity-building to adequately meet.

The importance of improved data collection and analysis is also critical to understanding emerging trends in help-seeking behaviour.

WHAT IS NEXT THROUGHOUT 2026, SPUNOUT WILL:

- ▶ Improve and grow our Text About It service as an integral part of the Irish mental health landscape.
- ▶ Enhance our understanding and classification of high risk conversations and provide enhanced training on topics such as neurodiversity, anti-racism and gender identity.
- ▶ Update our recruitment and training processes to maintain and grow our network of highly skilled, empathetic volunteers to meet the needs of our service users.
- ▶ Expand Navigator to reach more young people and improve pathways to resources and support.
- ▶ Develop new mental health resources for Navigator, improve decision tree pathways, and further integrate Navigator with spunout Academy.

2025 Text About It

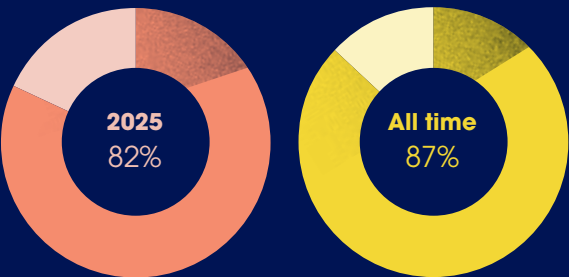
Conversations



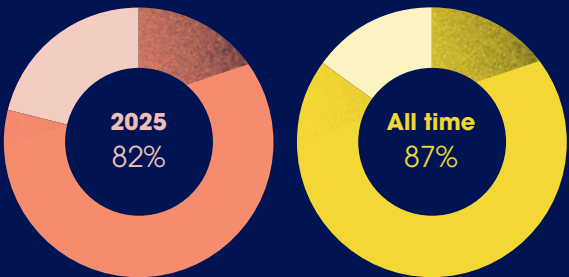
Texters



Quality



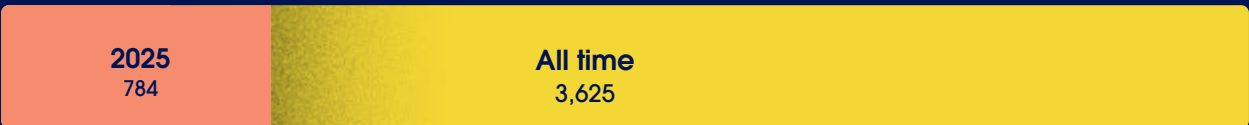
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Active Volunteers



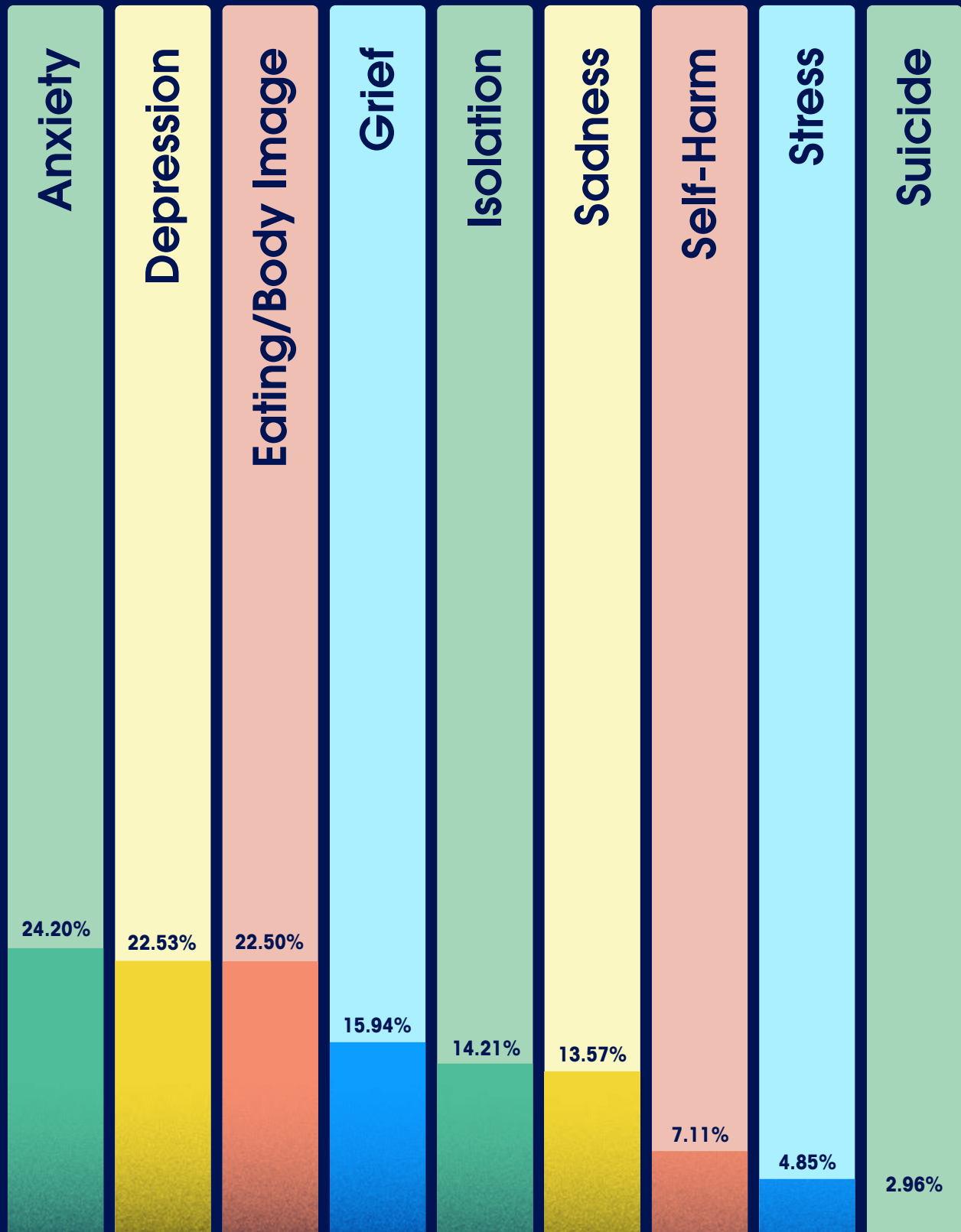
Emergency Service Interventions



Mandatory Reports



Top Issues in 2025



STRATEGIC PILLAR 04

Educate

Equipping young people with mental health literacy and coping skills

WHAT WE SET OUT TO DO

In 2025, we continued to strive to strengthen young people's mental health literacy and equip them with practical skills to support their wellbeing.

WHAT WE DID

- ▶ We developed and delivered four new courses, including 19 new modules for spunout Academy, focused on Mental Health Literacy, Healthy Masculinities, Safer Online Conversations Around Suicide, Self-Harm and Eating Disorders, and Peer Active Listening.
- ▶ We developed a series of four custom course pathways in 2025, including our Gaisce skillbuilder, our Senior Cycle Skill Builder, two spunout volunteer training modules, and streamlined versions of our Empathy Online and Active Listening courses.
- ▶ We established a learner partnership with Gaisce, creating a custom Gaisce pathway on spunout Academy and becoming a challenge partnership for the Bronze Gaisce Award.
- ▶ We established partnerships with a number of Youthreaches in Ireland, linking students with our Senior Cycle Skillbuilder course.
- ▶ All courses were expertly validated and youth proofed by volunteers to ensure that they were accurate, accessible, factual and relevant.
- ▶ By the end of 2025, 972 learners had enrolled in Academy courses, with 760 course activities completed.

WHAT CHANGED FOR YOUNG PEOPLE

In 2025, the growth of spunout Academy has facilitated young people to develop active listening skills relating to mental health and wellbeing.

More young people have chosen to become learners, accessing flexible, self-directed learning opportunities to build their knowledge across a range of new skills areas, at a pace that suits them best.

More learners are being supported to develop their confidence, understanding and practical skills to navigate challenges in their lives, and more readers and texters are being connected with personalised development resources.

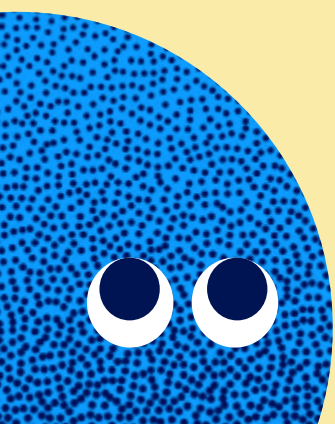
WHAT WE LEARNED

This year has highlighted the key role of partnerships in continually increasing youth opportunities and access to learning, as demonstrated by our collaborations with Gaisce and Youthreaches.

In aiming to forge closer links between our different service offerings, we have identified strong potential to further integrate learning with other spunout services to deepen impact and engagement.

WHAT IS NEXT THROUGHOUT 2026, SPUNOUT WILL:

- ▶ Embark on the next phase of Academy's evolution by developing innovative integrations with spunout's other services.
- ▶ Develop targeted psycho-education courses integrated with our new spunout Navigator platform.
- ▶ Integrate lived experience content, including Voices videos into learning modules.
- ▶ Expand our partnerships with education and youth organisations.
- ▶ Increase engagement and completion rates across Academy courses.



STRATEGIC PILLAR 05

Advocate

Young people's voices and experiences inform and shape decision-making

WHAT WE SET OUT TO DO

In 2025, we worked to ensure that spunout's services and policies were continually informed by young people's voices and experiences, and to ensure that an authentic youth voice was represented in policy debates on important national issues.

WHAT WE DID

- ▶ We held our first ever Pre-Budget Lobby Day in June 2025. Volunteers from the spunout Action Panel met more than 40 national politicians at our in-person lobby day on Kildare Street, advocating for priority youth issues such as increased mental health funding, greater support for youth-focused third spaces in communities, and full restoration of youth work funding. Following the lobby day, several follow-up meetings were secured with politicians including with Minister with responsibility for Mental Health Mary Butler and Minister for Education and Youth Helen McEntee.
- ▶ At our 20th anniversary celebration, we launched our first ever spunout Insights research report, 'Loneliness: What Young People are Telling Us'. This was compiled using data from Text About It. The report is publicly available online and will help further our goal of putting young people's thoughts and experiences at the heart of decision-making in Ireland.
- ▶ Members of staff were part of the HSE Working Group for the Mental Health Engagement & Recovery (MHHER) Action Plan for Child and Youth Mental Health Services (CYMHS), the HSE's Working Group for Single Point of Access (SPoA) and the expert Advisory Group (EAG) for the development of National Standards for Child and Adolescent Mental Health Services with the Mental Health Commission. Participation in these groups will ensure that real-time insights collected through spunout platforms will actively feed into national-level planning and policy development.
- ▶ We represented the voice of young people at number of Joint Oireachtas Committees, including:
 - Joint Committee on Education and Youth on the implementation of Opportunities for Youth - the National Youth Strategy,
 - Joint Committee on Children and Equality to speak on "Technology, social media and children; and
 - Joint Committee on Artificial Intelligence to discuss the impact of AI on children and young people.

WHAT CHANGED FOR YOUNG PEOPLE

In 2025, spunout majorly expanded our advocacy efforts, working to influence national policy with young people's real needs and experiences. More young people had opportunities to influence policy and decision-making on issues that affect their lives. For the first time, we were able to draw on our service data to ensure real youth experiences can be amplified and heard in national conversations.

The foundations have now been laid for young people's insights and lived experiences to be gathered, evidenced and shared to inform public policy and service improvement.

WHAT WE LEARNED

This year saw spunout execute a significantly expanded programme of structured advocacy. We have identified a clear appetite from young people to directly engage with policy-makers on matters of major importance to their peers, and an openness from public representatives and public servants to meet with young people on these issues.

We have gained valuable insights which will form a stronger base for further advocacy work into the future, allowing for greater impact and influence based on the real identified needs and voices of young people.

WHAT IS NEXT THROUGHOUT 2026, SPUNOUT WILL:

- ▶ Deliver a second annual lobby day and targeted, youth-focused proposals for Budget 2027.
- ▶ Deliver a national youth mental health gathering to establish and promote the real needs of young people that will shape our advocacy in the coming years.
- ▶ Expand spunout Insights work, producing reliable, insightful and through-provoking reports on the experiences of young people for the attention of Irish policymakers.
- ▶ Strengthen pathways for young people to engage in advocacy and policy development.

Our Strategic Enablers

WHAT WE SET OUT TO DO

In 2025, we focused on strengthening the organisation to support the delivery of our strategy. These essential enabling actions have helped us to develop as an employer of choice, build a more sustainable organisation, and strengthen our systems of volunteer celebration, continuous learning, digital infrastructure and leadership.

WHAT WE DID

- ▶ The year 2025 was of major significance to us. We marked 20 years of spunout with a special event to highlight our impact, with keynote speaker Minister of State at the Department of Rural and Community Development and the Gaeltacht and the Department of Transport, Jerry Buttimer.
- ▶ We were delighted to win HR Team of the Year at the HR Leadership & Management Awards, as well as being shortlisted for the Best Workplace Award. In addition, at the Charity Excellence Awards, we were finalists for the Employer Excellence Award.
- ▶ We further improved our employee experience by launching a new private contributory pension scheme, and ran a comprehensive Employee Engagement Survey. We were proud to receive scores above the industry benchmark in all categories.
- ▶ We significantly improved our ability to utilise data insights from service provision, strengthening our data infrastructure and enhancing how we collect, analyse and apply user data to inform design, strategic decision-making and advancing our advocacy.
- ▶ We undertook intensive planning for Board succession and rotation, recruiting four new Directors throughout the year and improving our onboarding processes.
- ▶ We celebrated our volunteers through two major in-person events, including the presentation of seven awards to volunteers who excelled in developing Voices content, through the Youth Action Panel, and in their advocacy work.
- ▶ All staff received a workshop in Disability Awareness and Neurodiversity Training, and individual team members were supported to upskill through attending training and pursuing qualifications in leadership, management, human rights, and more.
- ▶ We made significant investments in our digital infrastructure, implementing a full accessibility audit with the Irish Media Agency.
- ▶ We created a dedicated website section for donations and fundraising. Highlighting fundraising will allow us to diversify our sources of income, further enhance and expand our services, and increase our financial stability.

WHAT CHANGED

After twelve years, we also said goodbye to our long-term leader Ian Power, and welcomed Sinéad Keane as our new CEO. During this period of transition, our Senior Leadership Team stepped up and provided guidance and direction across spunout's wide range of projects and services.

WHAT WE LEARNED

As we enter our third decade of excellence in youth services provision, spunout continues to develop our understanding of how best we can meet the needs of our service users, and stay relevant and reliable to young people seeking information and support.

Through the period of change in leadership, we have seen the value of strong governance and management structures, as well as an internal culture of support, collaboration and focus on the needs of service users.

As spunout continues to grow, new challenges arise as we manage greater complexity, higher costs and many more young people relying on our services each day. Meeting these challenges while remaining true to our core aims and values will be central to spunout's continued development in 2026 and beyond.

WHAT IS NEXT

THROUGHOUT 2026, SPUNOUT WILL:

- ▶ Continue our work to ensure spunout is an employer of choice through an enhanced staff engagement framework.
- ▶ Advance diversity and inclusion in the workplace, and strengthening of our organisational skills and leadership development processes.
- ▶ Take ambitious steps to improve our digital infrastructure and data systems.
- ▶ Support our Board of Directors to achieve excellence in governance and charity leadership.
- ▶ Grow partnerships and fundraising capabilities to deliver a more sustainable, interconnected spunout into the future.

Volunteer Spotlight

We are lucky to work with an incredible group of volunteers. Whether through advocating for change at a national level, sharing reflections and insights via social media, or actively listening and saving lives through our 24-hour text service, our talented volunteers dedicate time and energy into creating an Ireland where all young people are supported and empowered to thrive. In this section, we highlighted just a fraction of some of the amazing people that we work with!

Ebere



VOLUNTEER
CASE STUDY

2024

Joined Action
Panel as volunteer

Joined BAME
Action Panel

'What Black History
Month Means to Me'
Video

Voice Notes from the
Groupchat Podcast

- Taught intersectionality
workshop
- General
Election Content

2025

- Masculinity
Consultation
- Internalised Racism
Consultation
- Text About It
Consultation



“

spunout has been such a great community to engage with for my activism, for friendship and for my personal development.

I can recount so many of the experiences I've had, like being in social media content, learning from the different consultations from Text About It to internalised racism, to misogyny.

I also developed my own public speaking skills by presenting at one of spunout's consultations. Honestly, I've made so many friends and I feel a real sense of community.

The first time I joined an in-person consultation I was a bit shy, but I've grown to see and make so many good friends, and that community element of people always supporting each other, people always lifting people up, people always shouting me out - it's something I don't take for granted, and I'm grateful to spunout for facilitating that community.”

Charlie

Growing up undiagnosed and Autistic: What I wish schools knew

Charlie shares their journey to an autism diagnosis, reflecting on social struggles, self discovery, and finding the right support to thrive

Becoming my biggest fan to overcome mental illness

Charlie explains how they learned to befriend their emotions and make peace with them.

How healing my inner child helped me stop self-harming

Charlie looks into how their self-harm was rooted in childhood pressures, highlighting the healing power of nurturing the inner child's needs.



Volunteering with spunout has genuinely changed my life for the better. As an autistic person, I have often felt alienated and unheard in spaces where my voice would have made a change.

spunout has given me a supportive community that makes me feel safe enough to be loud in spaces where I used to feel silenced."



VOLUNTEER CASE STUDY

2022

Joined as a Voices volunteer

- Pride focus group
- Townhall 2022
- 50808 rebrand
- Hosted Climate Vox Pop
- Attended TikTok training

Rising Star Award 2022



2023

Joined Action Panel

- GP mental health research
- Joined National Action Panel

2024

- Ran for the Board of Directors position
- Spoke at the Academy launch

2025

- Spoke at the 20th Anniversary Event
- National Action Panel campaign: jar of kindness
- Participated in Safer Conversations Online
- Navigator promotion
- Won Volunteer of the Year



Maïke

Maïke Schwiddessen, 35
joined Text About It in autumn 2020 after moving to Ireland.



My journey with Text About It began in autumn 2020. I had moved to Ireland about a year before and was looking for an opportunity to volunteer when I heard about Text About It. I immediately felt that this was something for me. I liked the flexibility of being able to do shifts according to my own schedule and I liked the idea that really anyone can help someone in need, without having to study psychology first.

Volunteering with Text About It had a huge impact on me. Chatting with texters puts things into perspective. I became a much better listener, and I developed a deeper understanding of people and their individual situations. Volunteering also helped me to be more understanding and accepting of my own feelings. I am more patient with myself, and I have learned to validate my own feelings more. I love being on the platform, even after all these years. It does not matter what is going on in my own life, after a shift I always feel stronger, calmer and happier than before. You never know what to expect in a shift.

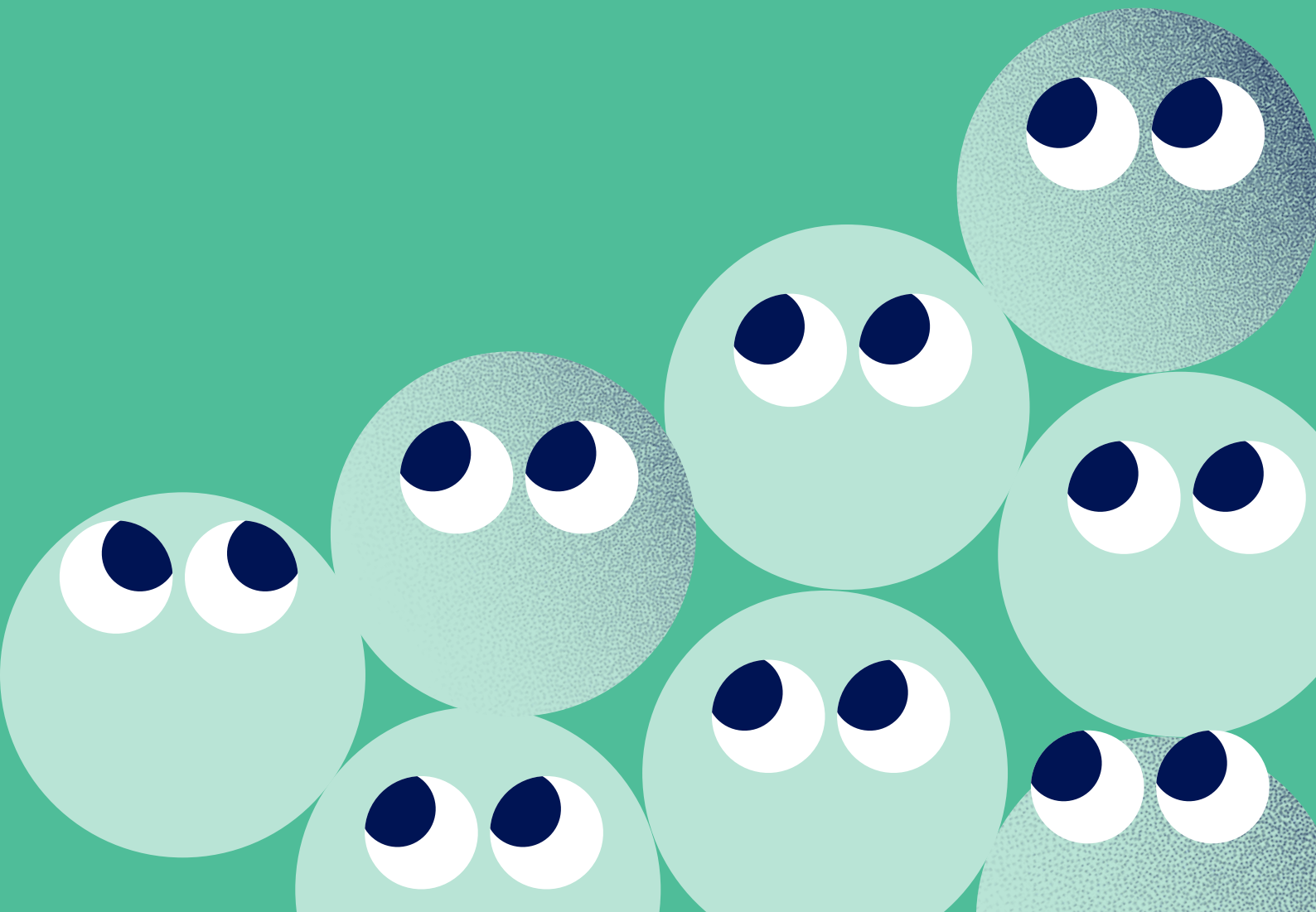
It can be busy or quiet, it can be several tough conversations or just one deep conversation. That makes every shift special and challenging.

I still learn and grow with each conversation. The most beautiful moments often happen at the end of a conversation: sometimes you get a 'thank you' message that goes straight to your heart. For one person the world is a tiny little bit brighter because we were here to listen. That is the most rewarding feeling.

When I first started, I wondered if we could really make a difference just through 'a chat'. But it is amazing the connection you can build with people just via texting. It is only a moment and I know, we cannot change the world in one conversation, but we are there in this little moment and that is what counts.

What I love most about volunteering is the 'Text About It family'. Supervisors, all the volunteers, coaches, everyone on the spunout Team - even though we have never met in person, it feels like we are one big family. There is so much support and kindness from everyone. You can have the best chats on the platform with other volunteers and supervisors and you know that you are never alone - the supervisors always have your back, and you can always reach out to your coaches, too. We are all here to support people, but you get so much back as well. That is the magic of "Text About It."

Structure, Governance and Management



Our Board of Directors

Our charity is governed by a voluntary Board of Directors who are responsible for the organisation's strategic direction, governance and oversight.

The Board ensures that spunout acts in line with its mission, values and legal obligations, while maintaining high standards of transparency, accountability and ethical practice.

In accordance with the Company Constitution, the maximum number of Directors is fourteen and the minimum is three. At least two Directors are nominated by and from the membership of the spunout Youth Action Panel. Directors serve on a voluntary basis with no remuneration and, in 2025, no expenses were claimed by our Directors.

The Board is required to meet at least six times each year, including for the AGM. In 2025, the Board met six times, with the AGM taking place on 27 September 2025.

Four Directors stood down from the Board in 2025: Dr Gillian O'Brien, who left the Board on 18 August 2025 and Conor Healy, Conor Nolan and Suzanne Mulholland, who resigned from the Board on 29 November 2025.

Five new Directors joined the Board in 2025: Lisa-Nicole Dunne (appointed 5 April 2025), Deirdre Purcell (appointed 5 April 2025), Anne-Marie Whelehan (appointed 27 September 2025), Pat Mannion (appointed 29 November 2025), and Deirdre Clune (appointed 29 November 2025).

Following the departure of Conor Nolan as Treasurer and Conor Healy as Secretary, Anne-Marie Whelehan was appointed as Treasurer and Barry Ryan as Secretary on 29 November 2025.

The CEO, Sinéad Keane, is not a member of the Board.

The Board has four standing Sub-Committees: Finance and Audit; Fundraising; Governance, Strategy and Risk; and People, Quality and Safety. Details of these committees, along with appointment and attendance information for Board and Sub-Committee memberships are set out below.

Our Board Of Directors in 2025

The following individuals served as members of the Board during 2025:



Tara Doyle
(Chair)



Conor Nolan
Treasurer until 29/11/25



**Anne-Marie
Whelehan**
(Treasurer from 29/11/25)



Conor Healy
(Secretary until 29/11/25)



Barry Ryan
(Secretary from 29/11/25)



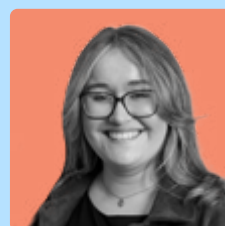
Suzanne Mulholland



Garrett Harle



Daniel Waugh



Izzie Solan



Kacper Bogalecki



Dermot O'Sullivan



Dr Gillian O'Brien



Danielle Martin



Lisa-Nicole Dunne



Deirdre Purcell



Deirdre Clune



Pat Mannion

Our Board Of Directors Profiles

Board Member	Member Since	Experience	Meetings Attended
Tara Doyle (Chair)	01/03/22	Tara is Partner and Head of Asset Management Department at Matheson. She has previously served on the Law Society's Regulation of Practice and Finance committees; as Chair of Irish Funds and of the Irish Funds ESG Policy, Legal & Regulatory Working Group; and is currently a member of the Implementation Group for Ireland for Law. Tara is a past Chair of World Vision Ireland.	6/6
Conor Nolan (Treasurer)	24/11/19 (resigned 29/11/25)	Conor is Vice President Finance at AerCap. He is a Chartered Accountant and Chartered Tax Consultant, and previously worked in KPMG Ireland. Conor has over 15 years' experience in financial reporting, investor relations and internal control.	5/6
Anne-Marie Whelehan (Treasurer)	05/07/25	Anne-Marie Whelehan has a career in financial services with key areas of focus being finance, operations, HR, treasury, IT and risk management. Anne-Marie has worked in Dublin, London and internationally in a range of public, private and government organisations.	2/2
Conor Healy (Secretary)	01/03/22 (resigned 29/11/25)	Conor works as Legal Counsel for Nestlé Nespresso, and was formerly Corporate Counsel & Company Secretary at Tirlán. He has extensive experience in Irish corporate law, commercial contracts, corporate governance and regulatory compliance.	2/4
Barry Ryan (Secretary)	31/10/20	Barry is former Chief Architect and Head of Strategy and former Chief Information Security Officer for Great-West Life in Europe. He has worked for over 30 years in Enterprise Computing and holds qualifications in Computer Science, IT Security, Finance and Risk Management. He is also a practicing Psychotherapist.	5/6
Garrett Harte	02/09/23	Garrett is a communications and public affairs expert. He is the founder and Managing Director of Harte Media, a strategic communications agency. He is former Editor-in-Chief of Newstalk and has spent over 25 years in management roles in Irish media. He is a Senior Senior Industry Advisor with the European Bank for Reconstruction & Development.	6/6
Suzanne Mulholland	31/10/20 (resigned 29/11/25)	Suzanne is Chief People, Culture and Belonging Officer in Acquired Brain Injury Ireland. She is a qualified Executive Coach with over 26 years' HR experience, driving transformational change and growth in both corporate and not-for-profit organisations.	4/6
Daniel Waugh	01/03/22	Dan is a Project Manager in Trust & Safety at Meta, with a focus on user safety in the face of online extremism. He is a former Vice President for Campaigns and Communications with the Union of Students in Ireland.	4/6
Kacper Bogalecki	23/11/24	Kacper was nominated by the Youth Action Panel to join the Board in 2024. He attends UCC as a medical student, where he serves as an Executive Representative for the Students Union. Kacper is also a former Officer of Irish Second-Level Students' Union.	5/6



Board Member	Member Since	Experience	Meetings Attended
Izzie Solan	23/11/24	Izzie was nominated by the Youth Action Panel to join the Board in 2024. She attends Maynooth University as a law student and serves as a Senator for the Student Union. She is a Student Trainor with the National Student Engagement Programme. Isobel also volunteers with the Irish Women Lawyers Association and the National Youth Council of Ireland.	6/6
Dermot O'Sullivan	14/04/22	Dermot is a Chartered Accountant and experienced finance professional. He is a Principal at Stonelodge Consulting, a co-founder of sustainability-led social platform DuuGong.com, and a financial business consultant for the Irish Rugby Football Union.	5/6
Dr Gillian O'Brien	02/09/23 (resigned 18/08/25)	Gillian is Director of Service Development at Centric Mental Health. She has formerly worked as Healthcare & Management Consultant with EY and as Clinical Director of Jigsaw. She is a trained clinical psychologist with 20 years' senior management and mental health experience.	3/4
Danielle Martin	02/09/23	Danielle is Head of Public Affairs and Policy at daa. She was previously Managing Director, Public Affairs and Regulatory with Drury Communications. With previous experience in opposition politics in Dáil Éireann, she is vastly experienced in advising on political landscape and delivering strategies across public affairs, corporate and crisis communications.	5/6
Lisa-Nicole Dunne	05/04/25	Lisa-Nicole is the founder and CEO of Mantra Strategy, an impact-driven consultancy which helps impact organisations to be more impactful through strategy and leadership development. Previously CEO of Children's Medical Research Foundation Crumlin, and Director for Focus Ireland and UNICEF, Lisa-Nicole has led teams to raise more than €100 million for good causes.	4/4
Deirdre Purcell	05/04/25	Deirdre has worked for over 25 years in the technology industry, most recently leading the sales organisation for Salesforce in Ireland. Prior to this, she held commercial roles in IBM and Ceridian Ireland, spending time in Europe and the US. Deirdre holds a BSc in International Business and a Diploma in Company Direction with the Institute of Directors Ireland.	3/4
Pat Mannion	29/11/25	Pat recently completed an 11-year tenure as Chief Information Officer for Canada Life Europe. He has worked for nearly 40 years in Enterprise Computing and is currently undertaking the Chartered Directors qualification at the Institute of Directors.	N/A - appointed during last meeting of 2025
Deirdre Clune	29/11/25	Dee has over 30 years experience in international business leadership and is a qualified Psychotherapist who owns and runs her own business consultancy and counselling service called Being-Self. She is an Associate Lecturer and teaches on both undergraduate degree and postgraduate master's programmes in the areas of International Business, Human Resources Professional Practice, Equity, Diversity and Inclusion.	N/A - appointed during last meeting of 2025

Our Board Sub-Committees

During 2025, four Sub-Committees supported the work of the Board of Directors: the Finance and Audit Sub-Committee; the Governance Strategy and Risk Sub-Committee; the People, Quality and Safety Sub-Committee; and the Fundraising Sub-Committee.

The Finance and Audit Sub-Committee provides oversight of our financial activities; recommends and monitors the annual budget; ensures appropriate fiscal accountability and accuracy; and makes recommendations regarding the external auditors. The Sub-Committee met six times in 2025.

Sub-Committee Member	Date Appointed	Meeting Attendance 2025
Conor Nolan (Chair & Treasurer until 29/11/25)	24/11/19	6/6
Anne-Marie Whelehan (Chair & Treasurer from 29/11/25)	05/04/25	5/5
Conor Healy	18/05/22	1/6
Dermot O'Sullivan	18/05/22	5/7
Sam Brooks (Action Panel Rep)	18/12/23	1/3
Georgia-May Staunton (Action Panel Rep)	18/09/25	1/2
Lisa-Nicole Dunne	27/09/25	2/2

The Governance, Strategy and Risk Sub-Committee provides oversight of our corporate governance; monitors compliance with all relevant standards including the Charities Governance Code; facilitates strategy development; and monitors systems of risk management. The Sub-Committee met four times in 2025.

Sub-Committee Member	Date Appointed	Meeting Attendance 2025
Barry Ryan (Chair)	19/05/22	4/4
Conor Healy	19/05/22	0/4
Pat Mannion	10/05/25	2/2
Isobel Solan	23/11/24	2/4
Kacper Bogalecki	23/11/24	2/4
Séamus Ó Maoláin Ó Cathain (Action Panel Rep)	05/02/25	2/4

The People, Quality and Safety Sub-Committee provides oversight of our quality and safety standards; ensures the highest standards of child protection and safeguarding; monitors systems to facilitate feedback and complaints; and oversees the organisation's human resources function. The Sub-Committee met four times in 2025.

Sub-Committee Member	Date Appointed	Meeting Attendance 2025
Suzanne Mulholland (Chair)	23/06/22 (resigned 29/11/25)	4/4
Daniel Waugh	23/06/22	4/4
Dr Gillian O'Brien	05/10/23 (resigned 18/08/25)	2/2
Kim Dempsey (External Member)	11/07/22 (resigned 29/11/25)	3/4
Deirdre Clune	05/07/25	2/2
Fatima Ismail (Action Panel representative)	18/12/23	2/4

The Fundraising Sub-Committee helps to ensure the continuing financial stability of spunout. As part of this, it develops and oversees the implementation of spunout's fundraising strategy. The Sub-Committee met seven times in 2025.

Sub-Committee Member	Date Appointed	Meeting Attendance 2025
Garrett Harte (Chair)	15/02/24	6/7
Danielle Martin	15/02/24	5/7
Lisa-Nicole Dunne	05/04/25	5/5
Deirdre Purcell	05/04/25	5/5
Anne-Marie Whelehan	27/09/25	0/1
Kacper Bogalecki	15/02/24	6/7
Charlie Beaudelot (Action Panel representative)	05/02/25	3/7

Our Governance

Board Recruitment

Directors are elected for three-year terms which can be renewed once. Directors nominated by the Action Panel serve one term of two years. At each AGM, the longest-serving third of existing Directors must retire, and may seek re-election to the Board if eligible. The Board fills casual vacancies as they arise, subject to re-election of new Directors at the AGM.

When a vacancy arises, the Board first seeks to identify any competency gaps in its existing membership through a skills audit. Board vacancies are then publicly advertised, with candidates interviewed by a panel of current Directors.

Board Induction and Training

New Directors take part in an induction programme which includes meetings with the Chair and CEO; an orientation presentation from senior staff; and access to key documents, including the Board Handbook, management accounts, Annual Reports, Strategic Plans and minutes of previous meetings.

The Board regularly completes and reviews a self-evaluation and skills assessment. The results of these exercises inform the training and recruitment of Directors.

Conflicts of Interest And Loyalty

Directors are required to act solely in the interest of the Charity when acting as a member of the Board. Directors' obligations in this area are clearly set out in the Board Handbook and the written policy on Conflicts of Interest or Loyalty. Directors are required to proactively disclose their potential interests in matters under discussion, and this is a standing item on the agenda of each Board meeting. Declarations of potential conflicts are minuted and the Director concerned shall not take part in discussions of the item in question. We maintain a Register of Directors' Interests which is updated twice a

year. Directors have an obligation to record any relevant changes in their interests as soon as possible once they occur.

Governance and Compliance

We are fully compliant with the Charities Governance Code and are a triple-locked member of the Charities Institute Ireland, meaning we are demonstrably committed to best practice in transparency, accounting, fundraising and governance. We are also in full compliance with the Charities Statement of Recommended Practice (SORP) in our annual accounts and financial reporting.

Additionally, we are fully committed to and compliant with the Charities Act 2009, Companies Act 2014, the Children First Act 2015, the Data Protection Act 2018 and the Charities Regulator's Guidelines for Charitable Organisations on Fundraising from the Public.

Delegation and Decision-Making

In April 2025, our CEO of 11 years, Ian Power, left the organisation. Following this, Maria Towey was Acting CEO until September 2025, when Sinéad Keane was appointed as CEO. The CEO reports to the Board of Directors, which has entrusted a range of day-to-day decision making powers to the CEO. Delegated responsibilities are set out in two policies: the Matters Reserved for the Board and Board-CEO Division of Responsibilities, which are reviewed annually by Directors.

All employment and remuneration matters relating to the CEO are the exclusive preserve of the Board and cannot be delegated. All other employment matters are the responsibility of the CEO, who is supported in their role by a Leadership Team.

Our Leadership Team 2025

Sinéad Keane	CEO (appointed September 2025)
Ian Power	CEO (resigned April 2025)
Maria Towey	Acting CEO (April - September 2025) Director, People & Operations
Kiki Martire	Director, Digital Content
Tara Logan Buckley	Director, Clinical Support
Eibhlín McNamara	Deputy Director, Clinical Support
Dubheasa Kelly	Head of Governance and Strategy

Staffing and Volunteers

At the end of 2025, the Charity employed 50 people: 31 full-time and 19 part-time or shift work. Our work is also supported by hundreds of volunteers, including 192 Text About It volunteers, 171 Action Panel members, 75 'Voices' active contributors and 46 youth proofers throughout 2025, with some crossover between these groups.

Remuneration and Performance Management

Pay scales for all posts are approved by the Board. Progression along approved pay scales is performance-based and is approved by the relevant Leadership Team members and the CEO, within budget parameters approved by the Board. Team and individual workplans are agreed annually in line with our current Strategic Plan and established Key Performance Indicators.

Salaries are set in line with the Charities Statement of Recommended Practice (SORP). In 2025, three members of staff earned salaries within the €60,001- €70,000 band, zero members of staff earned salaries within the €70,001- €80,000 band, four staff members were within the €80,001-€90,000 band, and one staff member earned a salary within the €90,001-€100,000 band.

Stakeholder Communications

As an organisation run by young people, for young people, our key stakeholders include our readers, texters, and volunteers. It is a top priority to ensure each of these groups are connected with and heard by the organisation.

Our Charity ensures a constant line of communication with our service users, both readers and texters, through consistent, open feedback mechanisms. These include our Annual Reader Survey of spunout Information service users, and our post-conversation surveys for Text About It and Youth Information Chat service users.

Volunteers are essential to both providing our services and ensuring spunout remains youth-led. Each year we hold an annual Town Hall event for Action Panel volunteers, as well as in-person and remote engagement through Volunteer Summits for content creators, and the Volunteers who provide our Text About It service.

Risk Management

Our Risk Management Policy and Risk Appetite Statement are reviewed by the Board each year. The Board and Sub-Committees are regularly updated on risk identification and mitigation efforts as set out in the organisation's Risk Register.

Top risks for the organisation are entered into the Risk Register, receiving a score based on

likelihood and severity, out of a maximum of 25. A 'traffic light' system is utilised to visually highlight the most urgent risks for staff and Director attention.

All risks are assigned the most relevant Risk Owner within the organisation, who is tasked with recording bi-monthly updates on the steps that have been taken towards risk mitigation. For 2025, the Board determined to set the Charity's overall risk appetite as 'low'.

Our Future

As we move towards the achievement of our current strategic goals by 2027, spunout will continue to deliver on our five priority action areas: mental health, healthy relationships, economic opportunity, anti-racism and climate action.

We will continue to strengthen and expand our core services, including our digital content and information, Text About It, Youth Information Chat, Navigator, Academy, Insights and spunout Voices.

We will further develop our digital content and engagement strategies, creating new formats and strengthening partnerships to ensure young people can access trusted, relevant information in an increasingly complex online environment.

We will expand the reach and impact of our support services, enhancing volunteer recruitment and training, and making sure we signpost to trustworthy providers based on the specific needs of service users.

We will deepen integration between services such as Text About it, Navigator and Academy and ensure young people can access timely appropriate support when they need it.

Through spunout Academy, we will expand our learning offering, develop new educational modules, and strengthen our partnerships to support greater engagement and impact with young people.

We will grow our advocacy work, creating more opportunities for young people to influence policy and decision making, including through convening our first Youth Mental Health Assembly to place young people's experiences at the heart of national policy development.

We will expand spunout Insights, strengthening our use of real time data and lived experience to inform national conversations and improve mental health and wellbeing support for young people.

We will continue to develop spunout Voices, amplifying youth perspectives and ensuring diverse experiences are reflected across our work.

We will invest in strengthening our digital infrastructure, data systems and organisation capacity to support sustainable growth, enhance accessibility and improve the quality and reach of our services.

Achieving these goals, alongside consolidating and scaling our existing work, will represent the most significant expansion of spunout's impact since our foundation over 20 years ago. Throughout this period, we will keep young people at the heart of everything we do, working towards an Ireland where all young people are informed, empowered and supported to thrive.

Our Financial Review and Financial Position

Income

Total income was €3,763,477 during 2025, compared with €3,381,664 in 2024 with 99% of income restricted (2024: 96%).

The Charity is principally funded by grants received from the Health Service Executive (via Section 39 grants), and the Department of Education and Youth.

The Section 39 grants from the Health Service Executive are provided by the Mental Health Division, National Office for Suicide Prevention and the Health & Wellbeing Division. The grants from the Department of Education and Youth are split between the Youth Service Grant Scheme (YSGS) administered by Pobal and the Youth Information Centre (YIC) scheme administered by the City of Dublin Youth Services Board (CDYSB).

In addition, the Charity generates unrestricted funds from a mix of corporate donations, philanthropic grants, and other fundraising. During 2025 funding from these sources amounted to €52,749 (2024: €126,865).

Additional detail on income is provided in Notes 4, 5 & 6 of these financial statements.

Expenditure

Total expenditure during 2025 was €3,751,135 compared with €3,343,002 in 2024. Staff costs, professional services & marketing costs continued to represent the most significant expenditure during 2025.

The Charity continues to make efforts to maximise value for money across all expenditure lines. The majority of our State funding is provided to cover costs of providing services to beneficiaries. In all cases, the costs of service provision covered by state funding is linked to their necessity in delivering on clearly

defined elements of an agreed Service Level Agreement ("SLA").

Appropriate and measurable KPIs are agreed and reported on at specific reporting deadlines throughout the year in accordance with the terms set by each SLA.

Additional detail on expenditure is provided in Notes 7, 8 & 9 of these financial statements.

Overall Financial Performance

The Charity generated a surplus for the year of €12,342 (2024: surplus of €38,662).

The Charity has a net asset position of €214,894 at 31 December 2025, compared with €202,552 in 2024.

The Charity has €576,975 cash on hand at the end of 2025.

The Directors are very grateful for the support of our funders, donors, fundraisers and to those who supported our fundraising campaigns, whose efforts and kindness help us deliver our service to the young people of Ireland.

Investment Policy

The Charity does not hold any financial investments. Any funding surplus to current requirements is held in Irish bank accounts and is readily accessible. It is not proposed at this time that the organisation consider other investment options, given the increased level of risk with speculative investments.

Reserves Policy

The Charity's Reserves Policy is approved annually by the Board. As of January 2025, the desired level of unrestricted reserves is set at three months of operating costs, or €986,868. On 31 December 2025 we held €214,894 in reserves, compared with €202,552 at the end of 2024.

The Charity continues to work towards compliance with its stated reserves policy.

Reserves are reported monthly as part of the organisation's management accounts. In order to access the reserve fund, the CEO and Treasurer must submit a request to the Finance & Audit Sub-Committee. This request must include an analysis and determination of the use of funds and plans for replenishment. The Board of Directors has final approval of any spending from the reserve fund.

Accounting Records

The measures taken by the Directors to ensure 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, employment of appropriately qualified accounting personnel with appropriate expertise, the provision of adequate resources to the financial function and the maintenance of computerised accounting systems.

The Charity's accounting records are maintained at our registered office at The Glass House, 11 Coke Lane, Smithfield, Dublin 7, D07 WNP2.

Independent Auditors

The auditors, Woods and Partners Limited, Chartered Accountants and Registered Auditor, have expressed their willingness to continue in office in accordance with the Companies Act 2014.

Disclosure of Information To Auditors

In the case of each the persons who are Directors at the time when this report is approved in accordance with Section 332 of the Companies Act 2014:

- ▶ so far as each Director is aware, there is no relevant audit information of which the Company's statutory auditors are unaware, and;

- ▶ each Director has taken all the steps that ought to have been taken as a Director in order to be fully aware of any relevant audit information and to establish that the Company's auditors are aware of that information.

Research & Development

The Charity did not undertake any research and development activity during the year.

Political Donations

The Charity did not make any political donations during the year.

Transactions with Directors

The Charity did not enter into any transactions with the Directors during the year.

Post Balance Sheet Events

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

Independent Auditors' Report

TO THE MEMBERS OF SPUNOUT CLG

Opinion

We have audited the financial statements of spunout Company Limited by Guarantee (the 'charitable company') for the year ended 31 December 2025 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is Irish law and Charities SORP Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- ▶ give a true and fair view of the state of the charitable company's affairs as at 31 December 2025 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- ▶ have been properly prepared in accordance with Charities SORP Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- ▶ have been 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 in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in Ireland, including the Ethical Standard issued by the

Irish Auditing and Accounting Supervisory Authority (IAASA) and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Directors with respect to going concern are described in the relevant sections of this report.

Other information

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

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge

obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. 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.

Opinion 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 applicable legal requirements.

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 the financial statements are in agreement with the financial records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Director's 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.

Responsibilities of Directors for the financial statements

As explained more fully in the Directors' responsibilities statement, the Directors (who are also the directors of the charitable company for the purposes of company law) 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 the Directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Directors are responsible for assessing the charitable 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 the Directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the 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.

Our Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at [https://www.iaasa.ie/Publications/ISA-700-\(Ireland\)](https://www.iaasa.ie/Publications/ISA-700-(Ireland)).

This description forms part of our Auditors' report.

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

This report is made solely to the charitable 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 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 charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



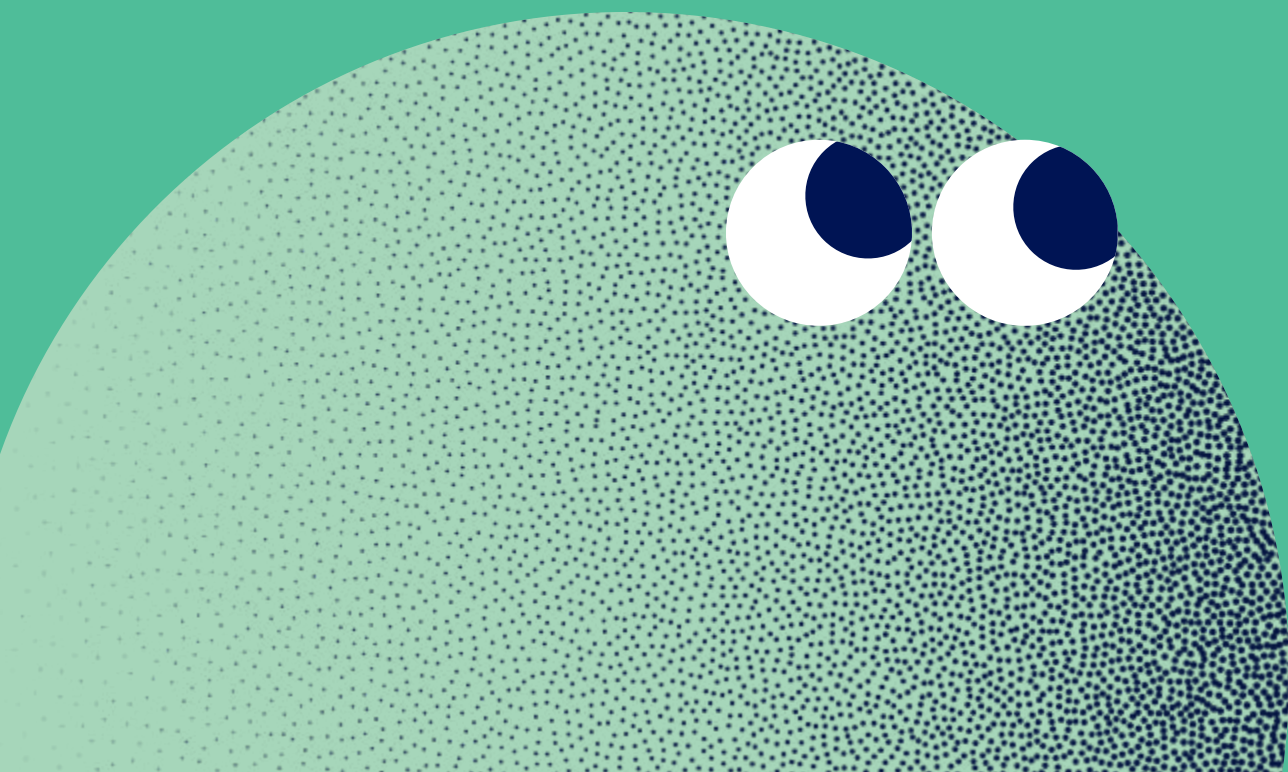
Tomás Plunkett

for and on behalf of
Woods and Partners Limited
Chartered Accountants and Registered Auditor
7 Clanwilliam Square
Grand Canal Quay
Dublin 2

Date: 30 June 2026

Statement of Financial Activities

FOR THE YEAR ENDED 31 DECEMBER 2025



Statement of Financial Activities

(INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2025

	Note	Restricted funds 2025	Unrestricted funds 2025	Total funds 2025	Total funds 2024
		€	€	€	€
Income from:					
Charitable activities	4	3,701,274	37,839	3,739,113	3,296,804
Fundraising activities	5	-	10,584	10,584	52,334
Other income	6	9,454	4,326	13,780	32,526
Total income		3,710,728	52,749	3,763,477	3,381,664
Expenditure on:					
Cost of generating funds	7	67,212	716	67,928	14,178
Charitable activities	8	3,643,516	39,691	3,683,207	3,328,824
Total expenditure		3,710,728	40,407	3,751,135	3,343,002
Net movement in funds		-	12,342	12,342	38,662
Reconciliation of funds:					
Total funds brought forward		-	202,552	202,552	163,890
Net movement in funds		-	12,342	12,342	38,662
Total funds carried forward		-	214,894	214,894	202,552

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 59 to 72 forms part of these financial statements.

Balance Sheet

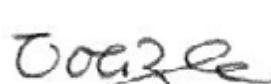
AS AT 31 DECEMBER 2025

Fixed assets	Note	2025	2024
		€	€
Tangible assets	13	41,507	59,054
		41,507	59,054
Current assets			
Debtors	14	102,535	134,332
Cash at bank and in hand	21	576,975	390,467
		679,510	524,799
Creditors: amounts falling due within one year	15	(506,123)	(381,301)
Net current assets		173,387	143,498
Total assets less current liabilities		214,894	202,552
Total net assets		214,894	202,552
Charity funds			
Restricted funds	17	-	-
Unrestricted funds	17	214,894	202,552
Total funds		214,894	202,552

The financial statements were approved and authorised for issue by the Directors and signed on their behalf by:

Anne-Marie Whelehan

Tara Doyle

Treasurer

Chairperson

Date: 21 July 2026

Date: 21 July 2026

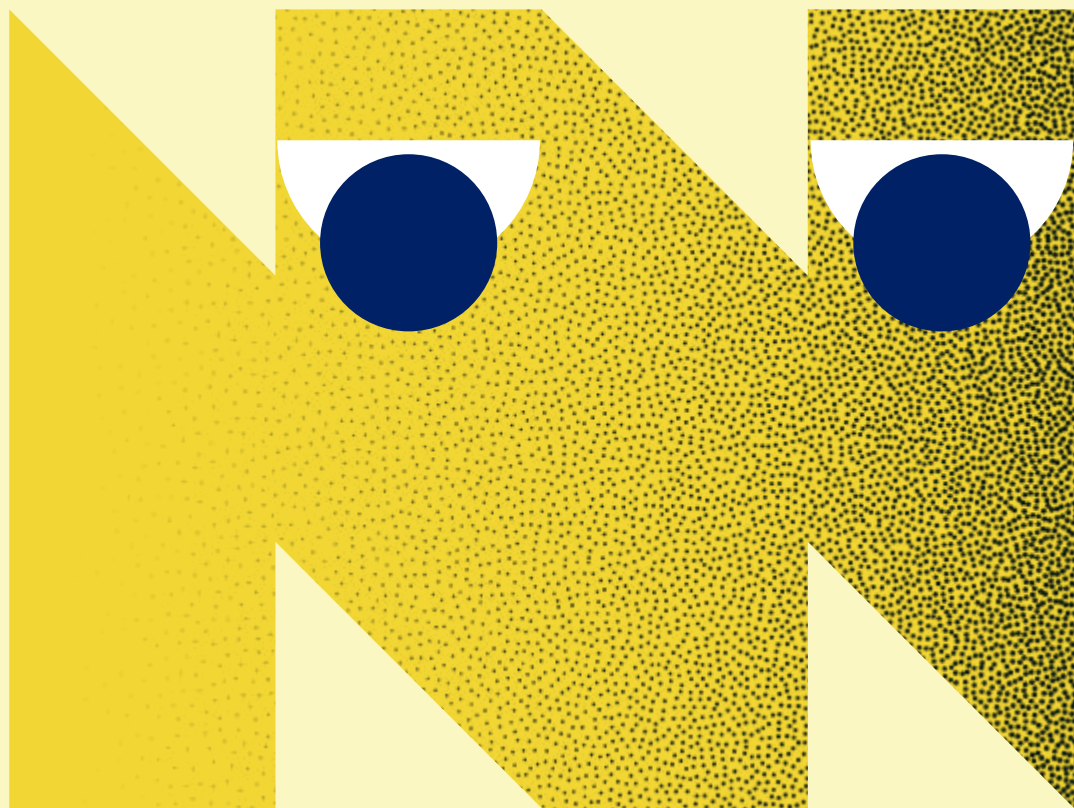
Statement of Cash Flows

FOR THE YEAR ENDED 31 DECEMBER 2025

	2025	2024
	€	€
Cash flows from operating activities		
Net cash used in operating activities	204,298	2,597
Cash flows from investing activities		
Proceeds from the sale of tangible fixed assets	4,281	789
Purchase of tangible fixed assets	(22,071)	(8,278)
Net cash used in investing activities	(17,790)	(7,489)
Cash flows from financing activities		
Net cash provided by financing activities	-	-
Change in cash and cash equivalents in the year	186,508	(4,892)
Cash and cash equivalents at the beginning of the year	390,467	395,359
Cash and cash equivalents at the end of the year	576,975	390,467

Notes to the Financial Statements

FOR THE YEAR ENDED 31 DECEMBER 2025



1 GENERAL INFORMATION

spunout is a Company Limited by Guarantee registered under Part 16 of the Companies Act 2014 with company number 384783. The registered office is The Glass House, 11 Coke Lane, Smithfield, Dublin 7, D07 WNP2.

2 ACCOUNTING POLICIES

2.1 Basis Of Preparation Of Financial Statements & Statement Of Compliance

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition - October 2019) and the Companies Act 2014.

spunout CLG meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are presented in Euro (€) which is the functional currency of the Charity.

2.2 Going Concern

The Charity derives its principal funding through grants from the Health Service Executive ("HSE") and various government departments. The Directors are confident that these funders shall continue to fund spunout into the foreseeable future, and in this regard, have prepared the financial statements on the going concern basis.

2.3 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably. Donated services or facilities are recognised when the Charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the Charity of the item is probable and that economic benefit can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown as deferred income in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

On receipt, donated professional services and facilities are recognised on the basis of the value of the gift to the Company which is the amount it would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than

one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the Company and include project management carried out at headquarters. Governance costs are those incurred in connection with administration of the Charity and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the Charity's operations, including support costs and costs relating to the governance of the Charity apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

2.5 Government Grants

Grants are accounted for under the accruals model as permitted by FRS 102. Grants relating to expenditure on tangible fixed assets are credited to the Income and expenditure statement at the same rate as the depreciation on the assets to which the grant relates. The deferred element of grants is included in creditor as deferred income.

Grants of a revenue nature are recognised in the Income and expenditure statement in the same period as the related expenditure.

2.6 Tangible Fixed Assets And Depreciation

Tangible fixed assets are initially recognised at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

- ▶ Fixtures and fittings - 20%
- ▶ Computer equipment - 25%
- ▶ Website - 33%

Gains and losses on disposals are determined by comparing the proceeds with the carrying amount and are recognised in the statement of financial activities.

2.7 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.8 Cash At Bank And In Hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short

maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.9 Liabilities And Provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advance payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.10 Financial Instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.11 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.12 Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Directors in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Directors for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

3 CRITICAL ACCOUNTING ESTIMATES AND AREAS OF JUDGEMENT

In the application of the Charity's accounting policies, the Directors may be required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

DEFERRED INCOME

The Directors have deferred the recognition of certain income as the performance conditions pertaining to the income has not been fully met at the reporting date. The amount deferred is calculated based on the percentage of the conditions which have yet to be met. This percentage is subjective and based on estimation. The Directors have acknowledged this and made a best estimate. The amount of deferred income at the reporting date was €278,481 (2024: €242,624).

4 INCOME FROM CHARITABLE ACTIVITIES

	Restricted funds 2025	Unrestricted funds 2025	Total funds 2025
	€	€	€
Health Service Executive	3,051,806	-	3,051,806
Department of Education and Youth - Youth Services Grant Scheme administered by Pobal	132,389	-	132,389
Department of Education and Youth - Youth Information Centre Scheme administered by CDETB	163,227	-	163,227
Department of Education and Youth - Youth Climate Justice Fund 2025 administered by Pobal	36,609	-	36,609
Other income	217,451	37,839	255,290
Department of Rural and Community Development - Scheme to Support National Organisations administered by Pobal	92,324	-	92,324
Rethink Ireland	7,468	-	7,468
Total 2025	3,701,274	37,839	3,739,113

	Restricted funds 2024	Unrestricted funds 2024	Total funds 2024
	€	€	€
Health Service Executive	2,729,025	-	2,729,025
Department of Education and Youth - Youth Services Grant Scheme administered by Pobal	125,487	-	125,487
Department of Education and Youth - Youth Information Centre Scheme administered by City of Dublin Youth Services Board	109,441	-	109,441
Department of Education and Youth - Youth Climate Justice Scheme	32,610	-	32,610
Community Foundation Ireland	14,500	5,000	19,500
Other income	31,550	68,742	100,292
Department of Rural and Community Development administered by Pobal	81,167	-	81,167
Rethink Ireland	99,282	-	99,282
Total 2024	3,223,062	73,742	3,296,804

The Company receives donations in kind by way of donated services and volunteer hours. The economic benefits of these services cannot be quantified and so are not included in the financial statements.

The following grants were received during the year:

Grant name	Purpose	Amount & term	Amount received in 2025	Taken into income 2025	Other 2025 accounting treatment
		€	€	€	€
Funder: Health Service Executive					
Section 39 Health Act 2004: Non-Acute/Community Agencies Grant-in-Aid Funding 2025	The funding is used to achieve the organisation's charitable objectives in the provision of a youth information website and digital support service for young people (Text About It)	3,150,092 for the calendar year of 2025	3,158,902	3,051,806	Deferred from 2024: €117,584 Deferred to 2026: €224,680
Funder: Department of Education & Youth					
Youth Information Centre Scheme (administered by City of Dublin Education and Training Board)	Forming strong strategic partnerships with existing Youth Information Centres and developing its supporting role in collaborating with these organisations and with statutory bodies, particularly with regard to online youth information provision for the sector and youth consultation	181,572 for the calendar year 2025	181,572	163,227	Deferred to 2026 (to be refunded): €16,137 Capitalised: €2,208
Youth Services Grant Scheme (administered by Pobal)	Funding is provided in the context of the role the organisation plays as a key national youth organisation and the role it plays in the youth sector	132,389 for the calendar year 2025	132,389	132,389	-
Youth Climate Justice Fund 2025 (administered by Pobal)	To support projects on climate justice, including raising awareness about climate justice issues amongst young people and empowering young people to take climate action	36,962 for the calendar year 2025	36,962	36,609	Deferred to 2026 (to be refunded): €353
Youth capital funding scheme Fund 2025 (administered by Pobal)	To purchase ICT equipment	8,000 for the calendar year 2025	8,000	8,000	-
Funder: Department of Rural & Community Development (administered by Pobal)					
Scheme to support national organisations in the community & voluntary sector 2022-2025	To fund the full-time roles of Strategic Partnerships Manager and Head of Governance and Strategy	347,537 over a 48 month period from 01 July 2024 to 30 June 2026	101,750	92,324	Accrued in 2024: €9,426

5 INCOME FROM FUNDRAISING ACTIVITIES

	Unrestricted funds 2025	Total funds 2025
	€	€
Corporate fundraising	-	-
Public fundraising	10,584	10,584
	10,584	10,584

	Unrestricted funds 2024	Total funds 2024
	€	€
Corporate fundraising	40,662	40,662
Public fundraising	11,672	11,672
	52,334	52,334

6 OTHER INCOME

	Restricted funds 2025	Unrestricted funds 2025	Total funds 2025
	€	€	€
Amortisation of capital grants	9,454	-	9,454
Gain on sale of fixed assets	-	4,326	4,326
	9,454	4,326	13,780

	Restricted funds 2024	Unrestricted funds 2024	Total funds 2024
	€	€	€
Amortisation of capital grants	31,737	-	31,737
Gain on sale of fixed assets	-	789	789
	31,737	789	32,526

7 FUNDRAISING EXPENSES

	Restricted funds 2025	Unrestricted Funds 2025	Total funds 2025
	€	€	€
Fundraising non pay costs	-	716	716
Fundraising pay costs	67,212	-	67,212
	67,212	716	67,928

		Unrestricted funds 2024	Total funds 2024
	€	€	€
Fundraising non pay costs		107	107
Fundraising pay costs		14,071	14,071
		14,178	14,178

8 ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Restricted funds 2025	Unrestricted funds 2025	Total 2025
	€	€	€
Staff costs	2,542,265	9,698	2,551,963
Direct charitable activities	1,067,122	18,950	1,086,072
Governance costs	24,675	978	25,653
Depreciation	9,454	10,065	19,519
	3,643,516	39,691	3,683,207

	Restricted funds 2024	Unrestricted funds 2024	Total 2024
	€	€	€
Staff costs	2,427,905	39,464	2,467,369
Direct charitable activities	729,969	20,432	750,401
Governance costs	65,188	6,043	71,231
Depreciation	31,737	8,086	39,823
	3,254,799	74,025	3,328,824

9 EXPENDITURE BY ACTIVITY

	Restricted funds 2025	Restricted funds 2025	Total funds 2025
	€	€	€
Governance costs			
Accountancy	15,671	621	16,292
Audit remuneration	8,873	352	9,225
Board recruitment	131	5	136
	24,675	978	25,653
Direct charitable activities			
Youth participation	23,822	1,908	25,730
Marketing	131,328	10,246	141,574
Professional services	197,431	1,068	198,499
License & technology costs	624,453	3,196	627,649
Rent & service charges	44,852	805	45,657
Insurance	14,762	585	15,347
Office costs	30,474	1,141	31,615
	1,067,122	18,949	1,086,071
	1,091,797	19,927	1,111,724

	Restricted funds 2024	Unrestricted funds 2024	Total funds 2024
	€	€	€
Governance costs			
Accountancy fees	56,438	5,223	61,661
Auditors remuneration	8,613	805	9,418
Board recruitment	137	15	152
	65,188	6,043	71,231
Direct charitable activities			
Youth participation	15,288	72	15,360
Marketing	216,177	3,243	219,420
Professional services	179,854	4,387	184,241
License & technology costs	242,402	5,160	247,562
Rent & service charges	32,581	3,363	35,944
Insurance	13,538	1,258	14,796
Office costs	30,129	2,949	33,078
	-	20,432	750,401
	795,157	26,475	821,632

10 AUDITORS' REMUNERATION

	2025	2024
	€	€
Fees payable to the Company's auditor for the audit of the Company's annual accounts	9,225	9,418

11 STAFF COSTS

	2025	2024
	€	€
Wages and salaries	2,295,897	2,145,567
Social security costs	238,926	226,377
Other staff costs	84,352	95,425
	2,619,175	2,467,369

The average number of persons employed by the Company during the year was as follows:

	2025 No.	2024 No.
Charitable staff	57.0	57.0

The number of employees whose employee benefits (excluding employer pension costs) exceeded €60,000 was:

	2025 No.	2024 No.
In the band €60,001 - €70,000	3	2
In the band €70,001 - €80,000	2	2
In the band €80,001 - €90,00	2	1

The Board considers the remuneration paid to the CEO to be the total remuneration paid to key management personnel. The total remuneration paid to the CEO in the year was €93,247 (2024: €86,330). The variance year-on-year represents the cumulative 8% (including back pay) pay increase to give effect to the agreement reached between the Government and the community and voluntary sector at the Workplace Relations Commission for S39 agencies.

12 DIRECTORS' REMUNERATION AND EXPENSES

During the year, no Directors received any remuneration or other benefits (2024 - €NIL).

During the year ended 31 December 2025, no Director expenses have been incurred (2024 - €NIL).

13 TANGIBLE FIXED ASSETS

	Fixtures and fittings	Computer equipment	Website	Total
	€	€	€	€
Cost or valuation				
At 1 January 2025	58,589	169,225	36,950	264,764
Additions	6,150	15,921	-	22,071
Disposals	(56,769)	(17,987)	-	(74,756)
At 31 December 2025	7,970	167,159	36,950	212,079
Depreciation				
At 1 January 2025	40,921	149,396	15,393	205,710
Charge for the year	467	9,810	9,242	19,519
On disposals	(40,043)	(14,614)	-	(54,657)
At 31 December 2025	1,345	144,592	24,635	170,572
Net book value				
At 31 December 2025	6,625	22,567	12,315	41,507
At 31 December 2024	17,668	19,829	21,557	59,054

14 DEBTORS

	2025	2024
	€	€
Due within one year		
Trade debtors	32,857	11,280
Accrued income	24,437	78,664
Prepayments	45,241	44,388
	102,535	134,332

15 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	€	€
Trade creditors	58,668	44,441
Accruals	76,726	42,651
Other taxation and social security	88,566	48,933
Other creditors	3,682	3,012
Deferred income (note 16)	278,481	242,264
	506,123	381,301

16 DEFERRED INCOME

	2025	2024
	€	€
Deferred income at the beginning of the year	242,264	243,662
Amounts released to income during the year	(771,700)	(922,029)
Amounts received in the year	807,917	920,631
	278,481	242,264

17 STATEMENT OF FUNDS

STATEMENT OF FUNDS - CURRENT YEAR

	Balance at 1 January 2025	Income	Expenditure	Balance at 31 December 2025
	€	€	€	€
Unrestricted funds				
General funds	202,552	52,749	(40,407)	214,894
Restricted funds				
Restricted funds	-	3,710,728	(3,710,728)	-
Total of funds	202,552	3,763,477	(3,751,135)	214,894

STATEMENT OF FUNDS - PRIOR YEAR

	2024	Income	Expenditure	Balance at 31 December 2024
	€	€	€	€
Unrestricted funds				
General funds	163,890	126,865	(88,203)	202,552
Restricted funds				
Restricted funds - all funds	-	3,254,799	(3,254,799)	-
Total of funds	163,890	3,381,664	(3,343,002)	202,552

18 SUMMARY OF FUNDS

SUMMARY OF FUNDS - CURRENT YEAR

	Balance at 1 January 2025	Income	Expenditure	Balance at 31 December 2025
	€	€	€	€
General funds	202,552	52,749	(40,407)	214,894
Restricted funds	-	3,710,728	(3,710,728)	-
	202,552	3,763,477	(3,751,135)	214,894

SUMMARY OF FUNDS - PRIOR YEAR

	Balance at 1 January 2024	Income	Expenditure	Balance at 31 December 2024
	€	€	€	€
General funds	163,890	126,865	(88,203)	202,552
Restricted funds	-	3,254,799	(3,254,799)	-
	163,890	3,381,664	(3,343,002)	202,552

19 ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2025	Total funds 2025
	€	€
Tangible fixed assets	41,507	41,507
Current assets	679,587	679,587
Creditors due within one year	(506,200)	(506,200)
Total	214,894	214,894

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2024	Total funds 2024
	€	€
Tangible fixed assets	59,054	59,054
Current assets	524,799	524,799
Creditors due within one year	(381,301)	(381,301)
Total	202,552	202,552

20 RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025	2024
	€	€
Net income for the year (as per Statement of Financial Activities)	12,342	38,662
Adjustments for:		
Depreciation charges	19,519	39,822
Loss/(profit) on the sale of fixed assets	15,818	(789)
Decrease/(increase) in debtors	31,797	(90,363)
Increase in creditors	124,822	15,265
Net cash provided by operating activities	204,298	2,597

21 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2025	2024
	€	€
Cash in hand	576,975	390,467
Total cash and cash equivalents	576,975	390,467

22 ANALYSIS OF CHANGES IN NET DEBT

	At 1 January 2025	Cash flows	At 31 December 2025
	€	€	€
Cash at bank and in hand	390,467	186,508	576,975
	390,467	186,508	576,975

23 COMPANY STATUS

The Company is limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding €1 towards the assets of the Company in the event of liquidation.

24 RELATED PARTY TRANSACTIONS

The former CEO of spunout CLG was a voluntary Non-Executive Director on the Board of the Community Foundation Ireland (CFI). The Community Foundation Ireland made grants totalling €Nil (2024: €19,500) to spunout CLG in 2025.

25 POST BALANCE SHEET EVENTS

There have been no significant events affecting the Charity since the year end.

26 COMPARATIVES

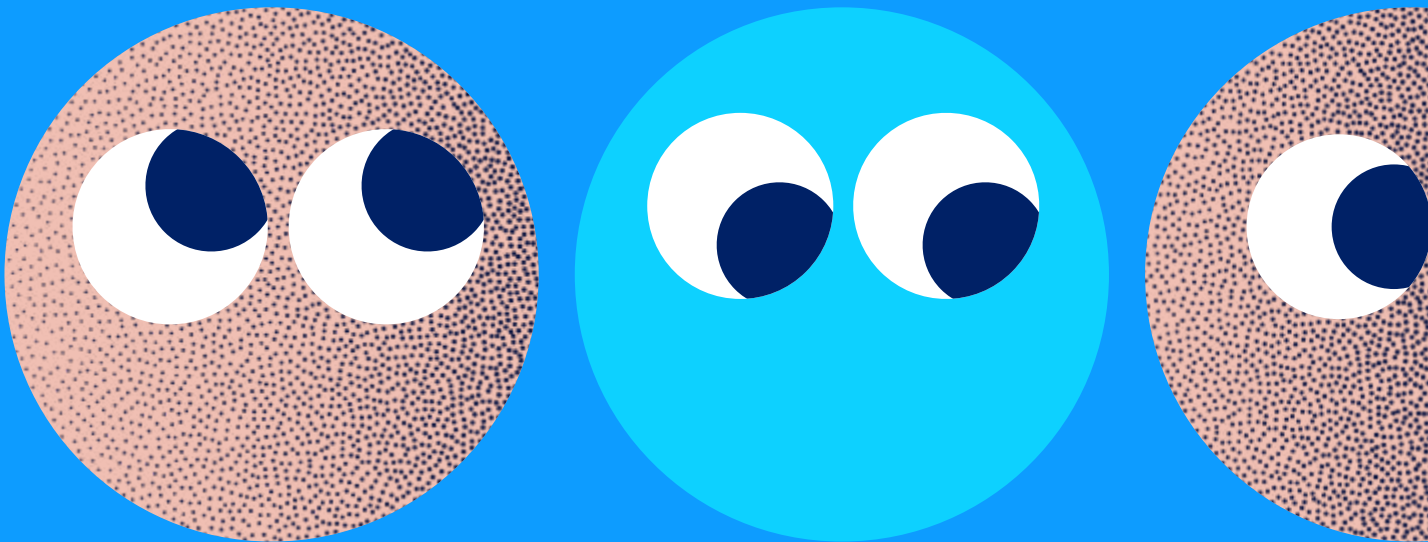
Some comparatives have been regrouped on a basis consistent with the current year.

27 APPROVAL OF FINANCIAL STATEMENTS

The financial statements for the year ended 31 December 2025 were approved and authorised for issue by the Directors on 21 July 2026.

Supplementary Information

(Not forming part of the audited financial statements)
FOR THE YEAR ENDED 31 DECEMBER 2025



Health Service Executive

	2025	2025	2025	2025	2024
	€	€	€	€	€
	Health & Wellbeing	NOSP	Mental Health Division	Total	Total
Grant Income	151,006	170,767	2,730,033	3,051,806	2,729,025
Governance Activities					
Accountancy	143	489	15,039	15,671	55,890
Auditors Remuneration	81	276	8,516	8,873	8,528
Board Recruitment	1	4	126	131	137
	225	769	23,681	24,675	64,555
Charitable Activities					
Youth/Volunteer Participation	8,745	770	4,310	13,825	14,475
Marketing	11,309	33,095	66,569	110,973	209,131
Professional Services	-	-	87,074	87,074	160,117
Technology Costs	745	18	633,927	634,690	241,951
Rent	600	2,018	40,474	43,092	32,570
Office Costs	292	1,038	31,866	33,196	43,120
Staff Costs	129,090	133,059	1,842,132	2,104,281	1,963,106
	150,781	169,998	2,706,352	3,027,131	2,664,470
Grant Expenditure	151,006	170,767	2,730,033	3,051,806	2,729,025
Net Surplus/Deficit	-	-	-	-	-

Department of Education & Youth

Youth Services Grant Scheme administered by Pobal

	2025	2024
	€	€
Grant Income	132,389	109,441
Charitable Activities		
Staff Costs	132,389	109,441
Net Surplus/Deficit	-	-

Department of Education & Youth

Youth Information Centre Scheme administered by CDETb

	2025	2024
	€	€
Grant Income	181,572	125,484
Charitable Activities		
Programme Costs	49,408	-
Staff Costs	113,819	125,484
Capitalised	2,208	-
Refunded	16,137	-
Net Surplus/Deficit	-	-

Department of Education & Youth

Youth Climate Justice Fund 2025 administered by Pobal

	2025	2024
	€	€
Grant Income	36,962	38,220
Charitable Activities		
Programme costs	14,706	16,169
Staff costs	21,903	16,441
Refunded	353	5,610
Net Surplus/Deficit	-	-

Department of Education & Youth

National Youth Organisation Youth Capital Funding Scheme 2025 administered by Pobal

	2025	2024
	€	€
Grant Income	8,000	-
Charitable Activities		
Staff Costs	8,000	-
Net Surplus/Deficit	-	-

Department of Rural & Community Development

Scheme to Support National Organisations administered by Pobal

	2025	2024
	€	
Grant Income	92,324	71,300
Grant Income - Accrued	-	9,870
Charitable Activities		
Staff Costs	92,324	81,170
Net Surplus/Deficit	-	-



spunout

spunout CLG

Charity Tax Number (CHY)
16212

Charity Registration Number
20057923

Company Number
384783

Supported By:
Health Service Executive

Department of Education and Youth
(via the City of Dublin Youth Services Board and Pobal)

Department of Community and Rural Development
(via Pobal)

Rethink Ireland