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INCEST & SEXUAL ABUSE SURVIVORS

ANNUAL REPORT 2020 | 2021



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DIRECTOR & CHAIR'S REPORT

It gives me great pleasure to present the Annual Report for 2020–21. To say that the last twelve months has been a difficult and trying year for ISAS is an understatement. While still suffering from the effects of the Covid-19 pandemic, ISAS suffered the loss of it's contract in sexual abuse services in the county. The PCC whom have always been our main funder put the contract out to tender and it was clear by the size and scope of the service specification that ISAS had no chance of winning it.

Not to be deterred, ISAS struggled on and continued to carry on with the work with great enthusiasm in spite of the loss of its main funding. During the pandemic, we received funding from Notts County Council and Notts Community Foundation, enabling us to adapt and create training for our volunteers and staff to work online and over the phone. When the lockdown was announced, we were delivering 120 one to one sessions a week, our very small team worked round the clock to contact every single client, offering them a weekly support session, whilst we resourced the appropriate training to deliver therapy remotely. Many clients had a huge increase in anxiety and the feelings of lack of control triggered many clients causing their mental health to plummet. Our volunteers all continued to support their clients through this most stressful time, we cannot thank them enough. Funding from Notts Community Foundation enabled Dan McKay to set up an online art group, setting weekly tasks and meeting over Zoom, this was utilised by over 60 clients over the pandemic.

My thanks to everyone for the effort that you have put in to keep the service going without complaining. ISAS remains committed to reducing the impact of sexual abuse in our society and I hope that it has made a significant difference to the lives of those who have been sexually abused. ISAS will now continue to trade under its' new name Mending Injured Minds.

I would like to thank our Director, Jo Butler and her team, Sue Patience–Brown, Dan McKay and Abbie Butler for leading our organisation through this very difficult time, so many thanks and much admiration to our dedicated volunteers and also to the Board of Trustees for their hard work and diligence to keep ISAS going.

Larry Khongwir — Chair

Jo Butler – Director



TREASURER'S REPORT

As the last financial year developed it became clear that ISAS was facing its biggest challenge yet. Although continuous adequate funding has always been a dream, we have as an organisation been able to maintain our vital voluntary based counselling work over a number of years thanks to a series of generous awards from various sources, the bulk of which has recently come from the Nottinghamshire Police and Crime Commissioner.

We are indebted to all funders both big and small, but needless to say you have to have at least one significant grant that covers a large part of our core spending. Sadly the decision to award the county tender to one large organisation, Nottingham SVSS resulted in the termination of our main funding contract with effect from 01 January 2021. It is in my view sad that the essential role played by small locally based organisations has not been recognised, putting their existence at risk. However, one thing for sure is that ISAS will continue the fight for survival, as the need for counselling grows, not just in sexual abuse, but in other ways amplified by the Covid pandemic.

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 in the last century. Since its inception, our volunteers and staff have applied themselves with dedication and commitment to help improve the lives of abusees, often working in stressful environments. My thanks and admiration goes to them all.

Looking back at the year as a whole, my grateful appreciation must go to the Nottinghamshire Police and Crime Commissioner, our main single funder in 2020, who provided ISAS with almost £69,000. Other regular contributors are Nottinghamshire County Council and Bassetlaw CCG, we thank them for their invaluable continued support. Also in this financial year additional funding was generously provided by The Sir John Eastwood Foundation, Mary Potter Foundation, Waitrose, The Jones 1986 Trust, Masonic Charitable Foundation, Thomas Farr Charity, Brian Teffry and Joan Oliver Fund, J N Derbyshire Trust and The Sir Jules Thorn Trust. In order to adapt to working

around the pandemic we were also able to secure Covid grants from Nottinghamshire C M Net Fund, Nottinghamshire County Council and The Ministry of Justice. My sincere thanks go to each of these organisations for their kind contributions that collectively amounted to almost £68,000. Finally donations and fund raising added up to around £2,904. 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 and professional fees) invariably formed our main expenditure, room rental, utilities, telecoms, training and general office costs also made up a not insignificant part of our expenses. Our total income for the year was £156,634 with a total expenditure of £172,292. 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 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. It is essential that we all stick together in such difficult times.

Richard Peacock

Treasurer



GENERAL SERVICES

A huge achievement over this past year. Since the 2020 pandemic was announced, the country was in lockdown putting a stop to all face to face therapy. Clients were phoning the service in fear and wanted to know what was going to happen, at a time when counselling was needed more than ever. The safest way to help our clients was to provide support calls over the phone whilst ISAS arranged online training for Telephone and Video Counselling which all our volunteer counsellors took advantage of.

120 Clients were given support calls weekly from our staff at ISAS many of these clients having complex needs such as Borderline Personality Disorder, Narcissistic Disorder, Schizophrenia to name just a few.

This was a very difficult time for our volunteer counsellors also, as many had small children who were unable to go to school and being home schooled made it impossible for the counsellors to provide telephone counselling or video counselling. The support these volunteer counsellors needed had increased tenfold. Half of our volunteers are student counsellors hoping to achieve 100 practice counselling hours, for a small few this was now impossible to achieve. Stress along with isolation increased and it became my responsibility to keep in regular contact with our trusted students. We continued to offer phone assessments as referrals were still coming in thick and fast. Once assessments were complete the clients were then allocated phone therapy. Even in these difficult times we offered the space to be heard with understanding and unconditional positive regard to empathy without judgement. Giving clients the opportunity to explore themselves and heal from the pain of their abuse, another reason why ISAS is an amazing charity.

A number of clients continued their counselling via video calls once the volunteer counsellors had completed their training. ISAS will continue this new way of counselling because it is the only way of dealing with lockdown situations. Some clients wanted to wait for face to face counselling which made things very difficult and their anxiety and depression increased.

In between dealing with the pandemic, in October ISAS was under threat of losing a large amount of funds from our biggest funder this was a very stressful time for the director and staff. ISAS put in a great bid but sadly it wasn't great enough and ISAS lost the funding they so desperately needed to keep counselling vulnerable survivors of historical sexual abuse. The news was devastating, crippling and a massive shock. We continued to support those clients who were still in the process of having counselling. Other clients on our waiting list were transferred to the service who won the tender. Letters were sent out to all clients explaining this very sad news and with their consent their records would be transferred to this new service. Most clients were understanding but a third refused to be transferred due to the fear they would not be understood, cared for and even helped in such a genuine way ISAS counsellors care.

ISAS reopened in February 2021 with a donation service as new clients continued to contact ISAS for support not just for historical sexual abuse but now for Covid related trauma. The pandemic was exposing so many other traumas in these vulnerable people's lives from loss of jobs to waiting for treatment from hospital. People were hoping to get help from any service that would listen, so ISAS was being approached due to the amazing service we provided.

A big thank you goes out to the part time staff and volunteers.

Sue Patience-Brown

Clinical Coordinator.

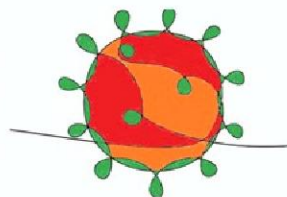


CREATIVE THERAPIES

Up until March 2020 all groups were running as normal, and we were fully on target to meet all our predicted outcomes, but then everything changed when the world was hit by the Corona outbreak. We had to adapt our services and all groups were moved to online activities. So, I would like to say a massive thank you to all our funders this year for their continued support throughout a challenging time, especially Boots Charitable Trust and Notts Community Foundation who were happy to adapt to an ever changing situation.

Online art groups

This has been the biggest success of the year which mainly consisted of ISAS making small weekly art assignments for our members to complete in a time when having something creative to do had a massive impact to their mental wellbeing. At the height of the first lockdown we had 40 clients interacting with this group. It was such a great success that we continued them well into the next year.



Walking groups

In August we were told groups of six people were allowed to meet in outside spaces so ISAS agreed we could start with some small walking groups but this time trying to avoid public transport. The first one took place in Wollaton park in Nottingham following the government's COVID-19 guide lines and for the clients that were shielding; it was the first time they had been outside to meet people in five months. The group quickly developed a close bond, and have completed eight walking expeditions in 2020. With new clients coming and going throughout, myself and our counsellor decided to let each client take turns to lead each walk in that particular area which helps with confidence building, while we both kept an eye on everyone's wellbeing.



Drumming groups

These groups have been brilliant for ISAS clients over the years but it was too much of a challenge to bring them to an online setting, mainly because of the time lag in most video call platforms together with the equipment needed sadly made it impossible to do. But we did however manage to do one right before all the Corona happened back in January and it was as always, a powerful experience, I cannot wait to bring it back.



“I am learning all the time”

Daniel Mckay

Activities Coordinator

“I guess we need to try to see the positives even in a bad situation”

“I can already tell I'm going to love doing these assignments, week one was definitely a reminder to keep doing what I love doing! thankyou!”



CASE STUDY

Lottie (this is not her real name) was an eighteen year old young lady when she first came to ISAS for her assessment.

She attended with her father, she was very nervous, reluctant to speak and needed her father's support. We completed the assessment, her father answering most of the routine questions. Lottie couldn't talk about the abuse which took place when she was eight years old. The abuser was her half-brother, Lottie's mother's son from a relationship she was in when she was very young. Coming to the end of the assessment I was able to tell Lottie she qualified to have counselling with ISAS starting in two weeks I would be her counsellor if she felt comfortable with me, she said she did.

Session 1. This session was kept simple and talked about Lottie's likes, her hobbies, her work, her boyfriend. The first session was a success, she agreed to come back the following week. Before the session I wondered how she would cope without her father but I was quite surprised at how mature she came across. With Lottie talking quite freely I reflected on how childlike she came across when her father was present. This made me wonder why.

Session 5. Lottie arrived full of beans. I thought this was the perfect opportunity to start talking about her past what she was like as an eight year old little girl. She took the cushion from the chair then put it in front of her face. Lottie's defence mechanisms were very strong, causing a block. Lottie became the focus of my supervision. I felt frustrated and stuck.

Over the next few weeks Lottie would not talk unless it was to answer a question. On this particular session Lottie broke down crying uncontrollably caused by the extreme emotion she was feeling at that time. I held Lottie in this space offering her Unconditional Positive Regard until she felt more in control of her emotions.

In the sessions that followed Lottie would hold on to the cushion as she began to talk about her abuse and the shame and guilt she felt. She said the cushion was

a comfort that made her feel safe. She expressed that she feels like her half-brother took away the happy child she once was. From being happy, laughing and always having fun she became mentally weak.

Session 12. I decided to ask Lottie how she felt the sessions were going so far. She told me this was the first time she had talked about the abuse, she really felt heard and was not asked to remove the cushion she would cling on to so tightly. She talked about her parents, the guilt she feels for her mother disowning her son and how she feels distant from her because she is the abuser's mother too. She decided that in the evening when she returned home, she would explain her feelings to her mother.

Session 20. Lottie wouldn't reach for the cushion for support, her inner strength was slowly coming back. She would now talk about the intimacy with her boyfriend. Her childlike behaviour and speech she would use when talking to her father only appeared at large family gatherings which was a great improvement she explained.

Session 36. This was Lottie's last session it was very emotional for both of us, reflections were made on the weeks before. She even laughed looking back at her emotions. Lottie is now 21, back having counselling with myself, over the phone due to the pandemic. The virus and being in lockdown has affected Lottie massively, sadly all her past fears have come flooding back. This reminds me that when we respect clients, they feel safe to return.

Sue Patience-Brown
Psychotherapist



ACKNOWLEDGEMENTS

Nottinghamshire Police & Crime Commission
Bassetlaw CCG
Mary Potter Foundation
The Jones 1986 Trust
Thomas Farr Charity
J N Derbyshire Trust
Boots Charitable Trust
Nottinghamshire County Council
Nottingham General Dispensary

Nottinghamshire County Council
The Sir John Eastwood Foundation
Waitrose
Masonic Charitable Foundation
Brian Tefry and Joan Oliver Fund
The Sir Jules Thorn Trust
Nottinghamshire C M Net Fund
The Ministry of Justice
All our Supporters & Donors

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.

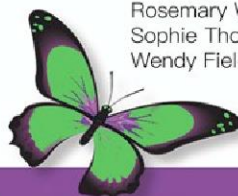
OUR VOLUNTEERS IN 2020 – 21 WERE

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



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Charity No. 1076138 | Company No. 03709632

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INCEST & SEXUAL ABUSE SURVIVORS

(Company number 03709632, Charity number 1076138)

Financial Statements For the Year Ended 31 March 2021

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 2021

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 2021

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

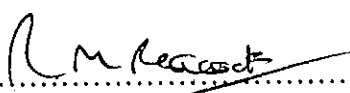
Reserves Policy

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 3rd June 2021

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 3rd June 2021

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 2021

		Main		
	Notes	Fund (Unrestricted)	PCC	Totals
		£	£	£
<u>Incoming Resources</u>				
Grants & Donations	2	90,643	68,924	159,567
Bank Interest (Gross)		67	-	67
Sundry Income		-	-	-
Total Incoming Resources		90,710	68,924	159,634
<u>Resources Expended</u>				
Wages, NI & Pension		21,880	40,178	62,058
Travel & Subsistence		-	141	141
Training		6,055	-	6,055
Supervision		185	1,940	2,125
Volunteer Expenses		-	202	202
Volunteer Training		11,655	1,500	13,155
Accommodation		6,583	9,000	15,583
Office Costs		3,777	2,097	5,874
Maintenance		-	-	-
Insurance		92	1,560	1,652
Telephone		3,523	2,160	5,683
Publications & Subscriptions		-	-	-
Professional Fees / Redundancy		13,980	-	13,980
Publicity		-	-	-
Counselling Room Rent		-	-	-
Hospitality		-	67	67
Independent Examination/Accounts		850	-	850
SE Session Costs		33,594	9,346	42,940
Depreciation	3	863	-	863
Equipment		1,194	733	1,927
Total Resources Expended		104,231	68,924	173,155
Net Incoming/(Outgoing) Resources		-13,521	-	-13,521
Total Funds Brought Forward		72,593	-	72,593
Transfer of Funds		-	-	-
Total Funds Carried Forward		59,072	-	59,072

Incest & Sexual Abuse Survivors
Balance Sheet at 31 March 2021

	Notes	2021	2020
		£	£
Fixed Assets			
Tangible Assets	3	2,588	3,451
Current Assets			
Debtors & Prepayments	4	-	1,652
Cash at Bank & In Hand		56,484	67,490
		<u>56,484</u>	<u>69,142</u>
Creditors: Amounts falling Due Within One Year	5	<u>-</u>	<u>-</u>
Net Current Assets		<u>56,484</u>	<u>69,142</u>
Net Assets		<u>59,072</u>	<u>72,593</u>
Funds			
Main Fund - Unrestricted		59,072	72,593
PCC		-	-
		<u>59,072</u>	<u>72,593</u>

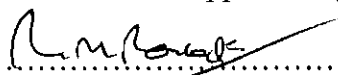
For the year ending 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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 3rd June 2021

Richard Peacock, Treasurer

Incest & Sexual Abuse Survivors Notes to the Accounts
For the Year Ended 31 March 2021

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	10,048
Nottinghamshire CM Net Fund	12,300
Nottinghamshire County Council	6,074
Notts Police & Crime Commission	68,924
Sundry Grants	4,917
Donations	2,836
JN Derbyshire Trust	3,000
The Jones 1986 Trust	12,000
Bassetlaw CCG	10,000
Ministry of Justice	26,468
Thomas Farr Charity	3,000
	<hr/> 159,567 <hr/>

3. Fixed Assets

	<u>Equipment</u>
	£
Cost	
At 1 April 2020	16,693
Additions in year	-
Disposals in year	-
At 31 March 2021	<hr/> 16,693 <hr/>
Depreciation	
At 1 April 2020	13,242
Charge for the year	863
At 31 March 2021	<hr/> 14,105 <hr/>
Net Book Value	
At 31 March 2021	<hr/> 2,588 <hr/>
At 31 March 2020	<hr/> 3,451 <hr/>

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2021

	<u>Main</u>	<u>PCC</u>	<u>Totals</u>
<u>4. Debtors & Prepayments</u>	-	-	-
<u>5. Creditors</u>	-	-	-

6. Analysis of Net Assets
Between Funds

	<u>Main</u>	<u>PCC</u>	<u>Totals</u>
	<u>Fund</u>	<u>PCC</u>	<u>Totals</u>
	<u>£</u>	<u>£</u>	<u>£</u>
Tangible Fixed Assets	2,588	-	2,588
Current Assets	56,484	-	56,484
Current Liabilities	-	-	-
Net Assets at 31 March 2021	<u>59,072</u>	-	<u>59,072</u>

7. Staff Costs & Numbers

Staff costs were as follows: -

Wages, NI & Pensions	<u>62,058</u>
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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 2021

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

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Bankers

TSB Bank Plc
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Independent Examiner

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

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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

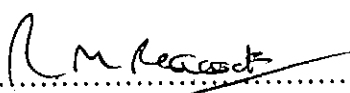
Reserves Policy

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 3rd June 2021

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 3rd June 2021

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 2021

		Main		
	Notes	Fund (Unrestricted)	PCC	Totals
		£	£	£
<u>Incoming Resources</u>				
Grants & Donations	2	90,643	68,924	159,567
Bank Interest (Gross)		67	-	67
Sundry Income		-	-	-
Total Incoming Resources		90,710	68,924	159,634
<u>Resources Expended</u>				
Wages, NI & Pension		21,880	40,178	62,058
Travel & Subsistence		-	141	141
Training		6,055	-	6,055
Supervision		185	1,940	2,125
Volunteer Expenses		-	202	202
Volunteer Training		11,655	1,500	13,155
Accommodation		6,583	9,000	15,583
Office Costs		3,777	2,097	5,874
Maintenance		-	-	-
Insurance		92	1,560	1,652
Telephone		3,523	2,160	5,683
Publications & Subscriptions		-	-	-
Professional Fees / Redundancy		13,980	-	13,980
Publicity		-	-	-
Counselling Room Rent		-	-	-
Hospitality		-	67	67
Independent Examination/Accounts		850	-	850
SE Session Costs		33,594	9,346	42,940
Depreciation	3	863	-	863
Equipment		1,194	733	1,927
Total Resources Expended		104,231	68,924	173,155
Net Incoming/(Outgoing) Resources		-13,521	-	-13,521
Total Funds Brought Forward		72,593	-	72,593
Transfer of Funds		-	-	-
Total Funds Carried Forward		59,072	-	59,072

Incest & Sexual Abuse Survivors
Balance Sheet at 31 March 2021

	Notes	2021	2020
		£	£
Fixed Assets			
Tangible Assets	3	2,588	3,451
Current Assets			
Debtors & Prepayments	4	-	1,652
Cash at Bank & In Hand		56,484	67,490
		<u>56,484</u>	<u>69,142</u>
Creditors: Amounts falling Due Within One Year	5	<u>-</u>	<u>-</u>
Net Current Assets		<u>56,484</u>	<u>69,142</u>
Net Assets		<u>59,072</u>	<u>72,593</u>
Funds			
Main Fund - Unrestricted		59,072	72,593
PCC		-	-
		<u>59,072</u>	<u>72,593</u>


For the year ending 31 March 2021 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 3rd June 2021

Richard Peacock, Treasurer

Incest & Sexual Abuse Survivors Notes to the Accounts
For the Year Ended 31 March 2021

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	10,048
Nottinghamshire CM Net Fund	12,300
Nottinghamshire County Council	6,074
Notts Police & Crime Commission	68,924
Sundry Grants	4,917
Donations	2,836
JN Derbyshire Trust	3,000
The Jones 1986 Trust	12,000
Bassetlaw CCG	10,000
Ministry of Justice	26,468
Thomas Farr Charity	3,000
	<hr/> 159,567 <hr/>

3. Fixed Assets

	<u>Equipment</u>
	£
Cost	
At 1 April 2020	16,693
Additions in year	-
Disposals in year	-
At 31 March 2021	<hr/> 16,693 <hr/>
Depreciation	
At 1 April 2020	13,242
Charge for the year	863
At 31 March 2021	<hr/> 14,105 <hr/>
Net Book Value	
At 31 March 2021	<hr/> 2,588 <hr/>
At 31 March 2020	<hr/> 3,451 <hr/>

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2021

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

6. **Analysis of Net Assets
Between Funds**

	<u>Main Fund</u> £	<u>PCC</u> £	<u>Totals</u> £
Tangible Fixed Assets	2,588	-	2,588
Current Assets	56,484	-	56,484
Current Liabilities	-	-	-
Net Assets at 31 March 2021	59,072	-	59,072

7. **Staff Costs & Numbers**

Staff costs were as follows: -

Wages, NI & Pensions	<u>62,058</u>
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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 2021

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