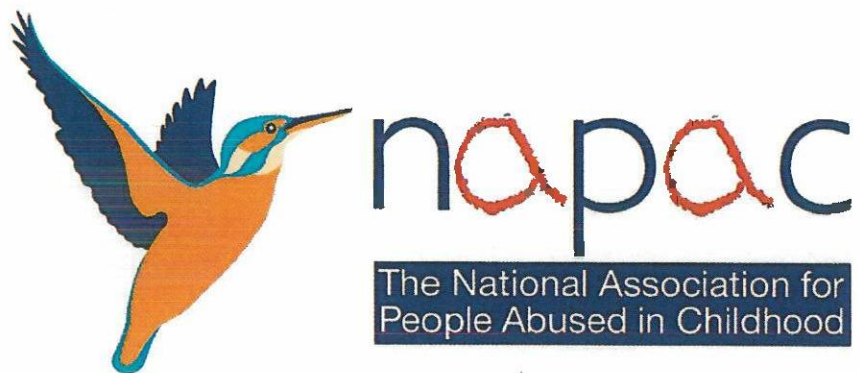


REGISTERED COMPANY NUMBER: 03565696 (England and Wales)  
REGISTERED CHARITY NUMBER: 1069802  
OSCR NUMBER: SC049296



**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**  
**REPORT OF THE BOARD OF TRUSTEES AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**tc** accounts • tax • legal • financial planning

# **THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

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# THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

## LEGAL AND ADMINISTRATION INFORMATION

**FOR THE YEAR ENDED 31 MARCH 2023**

**Registered Company number** 03565696 (England and Wales)

**Registered Charity number** 1069802  
**OSCR Number** SC049296

**Registered office** Canopi  
7-14 Great Dover Street  
Borough  
London  
England  
SE1 4YR

<b>Trustees (During the year and at the date of approval of these financial statements)</b>	<b>Name</b>	<b>Action/Date</b>
	Ms L Cowen	Resigned 31 May 2023
	Ms P Gale	
	Ms K Hitchcock	
	Dr N Hodson	Resigned 8 June 2023
	Dr T Lambert	
	Ms A Millar	
	Mr S Naik	
	Ms M Newman	Resigned 24 February 2023
	Mr S Spencer	
	Dr C Caton	Appointed 14 September 2023
	Ms V Kloss	Appointed 12 December 2023

**Secretary** Mr T Barclay

<b>Executive Team</b>	Ms G Shaw	Chief Executive
	Mr T Barclay	Chief Operating Officer

**Independent examiner** Mark Cummins FCCA FCIE  
T C Group  
The Courtyard  
Shoreham Road  
Upper Beeding  
Steyning  
West Sussex  
BN44 3TN

**Bankers**  
CAF Bank  
St Bride Street  
London  
EC4A 47AD

Metro Bank  
72-76 High St  
Bromley  
BR1 1EG

Lloyds Bank  
6-8 Market Square  
Bromley  
BR1 1NA

**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**  
**REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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The Board of Trustees, who are also the Directors of the Company for the purposes of the Company law, submit their annual report and financial statements of the National Association for People Abused in Childhood for the year ended 31 March 2023. The Board of Trustees confirm that the trustees report and financial statements of the Company comply with the Company's Memorandum and Articles of Association, the Companies Act 2006, the Charities Act 2011, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) — (Charities SORP (FRS 102)), and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

**GOVERNANCE AND MISSION**

**Governing document**

NAPAC is a charitable company limited by guarantee, incorporated on 12 May 1998 and registered as a charity on 29 May 1998. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

On 28 November 2018, by Special Resolution of its Board of Trustees (also known as members), NAPAC updated its Articles of Association which substitute and supersede the original 1998 Articles of Association as the organisation's governing document. Similarly, NAPAC made a further update to its Articles of Association via the same process on 31 December 2021.

**Vision**

NAPAC's vision is of a world where no child experiences abuse. Until then, we envision a society in which everyone impacted by childhood abuse can access the support they need, when they need it.

**Mission**

In bringing about our vision, we:

- provide effective, survivor-led, evidence-based and accessible direct support services to survivors and those who support them,
- work collaboratively to share our learning, train professionals, embed direct support services and drive structural improvements so that more survivors are supported effectively towards recovery,
- challenge and support change to society's perceptions of child abuse and work to prevent child abuse from happening,
- will become a world-leader on empowering survivors, sharing our knowledge and expertise to improve and increase support for survivors everywhere.

**Values**

**We empower** – we listen, support and enable survivors to take the next steps on their journey.

**We support** – we enable our team and others to better support survivors on their journey through investing in up to date and evidence-based training.

**We collaborate** – we work with others to raise standards and widen reach to support survivors.

**We are tenacious** – we support and are a voice for survivors, and we do not give up.

**We are world leading** – we set a global standard for supporting survivors and training others to do so to the highest quality.



**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**  
**REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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**Principles underlying our values**

We listen, support and **empower** survivors to take the next steps towards recovery, recognising that every journey is unique, and ensuring that it is the survivor who is in control.

We invest in our team to provide the best trauma-informed **support**, deliver evidence-based training, and ensure that we are always learning and developing.

We take our knowledge and learning to the wider world, working **collaboratively** with partners and stakeholders to widen our impact, deliver effective training, improve support for survivors, and lobby for change.

We are **tenacious** in our commitment and tireless in delivering, expanding, and developing our work. We are constantly learning and adapting our services to provide the best possible support to survivors and state of the art training to those engaging with them. We never give up on this work.

We are **world leading** in our field. We represent a global standard and use our influence to improve services and awareness, raise visibility of issues, change societal attitudes, and work to prevent child abuse. We enable support without boundaries.

**Public Benefit**

The trustees have taken the Charity Commission's general guidance on public benefit contained within their publication Charities and Public Benefit, into account when preparing this Trustees' Annual Report.

**ACHIEVEMENTS AND PERFORMANCE - Year from 1 April 2022 to 31 March 2023**

**General overview**

NAPAC provides the only free national support service for adult survivors of all types of childhood abuse. We offer specialist, confidential support operated by experienced staff and trained volunteers.

NAPAC works closely with the criminal justice and public health sectors. We support survivors to navigate and understand their options with criminal and civil law, and in healing and recovery. Choice is key, and our website provides a wealth of free information and resources for survivors and those supporting them.

As a trusted public health organisation, people use NAPAC's services to support their overall health and wellbeing, to build and improve their resilience, and to be able to make brave, positive choices every day – including asking for help when they need it.

Those using our services ask for support with a range of concerns, including anxiety, depression, isolation, reporting to the police, domestic and sexual violence, boundaries, and complex post-traumatic stress. For many, contacting NAPAC is a first step to recovering from trauma and leading happier, more fulfilled lives.

NAPAC has four main services:

- The UK's only free national telephone and email support service for all adult survivors of any kind of childhood abuse.
- Intensive psychoeducational support groups for survivors of abuse; these face-to-face support groups have now been developed for online delivery.

## THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

### REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)

#### FOR THE YEAR ENDED 31 MARCH 2023

- 
- Extensive training for professionals who engage with adult survivors of childhood abuse and anyone at risk of vicarious trauma.
  - Research and advocacy, using our own data and working in partnership to raise survivors' voices in policy and practice across the UK.

During this reporting period, we continued our drive to continuously innovate and change. This was most obvious in the new online delivery of both support groups and training; NAPAC spent much of this reporting period continuing to develop and embed online delivery, and this has proven to be very successful.

Our website again proved to be an essential first point of support for survivors, victims, supporters, and professionals. We increased the percentage of calls answered on our telephone support line, and our advocacy and media work have kept the issue of childhood abuse and support for adult survivors firmly in the public eye.

Further amendments to our staffing structures and enhancement of our governance ability provided the foundation of our overall success in navigating the challenges of this period. It means that NAPAC maintains the ability to flex and meet the organisation's strategic goals, with strong governance oversight from an experienced and cohesive Board of Trustees.

Significant challenges remain, however. Demand for NAPAC's services – particularly our telephone support line and support groups – far outstrips our current ability to meet it. We know that more generally, adult survivors across the UK face barriers to accessing the support they need, when they need it, and that too often the response they receive is inadequate.

#### Activities and Performance

In the sections that follow, NAPAC will report in detail its performance across its main areas of work, including support services, training, advocacy and communications. Some of the highlights from those areas are noted below. During the year to 31 March 2023, the principal activities of NAPAC included:

- Providing a free and confidential national telephone support line, and an email support service, for survivors of childhood abuse
  - Over 10,100 requests for support answered.
  - Over 5,200 hours providing support by phone and email.
- Maintaining a website containing information relevant to survivors of childhood abuse - [napac.org.uk](http://napac.org.uk)
  - Over 190,000 visitor sessions.
  - Over 7,000 visitor hours.
- Supplying training, information and resources for those providing assistance to survivors of abuse.
- Researching, developing and piloting new training programmes dealing with topics such as vicarious trauma, emotional resilience and stress responses of survivors.
- Developing and preparing an entirely new model of online support groups, including robust quantitative and qualitative evaluation which evidence outcomes, in order for NAPAC to offer this at much greater scale than face-to-face support groups.
- The raising of public awareness of the continuing impact of childhood abuse, through media and advocacy activities.

## **THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

### **REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)**

#### **FOR THE YEAR ENDED 31 MARCH 2023**

- 
- Participation and representation at seminars and conferences on subjects related to the alleviation of the impact of childhood abuse.
  - The publication of materials and information and resources for survivors and those who support them, which are free to download in electronic format.

#### **SUPPORT SERVICES**

##### **Telephone support line and email support**

NAPAC's support services operation, which encompasses our telephone support line and email support service, is run entirely from our dedicated office in Stockport, Greater Manchester. This gives greater efficiency and improved safety and transparency for callers as well as staff and volunteers.

NAPAC's free national telephone support line for adult survivors of childhood abuse - 0808 801 0331 - offers survivors the chance to talk through their experiences with highly-trained volunteers and staff.

The purposes of the support line are:

- to provide support for survivors in their journey of recovery and healing from the long-term consequences of childhood abuse.
- to provide that support at whatever point or points in their journey they need it.
- in combination with resources on the NAPAC website, to give survivors a chance to believe that healing is possible.
- to help survivors get to a point where they feel they can take more control over their own ongoing healing journey.

Very often we are the first people survivors talk to about their experiences of abuse, with around one in ten callers telling us they are disclosing for the first time.

We know that for some survivors, writing down their feelings can be easier or more accessible than talking. NAPAC therefore offers an email and letter service where people may write to us for support and with any questions or comments about abuse experienced in childhood, its impact in adulthood, their recovery experiences, and to find longer-term support in their area.

This email support service additionally has the purpose of allowing survivors to make an initial approach to NAPAC even if they may not be ready for a telephone conversation. When appropriate NAPAC encourages email correspondents to call the support line because it is easier to be survivor-led and person-centred in a telephone conversation than in an email exchange.

We are also here for supporters of survivors of childhood abuse, and we have a high level of professionals calling and emailing us for advice in helping their own clients if they are survivors of childhood abuse.

Between 1 April 2022 and 31 March 2023, the team consisted of 10 active volunteers and 13 members of staff. The normal opening hours of the support services operation are 10:00 to 21:00 Mondays to Thursdays, and 10:00 to 18:00 on Fridays.

The performance of NAPAC's support services and some interesting findings are described below.

- The total number of emails answered in the 12 months to 31 March 2023 was 2,812. Email is an important part of our support service, especially by making support more accessible for people who are ready or able to call.

## THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

### REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)

#### FOR THE YEAR ENDED 31 MARCH 2023

- 
- Our telephone support line is anonymous and confidential, and we cannot identify the individual people who call. Our call management system can tell us if a call attempt is from a unique caller or previously connected number, helping us understand how people use the service and better meet their needs.
  - **54% of unique callers were connected** at some point during the year. In total there were 7,365 calls answered out of 25,794 call attempts (including multiple repeat callers as well as unique individual callers) which is 33.8% connected. This continues the improvement in percentage of calls answered achieved in the previous two years (last year we answered 7,617 calls which was a 16.2% connection rate per call attempt). The introduction of a call queuing systems is one of the improvements that have enabled us to increase the number of callers connecting during the year.
  - The average talk time per call is slightly higher than previous years, at 24:19 minutes.

#### Psycho-educational support groups

NAPAC has been running successful and well received face-to-face psycho-educational and therapeutic support groups for adult survivors of any type of childhood abuse or neglect over more than ten years. We know from calls to our support line that this is the kind of support many survivors want, and group work is also widely considered to be the 'gold standard' for therapeutic support modalities in the literature.

The NAPAC model and manualised structure has been continuously refined and improved based on feedback from participants and learning from delivery. The face-to-face groups cost nearly £10,000 to deliver for 12 people, over 15 weeks of two and a half hour sessions weekly. Funding for these groups was obtained from the Home Office, City Bridge Trust, JAC Trust and Philip King Trust.

When COVID-19 resulted in the requirement to end face-to-face services, NAPAC decided to implement a plan to convert the face-to-face model to online delivery using Zoom.

The first pilot of the online support group ran for 12 sessions of 90 minutes each from April to July 2021. There were six participants, including some who had been offered places in the cancelled face-to-face group that had been due to start in April 2020. The participants had all experienced prolonged childhood abuse of various types and had sought support in the past from public sector services.

The main learning point reported by facilitators and in written qualitative feedback from participants was that more time would enable a disproportionate improvement in outcomes. This is because it took longer for the group to bond (than in face-to-face groups) and get to know each other sufficiently for effective emotional work to start.

To mitigate the impact of moving sessions online, groups were held with smaller numbers of participants (eight in online groups and 12 in face-to-face groups). This gave each person more time to share and work through the content and supported group bonding. However, it became clear that even with smaller numbers it would not be possible to decrease the length of the course by more than 25% and still achieve the intended outcomes.

It was concluded that the best outcomes and value would therefore be achieved by increasing the number of sessions. The second pilot was planned with 18 sessions of 90 minutes each. This brought the total number of virtual contact hours up to 75% of what was offered in the original face-to-face groups, with the benefit of lower costs due to the work happening online.

The second pilot began in April 2022. Eight participants were recruited and seven finished the course (the only person who dropped out did so due to an unforeseen change in circumstances).

## **THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

### **REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)**

#### **FOR THE YEAR ENDED 31 MARCH 2023**

Rigorous evaluation using the CORE self-assessment tool and end of therapy open question feedback demonstrated improved outcomes compared to the previous sequence of 15 sessions. The extra sessions enable co-design of content by participants who collectively chose the topics to explore in more depth.

We continue efforts to increase our income which will mean a greater ability to run more of these psycho-educational support groups. We now know we can run these successfully in both face-to-face and online formats.

#### **TRAINING**

NAPAC has been training professionals who work with adult survivors of child abuse on an ad-hoc basis for many years. Since 2018, NAPAC has expanded the reach of its training programme, which has resulted in a more commercial and rigorous approach to income generation through effective client management and internal reporting.

A full review and update of all NAPAC's training began February 2022. This focus was on piloting new materials before an updated suite of workshops and bespoke training options being launched in 2023.

NAPAC's flagship one-day training workshop – 'Supporting Adult Survivors of Child Abuse' (SASCA) – has been rewritten to reflect new learning from survivors and academic research. It is now also available as an online e-learning course for self-directed study. It has also been renamed – 'Trauma Informed Survivor Support'. The training is firmly rooted in the latest research on the impacts of abuse, neuroscience, and the emerging field of trauma-informed practice. Reviews and updates are carried out regularly to include new learning from our support line service and the latest clinical and academic developments.

NAPAC's reconfigured training will be submitted for re-accreditation by the British Psychological Society and the Royal College of Nursing or other relevant services when the updates are complete, adding to the credibility of NAPAC's offering.

NAPAC developed new training content during the year to include more emphasis on trauma-informed approaches. This included training delivered to Leigh Day, one of NAPAC's law firm partners, with more content on vicarious trauma, and to Waltham Forest Rough Sleepers outreach team, focusing on trauma-informed approaches to working with survivors of childhood sexual abuse with complex needs.

There are now three e-learning courses for self-directed study available directly from our website:

- Trauma Informed Survivor Support
- Survivors Stress Responses
- Introduction to Abuse, Trauma, and Recovery.

All NAPAC's training materials are based on what we have heard through the support services and knowledge sharing, including the needs expressed by both survivors and professionals. They are also underpinned by research in cognitive neuroscience, neuropsychology, psychology, and therapeutic practice.

Between 1 April 2022 and 31 March 2023 we trained 72 professionals via our bespoke training courses and 120 people purchased our e-learning courses. Of those who gave feedback on our bespoke training courses, 83% rated the course content as 'excellent', with 17% rating it as 'good'. Of those who gave feedback on our e-learning courses, 50% rated the course content as 'excellent', with 50% rating it as 'good.'

## **THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

### **REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)**

#### **FOR THE YEAR ENDED 31 MARCH 2023**

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We increased the emphasis on marketing our e-learning provision through social media advertising and print advertising in industry journal *Therapy Today*, which contributed to NAPAC maintaining significant income and profitability.

Any surplus generated by our training activities is used to offset the costs of developing and delivering NAPAC's support services.

#### **ADVOCACY**

Within this reporting period, the Chief Executive (Gabrielle Shaw) has continued representing NAPAC on the national Ministry of Justice convened 'Victim and Witness Stakeholder Engagement Group'. This was originally set up as a Silver Command Group with the aim of supporting victims and witnesses of crime in response to COVID-19, providing strategic direction, guidance, and oversight.

This remains a highly influential and important forum, with leaders across the sector and government more widely participating. The excellent relationships the Chief Executive has cultivated with these leaders, and the input and data the wider NAPAC team provides, continue to bear fruit. NAPAC is looked to for advice and guidance, and our contributions to the debate around data collection and usage has been particularly valued.

The Chief Executive also offers expert input to health, policing, and other groups through participation in national groups such as the NHS Sexual Assault and Abuse Services Framework Stakeholder Advisory Group, the Victims' Commissioners Stakeholder Group, and various gold groups within the policing service.

NAPAC is also acknowledged as expert contributors, invited to speak at or participate in various fora in this reporting period, including:

- Home Office Steering Group discussions on costs of childhood sexual abuse.
- CPS redrafting of guidance to prosecutors on investigating non-recent childhood sexual abuse, several more stages of consultation.
- Greater Manchester Police gold group.
- CPS forum on male victims of sexual violence and child sexual abuse forum.
- Violence against women and girls' external consultation group.
- National Working Group on childhood sexual abuse meetings.
- Lambeth Council Redress scheme consultancy for submission to the Independent Inquiry into Child Sexual Abuse.
- Quarterly meetings of the London Mayor's Office for Policing and Crime forum, led by the Victims' Commissioner for London.
- Regular fortnightly meetings of sexual violence support organisations, led by the Victims' Commissioner.
- Ministry of Justice 'It Still Matters' campaign raising awareness of support available for survivors of non-recent abuse, including NAPAC.



## THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

### REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)

#### FOR THE YEAR ENDED 31 MARCH 2023

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- The project board updating the 'Physical signs of child sexual abuse - evidence-based review and guidance for best-practice' (known as the 'purple book') for paediatric forensic examinations where there are concerns about sexual abuse.
  - Consultancy on the production of a Jimmy Savile documentary broadcast in two parts on Netflix.
  - Training to national policing's Hydrant Programme on working with survivors of childhood sexual abuse, and input to data collection design and analysis.
  - Presentation to University College London MSc programme on the psychology of trauma.
  - Input to Birkbeck College History Department Conference 'Remembering Together', part of Sexual Harms and Medical Encounters programme.
  - Radio 5 Live, Nicky Campbell on survivors of childhood sexual abuse in boarding schools.

NAPAC is engaged with national organisations, including those in the health and social care sectors, to discuss their training needs and provide expert input where there are gaps in provision and understanding in how best to support adult survivors. We contribute insights to support public health campaigns such as advice for survivors around cervical screening or mental health campaigns.

We receive a huge number of enquiries from national, regional, and international media outlets to contribute to news stories or documentaries or requests to advise on drama scripts which relate to non-recent child abuse. We provide comment on the issues we regularly hear about on our support line and information which offers insight and improves the accuracy of portrayals about the impacts of child abuse on adults.

NAPAC is listed on the BBC Action Line page, as well as the 'further support' page published by Channel 4. This is very helpful as a signposting for support service for people who may be triggered by issues raised within the programmes on these channels.

Large increases in call attempts to NAPAC's support line and visits to our website correlate closely with media coverage which features NAPAC or survivors talking about what they suffered, including storylines in TV or radio soaps and dramas, court cases, and police investigations.

NAPAC is proud to have developed and disseminated its media guidelines, following input from IPSO, OFCOM and BBC Editorial guidelines, to assist anyone writing or broadcasting on the subject of non-recent child abuse, so that the needs and impacts on adult survivors are better understood and reported.

#### COMMUNICATIONS

Due to internal personnel changes and the pressures of an economic downturn, NAPAC shifted its approach to communications over this reporting period.

Whilst we continued to communicate to both survivors and professionals, there was a focus on implementing an infrastructure that would allow us to advertise and sell more of our training.

NAPAC engaged with a digital marketing agency on a two-month trial marketing campaign to improve awareness of and drive bookings onto our e-learning courses. In that time, we also established a Google Ads account that allowed us to take advantage of free advertising spend from Google. Over the reporting period we have benefitted from US\$21,600 of free ad spend, which has resulted in an additional 120,000 impressions and 13,986 clicks to our website.

## THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

### REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)

#### FOR THE YEAR ENDED 31 MARCH 2023

Despite the political turbulence of the reporting period, the NAPAC tone of voice remained neutral, measured and hopeful, allowing us to support survivors and productively engage with key partners, such as the Hydrant Programme and the Ministry of Justice.

Over the course of this reporting period, NAPAC's social media presence grew significantly.

- We maintained a 6.5% engagement rate across all social media channels (well above the UK average).
- Our following grew by 7.9% (1,300 users).
- NAPAC social media content garnered 1.3 million impressions – a 208% increase on the previous reporting period.

In addition to our social media output, we continued our programme of consistent, external thought leadership across key third-sector publications and high-profile media appearances across national outlets, such as BBC News and Radio 5 Live.

As a result of these efforts, our support service is routinely (almost weekly) signposted across national newspapers such as The Guardian and The Independent and we are regularly consulted on abuse narratives by leading journalists.

#### WEBSITE

We continued to reach many thousands of new people through our NAPAC website – [napac.org.uk](https://napac.org.uk) – this year. Here are some of the trends we identified.

- We had over **196,731 visitor sessions** on the website over this period – a **8.18% increase** on the same period from the previous year.
- **144,256 (79%) were new visitors** to the website and **52,475 (21%) were returning visitors**.
- **90% of visitors to our site were in the UK**. The remaining 10% were predominantly from the US, Republic of Ireland, Canada, and Australia.
- We had almost **half a million-page views (421,782)** overall.
- We continue to reach people across all age groups, **though there is a growing number of younger survivors interacting with our site**.
- Visitors aged 25-34 made up the largest group at 28%, and **over 1 in 5 visitors to the website (21%) is now aged 18-24**. 35-44-year-olds comprised 18.8%, 45-54-year-olds made up 16% and over 55's accounted for 18.7% of visitors.
- There is a **lower age profile for website visitors than for callers to our support line**. It is very positive that more people are seeking help earlier in their lives and beginning their recovery sooner.

#### FINANCIAL REVIEW

We are reporting on the year from 1 April 2022 to 31 March 2023.

During this period, gross income of £978,315 was achieved (compared to £994,543 of gross income achieved for the 12-month period to 31 March 2022). Once again NAPAC was fortunate to receive significant legacy income (see note 4) for which it is grateful.



**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**  
**REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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We were grateful to have had continued support from the Home Office which has again been the principal funding source of the Charity, with £391,020 being received for the period (compared to £350,024 of Home Office grant funding received for the 12-month period to 31 March 2022).

The grant was given from funds made available by the Home Office to non-statutory organisations in England and Wales providing support to victims of sexual abuse to help meet the ever-increasing demand on those services.

This principal source of funding was supplemented by income from grant-making trusts and bodies and ad-hoc personal donations. All these generous donations are acknowledged with much gratitude by the Trustees who are committed to ensuring that NAPAC continues to use the funding it receives effectively. This includes further enhancement and expansion of our core activities to support survivors and ongoing development of our training programme, which we also see as providing an important source of income for the charity.

Resources expended in the period were £684,286 (compared to £695,166 of resources expended for the 12-month period to 31 March 2022).

The key elements of expenditure relate to:

- The staffing costs for organisational leadership, advocacy, volunteer coordination and support, developing and delivering training, and coordinating and delivering support to survivors.
- Establishment and maintenance of the support line technology with the associated website.
- Office accommodation for the administrative and support line centres.

Overall, 2022-2023 was once again a challenging period for NAPAC as our services are ever more in demand thanks to the high profile the organisation enjoys, and the prominence afforded to issues raised in the media which prompt calls to our support line.

We experienced a surplus for the period of £294,029 (compared to a surplus of £299,377 for the 12-month period to 31 March 2022). As noted above, this is a significant increase and is due to unexpectedly high legacy income.

We continue to assess our cost base regularly to deliver an effective operating model and maximise the value we can provide to our stakeholders and service users.

## **RESERVES POLICY**

NAPAC's reserves policy is to maintain sufficient unrestricted resources to fund operations for a minimum of three months at a time, while also being cognisant of the fact that the principal grant of which we are a beneficiary is receivable on a bi-annual basis. As a consequence, our unrestricted funds may represent up to six months' expenditure at any one time.

As of 31 March 2023, we had unrestricted funds (also our free reserves) of £891,319 (2022: £597,290) of which £348,773 are designated funds for strategic development. Consequently, we retain an amount sufficient to fund all operations for approximately the next four months.

Since funding is often short-term or one-off in nature, the Trustees are cognisant of the need to continue to seek funding for our work and to maintain adequate reserves which we see as critical for the effective support of survivors across the United Kingdom.

# THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

## REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

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### STATEMENT OF MAJOR RISKS

The NAPAC Board of Trustees have considered the major strategic business and operational risks to which the charity is exposed. These are identified, prioritised, mitigated and tracked using a risk register that is reviewed and actioned by the Board on a quarterly basis. The three 'top' risks that have been identified as most impactful are outlined below.

#### Financial risk:

Even as the effects of the COVID-19 pandemic and associated lockdowns tapered off during the reporting period, the rising cost of living crisis had a serious impact on NAPAC's income stream of individual and small trust giving, as is the case across the entirety of the charity sector. These factors, combined with the lack of continued and long-term funding – reported in previous financial years also – is the main financial risk NAPAC faces.

Even with these significant challenges, NAPAC continues to focus on developing its own income-generating activities and is achieving positive steps in this regard with increased training and other income. However, this is not yet at the stage of allowing the charity to be completely self-sustaining.

NAPAC is grateful to the government for significant grants which make up the majority of the charity's income. The government responded in particular to the unprecedented challenges presented by COVID-19 by creating a Victim and Witness COVID-19 Support Fund. This was to provide additional support for support services for victims and survivors, including NAPAC.

However, there is no guarantee that Home Office funding will be sustained at current levels, given the significant demands on government funding across all areas.

Dependent as it is on statutory funding, NAPAC is mindful of the potential risks of political changes during the on-going period of national uncertainty.

NAPAC is cognisant of the proper and appropriate use of restricted funds, which form the main proportion of the charity's funding arrangements, equating to 48% (2022: 41%) of all income received during the period. As of 31 March 2023, the amount held in our restricted funds stood at £2,193 (2022: £2,193).

#### Service delivery:

Our work is interconnected: we support adult survivors, we train professionals who engage with survivors, we ensure survivors are included as part of national strategies and the safeguarding work of government and other sectors, and we raise awareness and challenge societal misconceptions about the impact of childhood abuse.

The direct support service we offer is always evolving. We use survivor feedback to improve this service, develop our training programmes and ensure that we are putting survivor voices at the heart of our advocacy. The more resources we have, the more people we can reach. NAPAC's work supports individuals and aims to reassure survivors that they will be believed and that there are people who will listen.

#### Staffing:

NAPAC is a small organisation and we face a significant demand for our services. NAPAC works in a highly emotional and complex trauma-care setting and the issues that we deal with on a daily basis can result in vicarious trauma if not proactively managed. These factors combine to present risk to our staff.

# THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

## REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

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We have carefully designed processes and systems in place to handle the unpredictability of our callers' situations. We have worked hard to provide caring and effective support to our staff and volunteers in delivering their vital role and will continue to prioritise their skills and wellbeing alongside the standards of service we maintain.

NAPAC invests in its staff and volunteer support, ensuring we remain trauma-informed sector leaders in staff excellence and wellbeing, providing training, effective processes and systems, and a culture that supports their resilience so that they can most effectively support others.

### GOVERNANCE

#### *Governance overview*

The effective governance of NAPAC is fundamental to achieving our charitable objectives and ensuring the trust and confidence of our stakeholders. This section provides an overview of our governance structure, key activities, and developments during the reporting period.

#### *Structure and Composition*

The Board of Trustees serves as the governing body of NAPAC, responsible for setting the strategic direction, overseeing management, and ensuring compliance with legal and regulatory requirements. The composition of the Board reflects a diverse range of skills, experiences, and backgrounds, fostering a well-rounded and inclusive decision-making process.

As of the end of the financial year to March 2023, our Board consisted of eight dedicated trustees, including Philippa Gale as Chair, who leads the Board in its governance responsibilities. Please note that this number differs slightly from the trustees named on the first page of these accounts, as that list must include all resignations and appointments at the date that these accounts were approved (12 December 2023).

#### *Strategic Planning*

During the reporting period, the Board conducted a comprehensive review of NAPAC's strategic plan, aligning our objectives with the evolving needs of our beneficiaries and the external environment. The updated strategic plan, approved by the Board, guides our activities over the next five years, ensuring our continued impact and relevance.

#### *Risk Management*

NAPAC remains committed to robust risk management practices. The Board regularly reviews and assesses the charity's risk register, identifying potential threats and implementing mitigation strategies to safeguard the charity's assets and reputation.

#### *Policies and Procedures*

The governance framework is underpinned by a suite of policies and procedures designed to promote transparency, accountability, and ethical conduct. During the reporting period, NAPAC reviewed and updated key policies, including those related to safeguarding, bullying and harassment and whistleblowing.

#### *Challenges and the future*

The Board of Trustees recognise several challenges. These include those posed by external factors, such as economic uncertainties and public health crises and the need for continuous adaptation to an evolving landscape.

## **THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

### **REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)**

**FOR THE YEAR ENDED 31 MARCH 2023**

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As we move into the next financial year, NAPAC remains committed to upholding the highest standards of governance. We will continue to refine our strategies, strengthen our risk management practices, and adapt to emerging challenges to ensure the long-term sustainability and success of our charitable mission.

#### **REPORTING**

##### **Internal reporting**

NAPAC uses Xero accounting software for day-to-day book-keeping and to generate monthly and quarterly financial reports as well as management reports for consideration by senior management and trustees. An example of the way that Xero is used is provided by the periodic claims made for statutory funding. Financial reports are generated by Xero and used to prepare the detailed claims to our principal funders.

NAPAC continues to make significant progress in strengthening the quality and timeliness of the management information it receives.

Improving management information is enabling NAPAC to continually refine its income generation strategy and develop appropriate marketing programmes. Work researching an organisation-wide database that can securely connect the different functions and integrate with Xero continues on this digital transformation project,

Donor reporting is managed internally. Monthly, quarterly, and annual reports are produced between finance and fundraising for accurate data on donations and pledges received. There is also quarterly reporting on the pipeline of prospective and ongoing relationships with current donors and stakeholders, including regular and recurring donations, grants from trusts, and one-off and legacy gifts, and community, corporate, and challenge activities.

NAPAC continues to use a specialist social enterprise product to manage online donations and collect Gift Aid. It provides a secure online fundraising tool for NAPAC and for donors and provides insights into donation activity, which supports NAPAC's internal analysis and reporting.

##### **External donor reporting**

Formal donor reporting continues to develop as part of the income generation cycle. Informal donor reporting is conducted as part of ongoing stewardship with existing and prospective supporters, and forms part of the regular conversations with all stakeholders.

A bulletin is produced periodically for our Law Firm Partnership Programme, ensuring all members receive updates on important changes and opportunities. There will also be a five-year impact report produced in the next year to complement the new five-year strategy and provide a comprehensive overview of NAPAC's development and plans for all external stakeholders, including survivors.

NAPAC also produces regular impact reports, which contain full detail of our work and how income is generated and spent. This includes innovative ways to illustrate this, such as the 'NAPAC pound'.

# THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

## REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)

### FOR THE YEAR ENDED 31 MARCH 2023

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#### PLANS FOR FUTURE PERIODS

NAPAC has always been responsive to the changing needs of survivors, and this is increasingly evident in the agility of the organisation. One major focus for the immediate future is the development and delivery of our unique trauma-informed organisation work. NAPAC also developed its exciting new five-year strategic plan at the start of 2023, and we are confident in our ambitions that this plan outlines, as detailed below.

#### NAPAC's support services

More than 60,000 survivors across the UK have received our support since we were established in 1998. Demand continues to increase, and we provide approximately 10,000 calls and emails each year to support survivors. These interactions range from short signposting calls to more intense supportive listening and advice, right through to severe crisis interventions across several hours.

We have effectively integrated all our functions over the past few years and are proud of our holistic, collaborative approach, which informs and helps develop our services and training. As we expand our reach, we will continue our journey to further integrate our learning, services and training.

#### *Across the next period, we will:*

- Aim to continue delivering approximately 10,000 quality interactions per year, whether through telephone, email or instant messenger/chat.
- Explore the introduction of an instant chat service, expanding our reach to those who increasingly prefer this mode of communication.
- Invest in our staff and volunteer support even further, ensuring we remain trauma-informed sector leaders in staff excellence and wellbeing, providing them with good training, effective processes and systems, and a culture that supports their resilience so that they can most effectively support others.
- Improve access for a wider range of survivors, including, for example, increased translation of our services, different techniques for people with a range of disabilities, services that target different age groups and improved LGBTQ+ resources.
- Reach out internationally to share our knowledge, learning and experience with countries that do not offer our services, to support them in establishing effective direct services for adult survivors.

#### Support groups

NAPAC'S support group programme provides intensive therapeutic psycho-education for small groups of survivors over three to four months. These support groups use NAPAC's trauma recovery model that empowers participants to regain control of their lives. This improves their wellbeing and functioning as they feel better equipped to cope.

This model contrasts with current NHS practice, which tends to focus on symptoms and maladaptive behaviours. Both approaches are helpful and important resources for survivors are abuse, and both approaches are complementary. We have delivered support groups across the UK, in person and latterly online, transforming the lives of more than 250 survivors. We have ambitious plans to significantly widen access to support groups over the coming strategic planning period, subject to funding.

**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**  
**REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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***Across the next period, we will:***

- Continue to use both online and in-person techniques to deliver group support.
- Seek partnerships with organisations with premises and the potential to support new groups.
- Demonstrate as clearly as possible the value and lasting impact of support groups – exploring alternative evaluation tools, and introducing follow-up evaluation of participants after six, 12 and 24 months, and use this to seek funding for even more support groups.
- Continue our efforts to further expand the availability of support groups by exploring franchising the model to other not for-profit organisations.
- Seek international sources of funding to expand our support group model worldwide.

**Training and consultancy**

We provide specialised external training and consultancy to people who may engage with adult survivors of childhood abuse in a wide range of professional settings.

NAPAC's training is based on trauma-informed practice, which serves to raise awareness of the wide impact of trauma and prevent re-traumatisation of survivors in settings that are intended to be supportive and empowering. Our training is informed and updated not only by academic and clinical progress but also, importantly, by the direct support services we deliver to survivors – making our training unique in the market.

We have a sector-leading understanding of trauma-informed approaches and have built strong relationships with our partners whom we have supported to embed a trauma-informed approach meaningfully in their own organisations. This significantly widens our impact, by enabling us to reach more survivors through many different avenues by training the people with whom they will naturally come into contact.

***Across the next period, we will:***

- Develop and further market our training offer to create a sustainable, impactful and profitable training model.
- Offer a wider range of platforms and courses to meet the needs of different clients who work with survivors in varied settings.
- Develop options for delivering training (whether online, face-to-face or a combination of the two) in languages other than English, targeted at need.
- Develop our own kite mark or accreditation for our training that is recognised as the expected standard for anyone working with adult survivors of child abuse.
- Significantly expand our training partnerships with both existing and new groups of clients in any sector that is likely to engage with adult survivors.
- Scope and begin work towards delivering training on the international stage, cementing our reputation as both a UK and world leader in the sector.



# THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

## REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)

**FOR THE YEAR ENDED 31 MARCH 2023**

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### **Knowledge sharing and expertise**

NAPAC is unique because our services are designed in direct response to the feedback we receive from adult survivors of childhood abuse, and our expertise is gained from supporting them for more than 25 years. We have been survivor-led since the start, and we have members of our team who are disclosed survivors with lived experience themselves.

We are proud of our unique insight, linking to the latest research from across the sector. Our practice is at the cutting edge of survivor support. It constantly evolves based on the live feedback we receive from survivors interacting with our support service.

We know what works and we want to share that widely so that others can benefit from our knowledge. We want to embed the very best practices across all organisations that engage with adult survivors. We gather anonymised information from our calls, from the people who participate in our support groups, from our own experience working with survivors in a range of contexts, and from current research and published data.

#### ***Across the next period, we will:***

- Drive forward our trauma-informed expertise in a way that results in NAPAC becoming the accreditor and 'industry standard' for trauma informed practice, including the launch of our own kite-mark or accreditation.
- Expand the reach of our information and resources, including by translating resources effectively into different languages and developing resources that better meet the needs of people with a range of disabilities.
- Utilise more broadly the data we collect, analysing it and sharing it widely to better impact on what is known to work with adult survivors.
- Inform child protection and safeguarding both in the UK and globally.
- Provide new insights in managing and mitigating vicarious trauma.

### **Raising awareness**

Societal attitudes towards adult survivors need to change. We aim to transform societal understanding of the impact of child abuse, normalising talking about the resulting trauma and embedding a trauma informed approach everywhere there are adult survivors.

We are already recognised as the expert in the field and have strong and productive relationships with a broad range of government and non-governmental agencies. We want to push this further to become the world leader on this topic, sharing our expert knowledge and understanding of adult survivors collaboratively with partners and like-minded organisations throughout the UK and globally.

We want to help others know what they need to do to support adult survivors, and we want society as a whole to be well-informed. NAPAC also works with national, local and social media and regularly represents the range of survivors' experiences to the press. We plan to expand and increase our media engagement over this period.

#### ***Across the next period, we will:***

- Establish an annual awareness day to promote visibility of the NAPAC brand and encourage open conversation around the impacts of childhood abuse.

## THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

### REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)

#### FOR THE YEAR ENDED 31 MARCH 2023

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- Ensure the multiplicity and diversity of survivor voices are heard by policymakers and service providers, our campaigns and our strong partnerships across the sector, including by establishing a survivors' assembly to respond to new policies impacting adult survivors.
  - Build on and expand our strong relationships with key new partners to raise awareness and change practice.
  - Significantly widen organisational and societal understanding of the need for a trauma informed approach, challenging and changing the narrative about child abuse.
  - Build and expand our avenues of communication throughout all relevant forms of social, print and digital media.
  - Identify, encourage and support high profile and influential champions for NAPAC's key messages.
  - Engage more at a public policy level, working with ministers, MPs and other decisionmakers to feed our expertise into their decision-making.
  - Build our presence and voice on the global stage, raising awareness and supporting service development internationally.

#### Generating income

The current climate for charity fundraising is extremely challenging. For NAPAC, the ability to generate income is further undermined by societal misunderstanding of adult survivors. Childhood abuse is a difficult subject for many people to think about or even acknowledge, and the scale and scope of the trauma suffered by today's adult victims and survivors is regularly underestimated.

However, NAPAC has built strong and productive relationships with donors, grant funders and government funders including the Home Office, which has enabled significant expansion of our work. Income generation will continue to be a major focus for us over this planning period, as we will need to be more inventive and effective in our efforts to reach more audiences to deliver our ambitious targets.

#### *Across the next period, we will:*

- Significantly expand our training and consultancy as a source of income generation and self-sustainability, establishing NAPAC as the go-to organisation for embedding a trauma-informed approach for anyone working with adult survivors.
- Develop new and innovative funding models, including for the provision of support groups, that will both reach more survivors and fund more services.
- Establish collaborative and mutually beneficial partnerships to increase impact and income.
- Widen the diversity of our fundraising activities to secure new streams of funding to further expand our work and increase our sustainability.

#### RESPONSIBILITIES OF THE BOARD OF TRUSTEES

Company law requires the Board of Trustees to prepare accounts for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its income and expenditure for the financial year then ended. In preparing those accounts, the Board of Trustees should follow best practice and:



**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**  
**REPORT OF THE BOARD OF TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent; and
- Prepare the accounts on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Board of Trustees is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the accounts comply with the Companies Act 2006. The Board of Trustees is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Members of the Board of Trustees**

Members of the Board of Trustees, who are directors for the purposes of company law and trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

**Independent Examiner**

TC Group has been reappointed as independent examiner for the ensuing year.

**Basis of Preparation of Accounts**

This report has been prepared in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities (Charities SORP (FRS 102)) and in accordance with the provisions applicable to companies subject to the small companies' regime.

The trustees' annual report (incorporating the directors' report) was approved on **12 December 2023** and signed on behalf of the NAPAC Board of Trustees by:



**Ms P Gale**  
**Chair of the NAPAC Board of Trustees**

**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

**INDEPENDENT EXAMINER'S REPORT**

**TO THE TRUSTEES OF THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

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I report on the accounts for the year ended 31 March 2023 set out on pages 18 to 30.

**Respective responsibilities of Trustees and examiner**

As the Charity's Trustees of the Company (and also its directors for the purposes of Company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your Charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- (1) accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*TC Group*

**Mark Cummins FCCA FCIE**

For and on behalf of:

**TC Group**

The Courtyard

Shoreham Road

Upper Beeding

Steyping

West Sussex

BN44 3TN

Date: *14 December 2023*

THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2023

	Note	Unrestricted funds £	Designated funds £	Restricted funds £	2023 Total £	2022 Total £
<b>INCOME FROM:</b>						
Donations and grants	4	497,070	-	472,171	969,241	909,392
Charitable activities	5	8,984	-	-	8,984	85,130
Investments	6	90	-	-	90	21
<b>Total income</b>		<b>506,144</b>	<b>-</b>	<b>472,171</b>	<b>978,315</b>	<b>994,543</b>
<b>EXPENDITURE ON:</b>						
<i>Raising funds:</i>	7					
Fundraising		45,724	-	-	45,724	43,074
<i>Charitable activities:</i>						
Training courses		3,605	-	-	3,605	1,924
Operation of NAPAC		149,559	13,227	472,171	634,957	650,168
<b>Total expenditure</b>		<b>198,888</b>	<b>13,227</b>	<b>472,171</b>	<b>684,286</b>	<b>695,166</b>
<b>Net income for the year</b>		<b>307,256</b>	<b>(13,227)</b>	<b>-</b>	<b>294,029</b>	<b>299,377</b>
<b>Transfer between funds</b>	13	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>		<b>307,256</b>	<b>(13,227)</b>	<b>-</b>	<b>294,029</b>	<b>299,377</b>
<b>RECONCILIATION OF FUNDS</b>						
<b>Total funds brought forward</b>	14	<b>235,290</b>	<b>362,000</b>	<b>2,193</b>	<b>599,483</b>	<b>300,106</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>	14	<b>542,546</b>	<b>348,773</b>	<b>2,193</b>	<b>893,512</b>	<b>599,483</b>

The results of the year derive from continuing activities and there are no gains or losses other than those shown above.

The notes on pages 21 to 30 form part of these accounts.

**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

**BALANCE SHEET**

**AS AT 31 MARCH 2023**

	Note	2023 £	2022 £
<b>CURRENT ASSETS</b>			
Debtors	10	492,466	466,969
Cash at bank and in hand	11	<u>430,510</u>	<u>165,649</u>
Total current assets		922,976	632,618
<b>LIABILITIES</b>			
Creditors falling due within one year	12	<u>(29,464)</u>	<u>(33,135)</u>
<b>NET CURRENT ASSETS AND NET ASSETS</b>			
		<u>893,512</u>	<u>599,483</u>
<b>FUNDS</b>			
Unrestricted funds	14	542,546	235,290
Designated funds	14	348,773	362,000
Restricted funds	14	<u>2,193</u>	<u>2,193</u>
<b>TOTAL FUNDS</b>		<u>893,512</u>	<u>599,483</u>

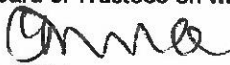
The charitable Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the charitable Company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for:

- ensuring that the charitable Company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable Company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable Company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Statement of Recommended Practice applicable to charities in accordance with FRS 102. The financial statements were approved by the Board of Trustees on ~~12.12.2022~~ 12.12.2023 and were signed on its behalf by:

  
**Ms P Gale**  
 Trustee

The notes on pages 21 to 30 form part of these accounts.

Company number: 07311390.

**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

**STATEMENT OF CASH FLOWS**

**FOR THE YEAR ENDED 31 MARCH 2023**

		<b>2023</b>		<b>2022</b>	
	<b>Notes</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cash flows from operating activities:</b>					
Net income for the year		<b>294,029</b>		<b>299,377</b>	
Increase in debtors	<b>10</b>	<b>(25,497)</b>		<b>(219,045)</b>	
Decrease in creditors	<b>12</b>	<b>(3,671)</b>		<b>(33,519)</b>	
Investment income		<b>(90)</b>		<b>(21)</b>	
<b>Net cash provided by/(used in) operating activities</b>			<b>264,771</b>		<b>46,792</b>
<b>Cashflows from investing activities</b>					
Interest income		<b>90</b>		<b>21</b>	
<b>Cash provided by/(used in) investing activities</b>			<b>90</b>		<b>21</b>
<b>Increase/(decrease) in cash</b>			<b>264,861</b>		<b>46,813</b>
<b>Cash and cash equivalents at the beginning of the year</b>			<b>165,649</b>		<b>118,836</b>
<b>Cash and cash equivalents at the end of the year</b>	<b>11</b>		<b>430,510</b>		<b>165,649</b>
		<b>1 April 2022</b>	<b>Cashflow</b>	<b>31 March 2023</b>	
		<b>£</b>	<b>£</b>	<b>£</b>	
<b>Cash at bank and in hand</b>		<b>165,649</b>	<b>264,861</b>	<b>430,510</b>	

# THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

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### 1. STATUTORY INFORMATION

The National Association for People Abused in Childhood is a Company Limited by Guarantee, incorporated in the England and Wales and has no share capital. The Charity is under the control of the Trustees. Its registered office is 7-14 Great Dover Street, Borough, London, England, SE1 4YR.

### 2. ACCOUNTING POLICIES

#### 2.1 Accounting convention

The financial statements have been prepared in accordance with 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) (effective 1 January 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Companies Act 2006 and the Charities Act 2011.

The National Association for People Abused in Childhood meets the definition of a public benefit entity under FRS 102. In view of the Charity's positive cash and reserves positions, the Charity has no material uncertainties in relation to its ability to continue operating including an impact of Covid-19 and as such the accounts have been prepared on a going concern basis. This conclusion takes into account any known financial effect of Covid-19. Assets and liabilities are initially recognised at their historical cost or transaction value unless otherwise stated in the relevant accounting policy notes. The Charity's presentation currency is the Pound Sterling.

The National Association for People Abused in Childhood is not part of a group. These financial statements therefore reflect the activity of the Charity as an individual entity.

#### 2.2 Judgements and key sources of estimation uncertainty

In the application of the company's accounting policies, the Trustees are 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 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.

The Trustees do not consider that there are any critical judgments made in applying the Charity's accounting policies or that there are any critical accounting estimates or assumptions which may have a significant risk of causing a material adjustment to carrying amounts of assets and liabilities within the next financial year.

#### 2.3 Income

All incoming resources are included in the Statement of Financial Activities when entitlement has passed to the Charity, it is probable that the economic benefits associated with the transaction will flow to the Charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Donations and grant income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably.

**2. ACCOUNTING POLICIES – Continued**

**2.3 Income - continued**

- Legacy income is recognised when receipt is probable, entitlement is established, and the amount can be measured.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably. In which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- Interest on funds held on deposit is included when receivable and the amount can be measured reliably. This is typically upon notification of the interest being paid by the bank.

The Charity's activities are exempt from VAT the application of VAT and other sales taxes is not required.

**2.4 Expenditure**

Where incoming resources have related expenditure or a legal or constructive obligation arises, the incoming resources and related expenditure are reported gross in the Statement of Financial Activities.

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the Statement of Financial Activities to which it relates.

Expenditure on charitable activities includes all costs incurred by the Charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs relating to the governance of the Charity apportioned to charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Employee termination costs are recognised in the period in which formal agreement of such payments are reached by the Trustees.

**2.5 Support and governance costs**

Support costs are those functions that assist the work of the Charity but do not directly undertake charitable activities. The bases on which support costs have been allocated are set out in note 8.

Governance costs include the costs of preparation and examination of statutory accounts, the costs of the Annual General Meeting and trustees' meetings and costs of any legal advice to trustees on governance or constitutional matters.

**2.6 Financial instruments**

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument. Basic financial instruments are recognised at amortised cost.

**2.7 Debtors**

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

**2. ACCOUNTING POLICIES – Continued**

**2.8 Cash at bank and in hand**

**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 MARCH 2023**

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Cash at bank and in hand includes cash and short term highly liquid investments with a maturity of three months or less from the date of opening the deposit or similar account.

**2.9 Creditors**

Creditors are recognised when there is a present obligation arising from a past event, the settlement of which will likely result in resources embodying economic benefits being transferred from the Charity. Accruals are recognised at their settlement amount once a reliable measurement can be obtained.

**2.10 Fund accounting**

General unrestricted funds are available for use in accordance with the charitable objectives at the discretion of the Trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or through the terms of an appeal, and fall into two sub-classes: restricted income funds or endowment funds. Further explanation of the nature and purpose of each restricted fund is included in the notes to the financial statements.

**2.11 Pensions**

The Charity operates a defined contribution pension scheme. Contributions payable to the Charity's pension scheme are charged to the Statement of Financial Activity in the period to which they relate as unrestricted expenditure. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund. At the balance sheet date £3,361 was due to the pension scheme (2022: £3,172).

**2.12 Leasing Commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activity on a straight-line basis over the period of the lease.

**3. TAXATION**

The Company is registered as a Charity and all of its income falls within the exemptions under Part 11 of the Corporation Tax Act 2010.



THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

4. INCOME FROM LEGACIES, DONATIONS AND GRANTS

	Unrestricted funds	Restricted funds	2023 Total £	Unrestricted funds	Restricted Funds	2022 Total £
<b>Legacies</b>	<b>421,657</b>	<b>-</b>	<b>421,657</b>	<b>363,677</b>	<b>-</b>	<b>363,677</b>
<b>Donations</b>						
Trusts	3,106	-	3,106	17,250	-	17,250
Partnerships	13,000	-	13,000	4,000	-	4,000
Consultancy	1,456	-	1,456	2,525	-	2,525
Adhoc	23,211	-	23,211	24,593	-	24,593
Charity Checkout	13,256	-	13,256	16,634	-	16,634
Justgiving	9,855	-	9,855	10,061	-	10,061
Paypal	1,461	-	1,461	2,956	-	2,956
Clothworkers	-	-	-	18,981	-	18,981
Manchester City funds	-	-	-	-	-	-
Ministry of Justice	-	81,151	81,151	20,288	60,863	81,151
Corporates	-	-	-	10,000	-	10,000
Other	10,068	-	10,068	7,540	-	7,540
<b>Grants</b>						
Home Office	-	391,020	391,020	-	350,024	350,024
	<b>497,070</b>	<b>472,171</b>	<b>969,241</b>	<b>498,505</b>	<b>410,887</b>	<b>909,392</b>

5. CHARITABLE ACTIVITIES

	2023 £	2022 £
Training courses	<u>8,984</u>	<u>85,130</u>

6. INVESTMENT INCOME

	2023 £	2022 £
Bank interest receivable	<u>90</u>	<u>21</u>

THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7. EXPENDITURE ON RAISING FUNDS AND CHARITABLE ACTIVITIES

	Wages Costs £	Other costs £	2023 Total £	2022 Total £
<b>Cost of raising funds:</b>				
Fundraising	<u>44,378</u>	<u>1,346</u>	<u>45,724</u>	<u>43,074</u>
<b>Total cost of raising funds</b>	<b>44,378</b>	<b>1,346</b>	<b>45,724</b>	<b>43,074</b>
<b>Charitable activity expenditure</b>				
Training courses	-	3,605	3,605	1,924
Operation of NAPAC	<u>443,095</u>	<u>191,862</u>	<u>634,957</u>	<u>650,168</u>
<b>Total charitable expenditure</b>	<b>443,095</b>	<b>195,467</b>	<b>638,562</b>	<b>652,092</b>
<b>Total expenditure</b>	<b><u>487,473</u></b>	<b><u>196,813</u></b>	<b><u>684,286</u></b>	<b><u>695,166</u></b>

	2023 £	2022 £
Included in the above is the following governance costs:		
<b>Governance costs:</b>		
Current independent examiner remuneration for examination	3,600	3,600
Current independent examiner remuneration for other services	19,830	15,895
Trustees' expenses including strategic away day costs	<u>12,487</u>	<u>489</u>
<b>Total governance costs</b>	<b><u>35,917</u></b>	<b><u>19,984</u></b>

**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 MARCH 2023**

**8. STAFF COSTS**

	2023 £	2022 £
Wages and salaries	403,564	413,338
Employers national insurance	33,518	31,914
Pension costs	19,215	19,766
	<u>456,297</u>	<u>465,018</u>
Other staff costs	31,176	14,498
	<u>487,473</u>	<u>479,516</u>

There are no employees with emoluments above £60,000 (2022: none).

The average headcount of employees during the year was 15 (2022: 18). The average number of full-time equivalent employees during the year is analysed as follows:

**Employee headcount**

	2023 Number	2022 Number
Management	3	3
Administration	12	15
	<u>15</u>	<u>18</u>

**9. TRUSTEE EXPENSES AND KEY MANAGEMENT PERSONNEL**

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

During the year to 31 March 2023 £674 was reimbursed to five trustees in respect of travel expenses (2022: £273 was reimbursed to two trustees). During the year there was a trustee away day which the charity covered expensed for totalling £11,735.

The total amount of employee benefits received by the executive team for their services to the charity was £119,874 (2022: £106,424). The executive team comprises the Chief Executive and the Chief Operating Officer.

**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 MARCH 2023**

**10. DEBTORS**

	<b>Total 2023 £</b>	<b>Total 2022 £</b>
Trade debtors	<b>12,700</b>	<b>14,450</b>
Prepayments and accrued income	<b>478,600</b>	<b>451,353</b>
Other debtors	<b>1,166</b>	<b>1,166</b>
	<b><u>492,466</u></b>	<b><u>466,969</u></b>

**11. CASH AT BANK AND IN HAND**

	<b>Total 2023 £</b>	<b>Total 2022 £</b>
Cash at bank	<b>429,979</b>	<b>165,116</b>
Cash in hand	<b>531</b>	<b>533</b>
	<b><u>430,510</u></b>	<b><u>165,649</u></b>

**12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>Total 2023 £</b>	<b>Total 2022 £</b>
Trade creditors	<b>5,166</b>	<b>14,560</b>
Accruals and deferred income	<b>11,510</b>	<b>7,120</b>
Social security and other taxes	<b>9,428</b>	<b>8,283</b>
Other creditors	<b>3,360</b>	<b>3,172</b>
	<b><u>29,464</u></b>	<b><u>33,135</u></b>

THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

13. ANALYSIS OF FUNDS

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
<b>General funds</b>	<u>235,290</u>	<u>506,144</u>	<u>(198,888)</u>	<u>-</u>	<u>542,546</u>
<b>Designated funds</b>					
Strategic Development	<u>362,000</u>	<u>-</u>	<u>(13,227)</u>	<u>-</u>	<u>348,773</u>
	<u>362,000</u>	<u>-</u>	<u>(13,227)</u>	<u>-</u>	<u>348,773</u>
<b>Restricted funds:</b>					
Home Office	-	391,020	(391,020)	-	-
Ministry of Justice	-	81,151	(81,151)	-	-
Philip King Trust	<u>2,193</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>2,193</u>
	<u>2,193</u>	<u>472,171</u>	<u>(472,171)</u>	<u>-</u>	<u>2,193</u>

**DESIGNATED FUND:**

**Strategic development**

During the year the charity spent £13,227 from the designated fund in order to facilitate future strategic development.

**RESTRICTED FUNDS:**

**Home Office**

The charity was successful in receiving a grant from the Home Office, under the latter's 'Support for Victims and Survivors of Child Sexual Abuse' (SVSCSA) fund. This SVSCSA Fund was part of a wider allocation of £2,400,000 made available over a two-year period by the Home Office for voluntary sector organisations supporting victims and survivors of child sexual abuse, in recognition of the increasing demand such organisations are experiencing.

**Ministry of Justice**

During the year the charity received a grant of £81,151 to increase capacity for the national support helpline in response to the rising demand for support for victims of rape and sexual abuse.

**Philip King Trust**

The charity was awarded £19,742 from The Philip King Trust in November 2019.

THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

31 March 2023	Unrestricted Funds £	Designated Funds	Restricted Funds £	Total 2022 £
Current assets	572,010	348,773	2,193	922,976
Creditors: due within one year	(29,464)	-	-	(29,464)
	<u>542,546</u>	<u>348,773</u>	<u>2,193</u>	<u>893,512</u>
31 March 2022	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2022 £
Current assets	268,425	362,000	2,193	632,618
Creditors: due within one year	(33,135)	-	-	(33,135)
	<u>235,290</u>	<u>362,000</u>	<u>2,193</u>	<u>599,483</u>

15. LEASE COMMITMENTS

At 31 March 2023 the Charity the charity had no commitments under non-cancellable operating leases outstanding (2022: £nil).

Included within expenditure on charitable activities are charges relating to the Charity's rental leases of £47,949 (2022: £57,839).

THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16. COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES  
(Including Income and Expenditure Account)  
YEAR ENDED 31 MARCH 2022

	Unrestricted funds £	Designated funds £	Restricted funds £	2022 Total £
<b>INCOME FROM:</b>				
Donations and grants	498,505	-	410,887	909,392
Charitable activities	85,130	-	-	85,130
Investments	21	-	-	21
<b>Total income</b>	<b>583,656</b>	<b>-</b>	<b>410,887</b>	<b>994,543</b>
<b>EXPENDITURE ON:</b>				
<i>Raising funds:</i>				
Fundraising	43,074	-	-	43,074
<i>Charitable activities:</i>				
Training courses	1,924	-	-	1,924
Operation of NAPAC	237,729	-	412,439	650,168
<b>Total expenditure</b>	<b>282,727</b>	<b>-</b>	<b>412,439</b>	<b>695,166</b>
<b>Net income for the year</b>	<b>300,929</b>	<b>-</b>	<b>(1,552)</b>	<b>299,377</b>
<b>Transfer between funds</b>	<b>(362,000)</b>	<b>362,000</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>	<b>(61,071)</b>	<b>362,000</b>	<b>(1,552)</b>	<b>299,377</b>
<b>RECONCILIATION OF FUNDS</b>				
<b>Total funds brought forward</b>	<b>296,361</b>	<b>-</b>	<b>3,745</b>	<b>300,106</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>235,290</b>	<b>362,000</b>	<b>2,193</b>	<b>599,483</b>