

is as

Incest & Sexual Abuse Survivors

ANNUAL REPORT 2019 | 20

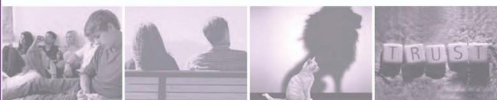


CONTENTS

DIRECTOR &
CHAIR'S REPORT

TREASURER'S REPORT

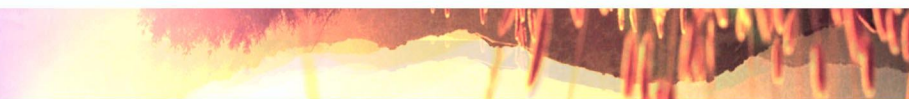
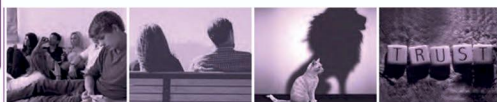
DRAMATHERAPY



CREATIVE THERAPIES

CASE STUDIES

ACKNOWLEDGEMENTS
& CONTACTS



DIRECTOR & CHAIR'S REPORT

It gives me great pleasure to present this Annual Report for 2019–20. And what a year it has been. From a sedate start, it ended with the national lockdown in the spring as a result of the COVID 19 pandemic. Our offices had to shut down and our staff had to work remotely. The coordinators, counsellors and volunteers deserve my thanks and admiration for the smooth transition to the new mode of delivering therapy to their clients. The Board is very proud of you and is watching carefully what effects the pandemic will have in our work in the coming months of 2020.

Despite the many challenges, we supported 253 clients this year, delivering a variety of services including face to face counselling, dramatherapy, drumming and art workshops. We continue to deliver services in Newark, Mansfield, Worksop and the surrounding boroughs of Nottingham City

The Board too, deserve my thanks for the hard work it has put in during the last twelve months often under very difficult circumstances and for the smooth running of the organisation for the benefit of our clients.



Lastly, I would be failing in my duty if I did not mention Jo, our Director, for her great leadership of the organisation and for making it what it is today.

I look forward to continue working with you in the future.

With Kind Regards

Larry Khongwir

Chair of the Board of Trustees



TREASURER'S REPORT

Another year has now passed by and unlike many voluntary organisations ISAS has managed to scrape through with healthy finances showing virtually the same reserves as in 2018/19. At one time this didn't look very likely, but thanks to a number of successful funding applications during the second half of the financial year we were able to reach our 'break even' target.

ISAS has over the years proved itself to be a highly respected, professional organisation which specialises in sexual abuse, something that was barely talked about 20+ years ago. Sadly the funding situation has never really changed in the sense that we have always had to battle to raise enough money to run an effective county wide service. Various trusts have been the main source of our finances and we are very grateful to them all, but continuity over a reasonable period of time would have provided us with a security that would allow ISAS to research and expand into new horizons.

As always my thanks and admiration go to all of the staff and volunteer counsellors who together form a cohesive, effective, dedicated unit which provides a stressful but much needed service that gives invaluable support to Nottinghamshire based clients.

Looking back at the year as a whole, my grateful thanks must go to the Nottinghamshire Police and Crime Commission who continued to be our main funder, providing ISAS with almost £92,000 of funding. In recent times, we have relied a great deal upon their generosity and support. Other regular contributors are Nottinghamshire County Council (Grant Aid) and Bassetlaw CCG, we thank them for their invaluable continued support. Also this year additional funding was generously provided by the Woodward Trust, Nottingham General Dispensary, Skipton Building Society, Thoresby Charity, GVC Holdings, the J Oliver Fund, Sir Jules Thorn Trust, Boots Charitable Trust, The Lady Hind Trust, The Jessie Spencer Trust and an anonymous funder.

My sincere thanks goes to each of these organisations for their kind contributions that collectively amounted to just over £34,000. Finally donations and fund raising added up to around £6,300. As always it is pleasing to see that clients and indeed the public in general want to support the important work that is carried out by ISAS.

Staff salaries (including self-employed workers) invariably form our main expenditure, but their collective talents make up the backbone of our organisation. Room rental, utilities, equipment, maintenance and general office costs also make up a not insignificant part of our expenses. Our total income for the year was £156,495 which was almost balanced by the total expenditure of £157,763. The full analysis of this year's finances can be found in the statement prepared by Marshall Walker & Co, North Muskham.

Finally I would like to thank Will for collating and checking all financial incomings, also all of the Board of Trustees for their hard work, vision and creativity, in particular for the support that I get from my wife Brenda.

Richard Peacock

Treasurer



GENERAL SERVICES AND DRAMATHERAPY

The year has been a time of change, growth, and reflection in ISAS, but one thing that has not changed is that ISAS clients are at the heart of everything we do. We continue to provide a safe, non-judgemental and welcoming place for survivors to receive the care and support they need on their journey to healing. It is often the shame of childhood sexual abuse that keeps someone shrouded in a cloak of secrecy and it is our mission to empower survivors to remove that cloak of shame.

We have said goodbye to volunteer counsellors, some of whom have been with ISAS for a long period of time and we wish them the very best for everything they do in the future! We have also welcomed new members to the counselling cohort both trainees and experienced counsellors. We are forever grateful to the wonderful team who deliver our therapeutic interventions to Nottinghamshire survivors.

Staying with the theme of change, we have had some staffing changes. We said goodbye to Steph and welcomed Abbie as administrator and are extremely grateful to both for their incredible contributions to ISAS. We welcomed Cat as the Clinical Coordinator for Mansfield, Newark and Worksop.

We have been able to access and deliver some fantastic training and CPD opportunities this year such as Working with Rape and Immediate Trauma, Working with Creativity, Working with Personality Disorder, An Introduction to Dramatherapy: The Core Processes and Person-centred Counselling with Trans and Gender Diverse clients. Sourcing up-to-date, relevant, and interesting training is important, so we know our counsellors are well supported in their work with clients and that our clients are receiving the highest standard of support from our counsellors.

Dramatherapy: With the addition of Cat to the team, as a registered Dramatherapist, we have been able to continue to offer dramatherapy as part of our therapeutic interventions for clients. Dramatherapy is a form of psychotherapy.

Dramatherapists are both clinicians and artists that draw on their knowledge of theatre and therapy to use as a medium for psychological therapy that may include drama, story-making, music, movement, and art; to work with any issue that has presented itself.

Cat has delivered both group and individual dramatherapy sessions for ISAS clients. Working with images, creating stories, enactment and role work, clients were able to explore new roles, possibilities, and ways of being. Grounding and mindfulness techniques were employed to establish a sense of safety. Through the lens of Polyvagal theory and within a framework of Attachment Theory, clients were able to also do embodiment work, an important element of Dramatherapy with particular benefit for survivors of sexual abuse, as often there is a disconnect between the mind and body as a result of their trauma. All clients who attended Dramatherapy sessions this year displayed an improved score in the Recovery Star Outcome Measure. Clients reported a reduction in anxiety, that nightmares had stopped, feeling they had been able to find their voice, feelings of safety, feeling able to express their emotions and an overall improvement in wellbeing. Clients were able to work on developing coping strategies, engage in the elements of self-discovery and identity construction, experience empowerment and a deeper sense of self.

Catherine Danica

**Dramatherapist
Clinical Co-ordinator**



CREATIVE THERAPIES

This year we have really pushed to let everyone know more about our creative groups with a dedicated leaflet and section on our website to help clients before they attend these groups, as we understand that many feel an increased anxiety before they start. This really helped to extinguish lots of nerves and brought an increase to the numbers that attended each session.

Art groups

Nottingham Art Group has had great results with our clients making very large artworks that have been donated to us and hung in our waiting room in Newark. Clients also made images for christmas cards that were sold at the Christmas fair in Newark raising over £300. The success of these projects has really inspired them to focus their time and energy on making more of their own work, with some even moving on to arts related jobs.



Walking groups

Over the year we have had five walking groups mainly taking place in the summer months around the Matlock area in Derbyshire. We have found that the overwhelming benefits of a simple walk in the countryside can be a huge boost for survivors. The idea of a walk in the countryside may sound simple, but visiting areas of outstanding natural beauty can bring peace and perspective. It can also spur you to revisit places like this and improve your way of life, especially in terms of fitness and self-care which ultimately improves mental health. On the last trip everyone helped each other over difficult terrain which created a quick bond between us all, but ultimately spurred on by the promise of a bag of chips at the end of the journey!!



Drumming groups

This year we have rolled out the most drumming sessions we have ever done with just under 50 sessions in Mansfield, Nottingham and Newark. These groups have been brilliant for ISAS clients over the years and continue to provide a much needed boost to a client's empowerment in body and mind, and it's a joy to witness.

Dan McKay

Activities Coordinator



CASE STUDY

Emma (not her real name)

Aged 19 was referred to ISAS by her mother who was very worried about her daughter who was sexually abused by her half brother when she was nine years old. Mother explained she had chaged from a bubbly little nine year old to a young lady who is always anxious, taking numerous days off work and has problems with her diet and digestion. Emma attended the assessment with her father who she was very close to, more than she was with her mother. Emma looked very scared, shy and nervous. Emma qualified to have twelve counselling sessions.

Then sessions slowly became more open. Emma explored her relationship with her mother realising she hated it when her mother defended her brother who no longer lived at home. One evening Emma and her mother were having a glass of wine watching TV when Emma opened up to her how she was feeling towards her. When I saw Emma next she was a changed person feeling more comfortable to look back at the list she made at the first session. Looking at her inner child was very valuable. She had always thought she should have stopped her brother from talking to her. The brother is ten years older than her.

We explored remembering what her smaller self was like. She said before her brother abused her she was happy, always singing, dancing, laughing and enjoying her life. She feels he took all that away. The next couple of sessions were spent with Emma rebuilding the relationship with her smaller self. Which ended up with her rebuilding and reconnecting with that nine year old little girl. Emma was now starting to sleep better, being honest and open at work, letting a work friend and manager know what she had been through in the past. This had been reason she often went off the shop floor crying.

Twelve more sessions werer granted which enabled Emma to work on how to be more positive. She asked me what books she could read that were easy to read and not about other abused people. I recommended she start off reading the SECRETS law of attraction. Emma went off and bought it the next day.

Her response was incredible she liked the fact it was not a book about other people feeling low and life is sometimes to much. She would come to the sessions telling me about the book and different exercises she had done.

We explored the idea of talking about what her brother actually did to her, Emma felt it was no longer the thing that was taking over her life. In fact she said she did not forgive him but felt sorry for him because he has no contact with the family any more. Whereas she is happy with her parents and grandparents being in her life, having a good job, a great boyfriend and that she finally loves herself.

When Emma feels low she gives herself a good talking to and carries on. She is now training to be a personal fitness instructor and nutritionist. Her stomach problems have cleared up she exercises every other day making up new exercises programmes on YouTube, something she never thought she would do.

Emma says counselling helped her gain confidence, explore her problems at her own pace and on her terms. Never did she once feel judged by me, her counsellor but learned to stop judging herself. Counselling allowed her to feel safe again and her world wouldn't come to an end when a difficult situation came her way. Taking time out when she needed it, being open and honest to the people who love her. She feels safe which helped Emma not to bottle problems up which massively reduced her anxiety.

The empathy I shown to Emma, trusting she knows herself best helped her trust herself and proved she can retrain her brain to think more positively which has traveled throughout her life today. She would like to help other young adults to gain confidence by providing education around food and exercise to help physical and mental health.

Sue Patience-Brown

Counsellor, Clinical Lead ISAS



ACKNOWLEDGEMENTS

Boots Charitable Trust
Skipton Building Society
Brian Treffry & Joan Oliver
J N Derbyshire Trust
The Jessie Spencer Trust
Notts Police & Crime Commissioner

Thoresby Charitable Trust
GVG Holdings
Sir Jules Thorn Trust,
Jones 1986 Charitable Trust
Nottingham General Dispensary
All our Supporters & Donors

Woodard Charitable Trust
Thomas Farr
John Sumner
The Lady Hind Trust
Notts County Council

ISAS is immensely proud to be a volunteer led organisation. We have volunteer counsellors working across the County delivering therapy to clients throughout the day and evening. Our volunteers are at the heart of what we do, whether they are still studying or have been with us for years. They are truly valued.

OUR VOLUNTEERS IN 2019 | 20 WERE

Aginieszka Miczejko
Alison Baxter
Andrea Kyrry Royle
Brenda Peacock
Cherie Palmer
Craven Farrell
Elizabeth De Roy
Jaqueline Stennet – Taylor
Karen Myers
Karina Hutchinson
Keith Bowers
Kim Evans
Laura Evans
Louise Mcquade
Maria Ramalho Da Fonseca
Naheed Khan
Paul Evans
Polly Dexter
Richard Clint
Roxanne Walker
Susan Wright
Yvonne Seabrook

Aginieszka Sikorska
Andy Lawton–Collins
Anita Kaur Chapman
Bridget Chillingworth
Christi Carson
Dawn Hopkins
Funbi Sarras
Julie Knowles
Katherine Crowther
Kay Fray
Kerry Chapman
Kris Godden
Lesley Lewell
Maeve Fitzpatrick
Michelle Teasel
Patricia Fagan
Paul Marriott
Rachel Sherry
Richard Peacock
Sally Jones
Vesna Pivcevic

Aisling Coogan
Andrew Chan
Alex Hambidge
Charlotte Whelan
Clare Harrison
Denise Price
Ghazel Maz
Justine Poyser
Kate West
Kay Ledger
Kimberley Punter
Larry Khongwir
Luke Olowe
Marya Karimzada
Natasha Barnes
Patricia Knowles
Paula Palmer
Raj Begana
Rosemary Wallwin
Sophie Thompson
Wendy Field



isas-notts.org.uk



ISAS | QUEENS HEAD CHAMBERS | 42 KIRK GATE | NEWARK | NOTTINGHAMSHIRE | NG24 1AB

Charity No. 1076138 | Company No. 03709632

+44 (0)115 8240314 | admin@isas-notts.org.uk

INCEST & SEXUAL ABUSE SURVIVORS

(Company number 03709632, Charity number 1076138)

Financial Statements For the Year Ended 31 March 2020

Contents:

Trustee's Annual Report
Independent Examiner's Report
Statement of Financial Activities
Balance Sheet
Notes to the Accounts

Incest & Sexual Abuse Survivors
Trustees' Annual Report
For the Year Ended 31 March 2020

Full name: Incest & Sexual Abuse Survivors. Working name (I.S.A.S)
Registered company number: 03709632
Registered charity number: 1076138

Governing Document

The charity is operated under the rules of its Memorandum and Articles of Association dated 8 February 1999, amended 30 June 1999. It is a company limited by guarantee and therefore has no share capital.

Trustees

Dr Richard Peacock, Treasurer
Mrs Brenda Peacock, Secretary
Mr Larry Khongwir

Company Secretary

Mrs Brenda Peacock

Principal Office

Queens Head Chambers
42 Kirkgate
Newark
Notts
NG24 1AB

Bankers

TSB Bank Plc
Stodman Street
Newark

Independent Examiner

Mr Stephen Walker, Marshall Walker Accountants, The Croft Barn, Syerston, Newark, Notts, NG23 5NE

Exemptions

The Directors have taken advantage of the exemptions available to small companies, including the audit exemption (see statement on balance sheet)

Aims and Organisation

The principal object of the charity is to provide appropriate support and counselling for distressed people in Nottinghamshire who have had sexual experiences with adults during their childhood. Overall management of the charity is the responsibility of the trustees who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed by volunteers and paid staff.

Incest & Sexual Abuse Survivors Trustees Annual Report (continued)
For the Year Ended 31 March 2020

Review of Activities & Achievements during the Period

Incest & Sexual Abuse Survivors (ISAS) provides one-to-one and telephone counselling for adult male and female survivors of childhood sexual abuse, their partners and family members throughout Nottinghamshire. ISAS uses qualified and trainee volunteer counsellors and is a placement provider for counsellors in training. All ISAS volunteer counsellors receive professional supervision and on-going training. ISAS also provides training to interested parties on childhood sexual abuse issues.

ISAS takes referrals from and works with various organisations including GPs, IAPT, SARC, the Probation Service, Social Services, Mental Health Teams, Primary Care Trusts/Teams Community Drug and Alcohol Teams and various voluntary sector groups

Policies

Reserves Policy

The management committee has agreed to have a reserve equal to 50% of the annual expenditure, in case we reach the point where adequate funding cannot be secured and the company has to be closed.

Review of Major Risks

Risks arising from our company's activities are relatively low. Professional indemnity and public liability are all adequately covered by insurance. Policies and procedures are all in place to ensure the smooth running of the charity to provide an effective service with the minimum risk.

I declare in my capacity of charity trustee that the trustees have approved the report above and that they have authorised me to sign it on their behalf.

Signed.....

Date 10th June 2020

Richard Peacock, Treasurer.

Independent Examiner's Report to the Trustees of Incest & Sexual Abuse Survivors

I report on the accounts of the charity.

Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 43(3)(a) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the 1993 Act)
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the 1993 Act)
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 41 of the 1993 Act and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met or:
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed 

Date 10th June 2020

Stephen Walker FFA.FFTA.FPA

Marshall Walker & Co Accountants, The Croft Barn, Syerston, Newark, Nottinghamshire NG23 5NE.

Incest & Sexual Abuse Survivors Statement of Financial Activities
(including Income & Expenditure Account)
For the Year Ended 31 March 2020

		Main		
	Notes	Fund (Unrestricted)	PCC	Totals
		£	£	£
<u>Incoming Resources</u>				
Grants & Donations	2	61,729	91,898	153,627
Bank Interest (Gross)		105	-	105
Sundry Income		2,763	-	2,763
Total Incoming Resources		64,597	91,898	156,495
<u>Resources Expended</u>				
Wages, NI & Pension		23,062	51,848	74,910
Travel & Subsistence		756	1,814	2,570
Training		141	500	641
Supervision		220	3,280	3,500
Volunteer Expenses		274	1,922	2,196
Volunteer Training		476	390	866
Accommodation		6,313	11,500	17,813
Office Costs		1,825	1,530	3,355
Maintenance		1,125	-	1,125
Insurance		-	1,756	1,756
Telephone		2,978	2,880	5,858
Publications & Subscriptions		-	-	-
Professional Fees		-	-	-
Publicity		690	-	690
Counselling Room Rent		2,129	3,000	5,129
Hospitality		120	154	274
Independent Examination/Accounts		564	450	1,014
SE Session Costs		19,584	10,704	30,288
Depreciation	3	1,390	-	1,390
Equipment		1,640	170	1,810
Total Resources Expended		63,287	91,898	155,185
Net Incoming/(Outgoing) Resources		1,310	-	1,310
Total Funds Brought Forward		71,283	-	71,283
Transfer of Funds		-	-	-
Total Funds Carried Forward		72,593	-	72,593

Incest & Sexual Abuse Survivors
Balance Sheet at 31 March 2020

	Notes	2020	2019
		£	£
Fixed Assets			
Tangible Assets	3	3,451	874
Current Assets			
Debtors & Prepayments	4	1,652	2,003
Cash at Bank & In Hand		<u>67,490</u>	<u>68,406</u>
		69,142	70,409
Creditors: Amounts falling Due Within One Year	5	<u>-</u>	<u>-</u>
Net Current Assets		<u>69,142</u>	<u>70,409</u>
Net Assets		<u>72,593</u>	<u>71,283</u>
Funds			
Main Fund - Unrestricted		72,593	71,283
PCC		<u>-</u>	<u>-</u>
		<u>72,593</u>	<u>71,283</u>

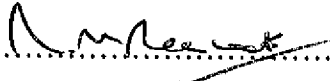
For the year ending 31 March 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Advantage has been taken of the exemptions conferred by section A of Part 111 of Schedule 8. In the opinion of the Board, the Company is entitled to these exemptions on the basis that it qualifies as a small company.

These financial statements are approved by the Board and signed on its behalf by:

Signed.......... Dated 10th June 2020

Richard Peacock, Treasurer

Incest & Sexual Abuse Survivors Notes to the Accounts
For the Year Ended 31 March 2020

1. Accounting Policies

Basis of accounting.

These financial statements have been prepared under the historical cost Conversion and in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2000) and applicable accounting standards.

Depreciation.

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives.

The rates applicable are - Equipment 25% reducing balance method.

2. Grants & Donations

	<u>Total</u>
	£
Grant Aid	13,397
Skipton Building Society	1,836
Woodward Trust	1,000
Thoresby Charity	1,000
Notts Police & Crime Commission	91,898
Sundry Grants	6,652
Donations	3,628
GVC Holdings	5,000
J Oliver Fund	5,000
Bassetlaw CCG	10,000
The Lady Hind Trust	5,000
Boots Charitable Trust	9,216
	<hr/> 153,627 <hr/>

3. Fixed Assets

	<u>Equipment</u>
	£
Cost	
At 1 April 2019	12,726
Additions in year	3,967
Disposals in year	-
At 31 March 2020	<hr/> 16,693 <hr/>
Depreciation	
At 1 April 2019	11,852
Charge for the year	1,390
At 31 March 2020	<hr/> 13,242 <hr/>
Net Book Value	
At 31 March 2020	<hr/> 3,451 <hr/>
At 31 March 2019	<hr/> 874 <hr/>

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2020

	<u>Main</u> <u>Fund</u>	<u>PCC</u>	<u>Totals</u>
4. <u>Debtors & Prepayments</u>	1,652	-	1,652
5. <u>Creditors</u>	-	-	-

6. Analysis of Net Assets
Between Funds

	<u>Main</u> <u>Fund</u> £	<u>PCC</u> £	<u>Totals</u> £
Tangible Fixed Assets	3,451	-	3,451
Current Assets	69,142	-	69,142
Current Liabilities	-	-	-
Net Assets at 31 March 2020	72,593	-	72,593

7. Staff Costs & Numbers

Staff costs were as follows: -

Wages, NI & Pensions	74,910
----------------------	--------

No employee received emoluments of more than £50,000.

The average weekly number of employees during the year was three.

8. Trustees' Remuneration

Trustees are not remunerated.

9. Related Party Transactions

No person connected with the Trustees has received or is due to receive any remuneration for the year directly or indirectly from the charity's funds.

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2020

10. Taxation

The charity is exempt from Corporation Tax on its charitable activities.

11. Glossary

- Creditors.** These are monies owed by the charity, but not paid during the accounting period
- Debtors.** These are monies owed to the charity, but not received during the accounting period
- Prepayments.** These are services that the charity has paid for in advance, but not used during the accounting period

INCEST & SEXUAL ABUSE SURVIVORS

(Company number 03709632, Charity number 1076138)

Financial Statements For the Year Ended 31 March 2020

Contents:

Trustee's Annual Report
Independent Examiner's Report
Statement of Financial Activities
Balance Sheet
Notes to the Accounts

Incest & Sexual Abuse Survivors
Trustees' Annual Report
For the Year Ended 31 March 2020

Full name: Incest & Sexual Abuse Survivors. Working name (I.S.A.S)
Registered company number: 03709632
Registered charity number: 1076138

Governing Document

The charity is operated under the rules of its Memorandum and Articles of Association dated 8 February 1999, amended 30 June 1999. It is a company limited by guarantee and therefore has no share capital.

Trustees

Dr Richard Peacock, Treasurer
Mrs Brenda Peacock, Secretary
Mr Larry Khongwir

Company Secretary

Mrs Brenda Peacock

Principal Office

Queens Head Chambers
42 Kirkgate
Newark
Notts
NG24 1AB

Bankers

TSB Bank Plc
Stodman Street
Newark

Independent Examiner

Mr Stephen Walker, Marshall Walker Accountants, The Croft Barn, Syerston, Newark, Notts, NG23 5NE

Exemptions

The Directors have taken advantage of the exemptions available to small companies, including the audit exemption (see statement on balance sheet)

Aims and Organisation

The principal object of the charity is to provide appropriate support and counselling for distressed people in Nottinghamshire who have had sexual experiences with adults during their childhood. Overall management of the charity is the responsibility of the trustees who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed by volunteers and paid staff.

Incest & Sexual Abuse Survivors Trustees Annual Report (continued)
For the Year Ended 31 March 2020

Review of Activities & Achievements during the Period

Incest & Sexual Abuse Survivors (ISAS) provides one-to-one and telephone counselling for adult male and female survivors of childhood sexual abuse, their partners and family members throughout Nottinghamshire. ISAS uses qualified and trainee volunteer counsellors and is a placement provider for counsellors in training. All ISAS volunteer counsellors receive professional supervision and on-going training. ISAS also provides training to interested parties on childhood sexual abuse issues.

ISAS takes referrals from and works with various organisations including GPs, IAPT, SARC, the Probation Service, Social Services, Mental Health Teams, Primary Care Trusts/Teams Community Drug and Alcohol Teams and various voluntary sector groups

Policies

Reserves Policy

The management committee has agreed to have a reserve equal to 50% of the annual expenditure, in case we reach the point where adequate funding cannot be secured and the company has to be closed.

Review of Major Risks

Risks arising from our company's activities are relatively low. Professional indemnity and public liability are all adequately covered by insurance. Policies and procedures are all in place to ensure the smooth running of the charity to provide an effective service with the minimum risk.

I declare in my capacity of charity trustee that the trustees have approved the report above and that they have authorised me to sign it on their behalf.

Signed.....

Date 10th June 2020

Richard Peacock, Treasurer.

Independent Examiner's Report to the Trustees of Incest & Sexual Abuse Survivors

I report on the accounts of the charity.

Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 43(3)(a) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the 1993 Act)
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the 1993 Act)
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 41 of the 1993 Act and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met or:
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed 

Date 10th June 2020

Stephen Walker FFA.FFTA.FPA

Marshall Walker & Co Accountants, The Croft Barn, Syerston, Newark, Nottinghamshire NG23 5NE.

Incest & Sexual Abuse Survivors Statement of Financial Activities
(including Income & Expenditure Account)
For the Year Ended 31 March 2020

	Notes	Main		Totals
		Fund (Unrestricted)	PCC	
		£	£	£
<u>Incoming Resources</u>				
Grants & Donations	2	61,729	91,898	153,627
Bank Interest (Gross)		105	-	105
Sundry Income		2,763	-	2,763
Total Incoming Resources		64,597	91,898	156,495
<u>Resources Expended</u>				
Wages, NI & Pension		23,062	51,848	74,910
Travel & Subsistence		756	1,814	2,570
Training		141	500	641
Supervision		220	3,280	3,500
Volunteer Expenses		274	1,922	2,196
Volunteer Training		476	390	866
Accommodation		6,313	11,500	17,813
Office Costs		1,825	1,530	3,355
Maintenance		1,125	-	1,125
Insurance		-	1,756	1,756
Telephone		2,978	2,880	5,858
Publications & Subscriptions		-	-	-
Professional Fees		-	-	-
Publicity		690	-	690
Counselling Room Rent		2,129	3,000	5,129
Hospitality		120	154	274
Independent Examination/Accounts		564	450	1,014
SE Session Costs		19,584	10,704	30,288
Depreciation	3	1,390	-	1,390
Equipment		1,640	170	1,810
Total Resources Expended		63,287	91,898	155,185
Net Incoming/(Outgoing) Resources		1,310	-	1,310
Total Funds Brought Forward		71,283	-	71,283
Transfer of Funds		-	-	-
Total Funds Carried Forward		72,593	-	72,593

Incest & Sexual Abuse Survivors
Balance Sheet at 31 March 2020

	Notes	2020	2019
		£	£
Fixed Assets			
Tangible Assets	3	3,451	874
Current Assets			
Debtors & Prepayments	4	1,652	2,003
Cash at Bank & In Hand		<u>67,490</u>	<u>68,406</u>
		69,142	70,409
Creditors: Amounts falling Due Within One Year	5	<u>-</u>	<u>-</u>
Net Current Assets		<u>69,142</u>	<u>70,409</u>
Net Assets		<u>72,593</u>	<u>71,283</u>
Funds			
Main Fund - Unrestricted		72,593	71,283
PCC		<u>-</u>	<u>-</u>
		<u>72,593</u>	<u>71,283</u>

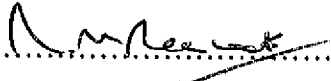
For the year ending 31 March 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Advantage has been taken of the exemptions conferred by section A of Part 111 of Schedule 8. In the opinion of the Board, the Company is entitled to these exemptions on the basis that it qualifies as a small company.

These financial statements are approved by the Board and signed on its behalf by:

Signed.......... Dated 10th June 2020

Richard Peacock, Treasurer

Incest & Sexual Abuse Survivors Notes to the Accounts
For the Year Ended 31 March 2020

1. Accounting Policies

Basis of accounting.

These financial statements have been prepared under the historical cost Conversion and in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2000) and applicable accounting standards.

Depreciation.

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives.

The rates applicable are - Equipment 25% reducing balance method.

2. Grants & Donations

	<u>Total</u>
	£
Grant Aid	13,397
Skipton Building Society	1,836
Woodward Trust	1,000
Thoresby Charity	1,000
Notts Police & Crime Commission	91,898
Sundry Grants	6,652
Donations	3,628
GVC Holdings	5,000
J Oliver Fund	5,000
Bassetlaw CCG	10,000
The Lady Hind Trust	5,000
Boots Charitable Trust	9,216
	<hr/> 153,627 <hr/>

3. Fixed Assets

	<u>Equipment</u>
	£
Cost	
At 1 April 2019	12,726
Additions in year	3,967
Disposals in year	-
At 31 March 2020	<hr/> 16,693 <hr/>
Depreciation	
At 1 April 2019	11,852
Charge for the year	1,390
At 31 March 2020	<hr/> 13,242 <hr/>
Net Book Value	
At 31 March 2020	<hr/> 3,451 <hr/>
At 31 March 2019	<hr/> 874 <hr/>

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2020

	<u>Main</u> <u>Fund</u>	<u>PCC</u>	<u>Totals</u>
4. <u>Debtors & Prepayments</u>	1,652	-	1,652
5. <u>Creditors</u>	-	-	-

6. Analysis of Net Assets
Between Funds

	<u>Main</u> <u>Fund</u> £	<u>PCC</u> £	<u>Totals</u> £
Tangible Fixed Assets	3,451	-	3,451
Current Assets	69,142	-	69,142
Current Liabilities	-	-	-
Net Assets at 31 March 2020	72,593	-	72,593

7. Staff Costs & Numbers

Staff costs were as follows: -

Wages, NI & Pensions	74,910
----------------------	--------

No employee received emoluments of more than £50,000.

The average weekly number of employees during the year was three.

8. Trustees' Remuneration

Trustees are not remunerated.

9. Related Party Transactions

No person connected with the Trustees has received or is due to receive any remuneration for the year directly or indirectly from the charity's funds.

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2020

10. Taxation

The charity is exempt from Corporation Tax on its charitable activities.

11. Glossary

Creditors. These are monies owed by the charity, but not paid during the accounting period

Debtors. These are monies owed to the charity, but not received during the accounting period

Prepayments. These are services that the charity has paid for in advance, but not used during the accounting period