



isas

Incest & Sexual Abuse Survivors

ANNUAL REPORT 2016 | 17



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CHAIRMAN & DIRECTORS LETTER

Dear all

As this letter is being written, on one day we have supported over 30 survivors of childhood abuse, our wonderful counsellors giving their time free of charge to ensure that survivors receive the support they need, where they need it and give them the very best chance of recovering from the worst kind of emotional scars we can imagine.

Just taking a snapshot of the kind of complex clients from one week, can give you an idea of the kind of trauma we are helping people face.

Last week we saw a client in their seventies, who had held onto their abuse for decades, waiting until her father had passed before seeking the courage needed to seek help, systematically abused from the age of five until well into her teens and disbelieved by the adults in her life.

She had spent years pretending to feel ok, attempting to have 'normal' relationships. All the while she had been suffering from panic attacks, feelings of low self-worth, taking anti-depressants and had attempted suicide on more than one occasion.

More and more complex cases come through the door, a male client, abused in a children's' home over many years, forced to watch others'

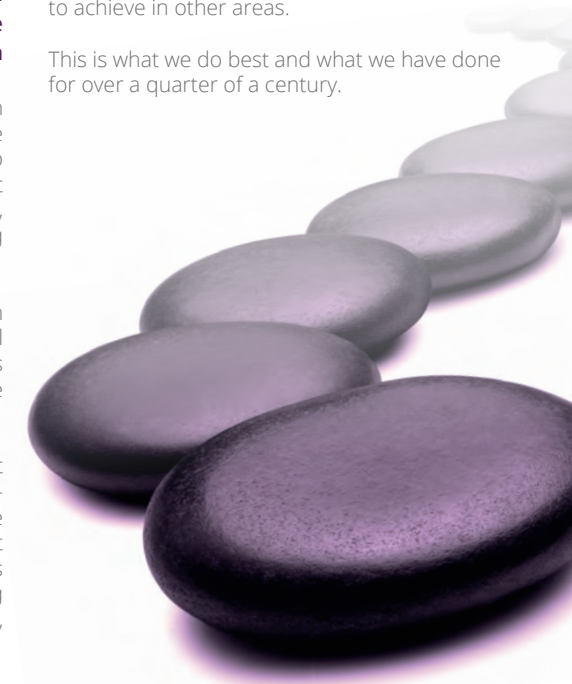
abuse and then gone on to develop issues with drugs and alcohol, with long spells in prison due to his addictions. After accessing male group therapy and 121 counselling, he is a different man, positive, able to express his feelings, having been given the safe and trusting environment he has never been shown.

We know that with our specialist service we can and will make this client and many others feel whole again, give them the coping strategies to face their everyday fears and look to a more positive future.

We see this evidence in our statistics, the most dramatic increase in client's sense of self-worth, trust and hope; these may sound like insignificant markers to measure our impact but these are feelings that effect the rest of our lives and impact the bigger decisions such as going back to work, getting out of a violent relationship, getting addictive behaviours under control.

Without any self-worth or trust in the world and those around you, it is impossible to take steps to achieve in other areas.

This is what we do best and what we have done for over a quarter of a century.



We have had a year of challenges and change, adapting to the loss of the city contract and concentrating on what we have historically done; deliver services across the County. We have continued to recruit and train volunteer counsellors, who really are the life blood of our organisation, we thank each and every one of them for the difference you make to so many lives.

We have supported 367 individuals this year and delivered 7,023 hours of counselling, alongside 680 hours of group work. Quite an achievement for such a small charity, which manages to truly deliver services to clients across Nottinghamshire, offering a menu of services that meet clients' individual needs, in a holistic and ethical way. This would not be possible without the fantastic staff team and over 40 volunteers that together have donated nearly 10,000 hours of work this year, for this we thank you.

We have said goodbye to several staff members this year and especially thank Roy McPartland and Kelly Spink who have contributed to ISAS, initially as volunteers and then as staff. We have welcomed Stephanie de Carpentier as Office Administrator and Drama Therapist, she is doing a fantastic job in both fields.

We cannot forget the Board, who again as volunteers give their time, patience and strategic thinking to ensure ISAS is run efficiently.

We look forward to more success and the usual challenges next year, the contract for the county will go out to tender in the autumn.

We will be re-launching and redefining our services to ensure we continue to be the service of choice for our many survivors that have relied on and prospered through ISAS for the past 25 years.

Jo Butler | DIRECTOR
Paul Evans | CHAIR



It seemed a little strange this year with ISAS still having its head office in Nottingham, but no longer working with city based clients. It has however allowed us to concentrate on what has always been ISAS's primary aim, to offer counselling to clients who have been sexually abused and are living in the county of Nottinghamshire.

From this perspective it has been another successful year and my sincere thanks goes out to all of the staff and counsellors who have collectively provided sterling work to ensure that all corners of the county are covered. I also need to thank our director Jo whose professionalism and endless energy has allowed ISAS to not only receive the funding it needs, but also to keep up to date through attending a string of meetings essential to keeping ISAS on the map. Lastly I need to thank our enthusiastic administrator Steph de Carpentier, who keeps the 'ship' running smoothly.

The impact of sexual abuse has in recent years received much more publicity than was the case ten years ago, thereby increasing the need for an effective, caring counselling service.

Looking back at last year, our grateful thanks must go to the Nottinghamshire Police and Crime Commission who in total provided ISAS with almost £94,000 of funding for the year; which formed the backbone of our income and allowed staff to work on with added security.

Additional funding was also generously provided by:

Nottinghamshire County Council (Grant Aid), The Thomas Farr Charity, Austin Hope Pilkington Trust, Community Police and Crime Commission, Nottinghamshire Freemasons, Bassetlaw CCG, The Lady Hind Trust and Boots Charitable Trust.

My sincere thanks goes to each of these trusts for their kind contributions.

Finally ISAS itself raised £112 of sundry income and grateful clients also contributed £874 in donations.

As always it is pleasing to see that clients are so appreciative of the professional, sympathetic, caring help which they receive, that they wish to show it by contributing.

Salaries continue to be our main expenditure, but ISAS is still going through a restructuring programme that has seen a reduction in this area (and this will continue into 2017/18).

There has been saving in other areas, most notably volunteer's expenses and (to a lesser extent) supervision due to impact of the new contracts.

All other areas of expenditure (along with income) are regularly under scrutiny at the Finance Committee Meetings which were specifically set up to get the best value possible out of what is a shrinking pot of money.

Our total income for the year was £156,785 and our total expenditure was £156,337.

The appointment of Will Dolton to work two days per month to help prepare, check and collate the invoices plus also to assess ISAS's monthly cash flow has lessened the burden on me and for this I am truly grateful.

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.

Richard Peacock | TREASURER



"ISAS makes me feel at home, when everything else is falling apart and people are judging me, I can find my safe place here." *Anon* Female Survivor

Throughout the year of 2016/17 we are proud to say that ISAS has continued to offer a high professional standard of therapeutic support to survivors of sexual abuse throughout the area of Nottinghamshire. This support has also been extended to family members, survivors of immediate trauma and rape, alongside young survivors: of which we have modified our assessments this year, to ensure our clients are assessed accordingly and to better reflect our service.

There has been a struggle with the financial climate for charitable organisations this year, seeing cuts to Mental Health Funding, which has proved to be a challenge. Yet, in the face of adversity our staff and counsellors have ensured that the therapeutic process remains at the heart of everything we do; certifying that we continue to provide the service that we recognise our clients' need.

This year the organisation has experienced an ever increasing demand for our counselling services; with a noticeable increase of referrals regarding initial contact

from GP's, support workers, crisis teams and well-being centres. Alongside this, there has been an increase in media coverage reporting on national awareness of historical sexual abuse, which has led to individuals finding the strength to seek help.

From the increasing demand for our service, a considerable amount of work has been needed in order to minimise the waiting times for clients in all four areas. This has been executed superbly by our Clinical Co-ordinators by way of: keeping effective contact with our clients, offering clients alternative areas with shorter waiting times and offering group work. From our meticulous check-ins' with clients who are waiting for one to one counselling; we have found that our outstanding reputation has provided ease in willingness to wait. This is clearly demonstrated by one of our clients who stated that ISAS are **"The best at working with survivors of sexual abuse."**

As an organisation we have seen some changes; welcoming new fantastic people to the team, saying goodbye to others, recruiting new

volunteers, as well as increasing our amount of creative workshops and therapeutic groups. A great example of this comes from the thriving female therapeutic group in Newark, which has seen its numbers rise from three to twelve, with an expanding waiting list.



Client services improve continuously and our wonderful volunteer counsellors feel at home and looked after with plenty of support; not just during our monthly Peer Supervision groups and our trainings, but every day the team works tirelessly to ensure we are always available to clients and counsellors alike.

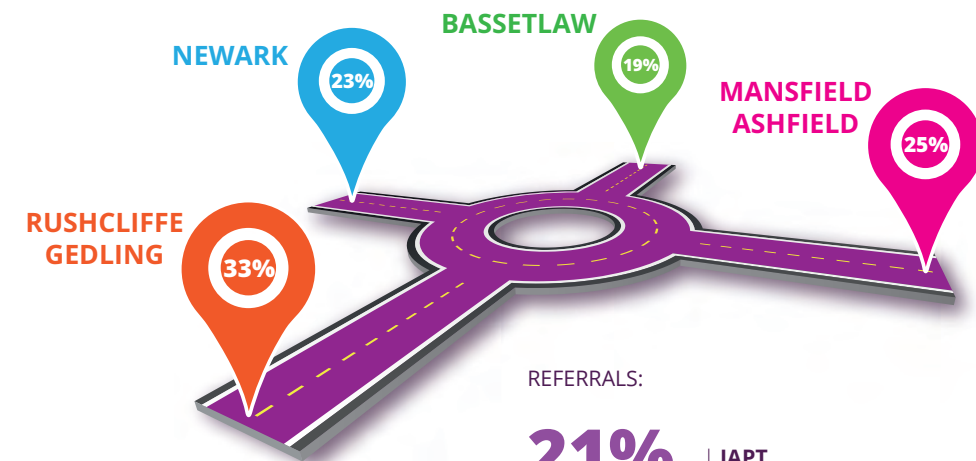
While statistics can capture a certain amount of information regarding the difference that counselling has made to psychological well-being and general health, the impact of the benefits of counselling cannot be totally measured. Our counsellors see between 2-5 clients per week and can sometimes come away from sessions wondering if they have made a difference.

However, in a recent conversation regarding an encounter that a counsellor had with a very old client, the counsellor said, **"The person I met was not the person I'd expected to meet, the ex-client was confident, energetic and spoke enthusiastically about their current work."** The client reflected on the counselling sessions that they had had with our counsellor and described them as **"Priceless."** The counselling space had allowed them to speak openly about past sexual abuse and its impact on their life. An accepting person who did not judge and offered warmth and the space to be allowed the client to grow. This is what our counsellors do.

Our clients come to us disempowered and de-personalised, from the very first contact, often by phone and then at assessment, clients are met with warmth, care empathy and acceptance. Clients feel empowered and supported with ISAS. A particular client saying **"My life will never be the same again, you have saved my life and I will always be indebted to you;"** and another describing ISAS as **"lifesaving!"**

Written by: *Stephanie de Carpentier*
Esther Hastings & Deanne Gardner

LOCATIONS:



REFERRALS:



ISAS 4 KEY VALUES

- LINK STRONGLY TO THE ETHICAL PRINCIPLES OF THE BACP:

1

| ACCESSIBLE

Tailored services to meet the needs of the people that need us. We are flexible in our delivery and in the choice of services that we offer.

2

| TRUSTED

We aim to be transparent as an organization building trust internally, with our Stakeholders and with our Service Users.



Esther Hastings
CLINICAL CO-ORDINATOR
Newark

Deanne Gardner
CLINICAL CO-ORDINATOR
Mansfield | Nottingham

Amanda Jones
CLINICAL CO-ORDINATOR
Nottingham

Daniel McKay
ACTIVITIES CO-ORDINATOR

Stephanie De Carpentier
OFFICE MANAGER | DRAMA THERAPIST

Joanne Butler
DIRECTOR

3

| CARING

A compassionate and caring team dedicated to achieving our vision and supporting those

"That need us with warmth and respect."

4

| EFFICIENT

We believe in clear and demonstrable outcomes that demonstrate the real change we are making.

We will continuously strive to be a robust and sustainable organization always able to meet the needs of our clients.

"This is what we do best and what we have done for over a quarter of a century."

OUR IMPACT



PRESENTING ISSUES

OUTCOMES

44% | WITH DRUG ADDICTIONS

55% | DOMESTIC ABUSE

73% | SUICIDE OR SELF HARM

53% | MENTAL HEALTH ISSUES

67% | INCREASE IN MANAGING ADDICTIVE BEHAVIOURS

75% | IN INCREASING MANAGING RELATIONSHIPS

90% | INCREASE IN POSITIVE IDENTITY & SELF ESTEEM

97% | INCREASE IN TRUST & HOPE

CLIENT STORY

LETTER FROM AN ANONYMOUS FEMALE SURVIVOR

"Thanks to all at ISAS"...

For helping me to see that what happened to me over 50 years ago was not my fault. It was not me that would have brought shame and distress to my family and I did not let anyone down."

This has been with me all my life and the realisation of what happened has taken 52 years and two mental breakdowns to come back to the forefront.

ISAS listened to me and gave me a positive outlook and ways of dealing with these memories.

I am a good, caring person who normally cares and protects others before myself. Now I love myself a bit more and know I need to ensure that I am okay first emotionally, before being the knight in shining armour. I would not have got to this point without the help of ISAS.

Many thanks to all

TESTIMONIAL | CLIENT STORY

"How ISAS helped me"...

ISAS has made such a difference in a very positive way to my life. Today, I am finally feeling good and happy again. I feel that I've now learnt how to live with what has happened to me and I have been given the tools to continue on my own so that as and when anything pops up in future, I feel that I can now deal with it.

I couldn't have done any of this without the help, guidance, activities and counselling that ISAS has provided to me. I have attended 3 group therapies as well as having 1-2-1 counselling. I attended the Women's Group, Drum Workshop and Art Workshop. With each group that I went to it helped me in different ways to begin the journey of processing what had happened to

me and to be able to find some good outlets for my emotions. There's nothing quite like having a good free style play on a Djembe or painting how you feel, or writing a tree of your life to be able to see where you are now and what has affected you so that you can understand more. Being listened to and feeling safe is so important and I have found this at ISAS.

I have got something positive out of all the therapies. Looking back, I feel that they complimented each other as well. It was important to me to have the opportunity to try different group therapies to find what worked for me. I really feel that I also took some of each group therapy forward into my 1-2-1 counselling and although it has been a difficult, my 1-2-1 journey has really benefitted from this.



Thank you ISAS

GROUP SESSIONS

The ISAS therapeutic groups have provided our clients with a safe, non-judgemental space where self-exploration is abundant.

Clients can absorb a social atmosphere whereby boundaries are paramount.

We utilise various activities in which clients have the opportunity to focus individually on their issues, with then the option to reflect and explore these as a group. This provides our clients a supportive environment and comforts the notion that they are not alone.

In addition, the groups provide clients the opportunity to appreciate different perspectives, which can in turn, provide movement in their healing.

As some of our clients, of an older generation, have been holding their trauma and its effects for many years and can feel a sense of hopelessness in their ability to heal. Thus, being in a group of fellow survivors can encourage this healing; particularly as our groups often combine clients who are either new to ISAS, or who have been through their one to one counselling already.

For the latter, these groups provide the additional support needed to be able to feel confident enough to transition away from ISAS and move on with the next part of their journeys.

These therapeutic groups are structured to focus on a different topic each week; with this structure being based on our clients' needs. Clients work on trust is pivotal, due to their issues created with trust, not only from their abuse but the potential responses from disclosing the abuse, and not being believed.

These groups aim to expand the clients boundaries of trust, whilst provides an opening for clients to express their powerful emotions, such as fear and anger; whilst being held in a safe container by two of our counsellors.



680

| GROUP SESSIONS



DRAMA THERAPY

"I was never any good at drama." "Drama reminds me of school." "I can't act."

I have found these responses familiar from people when stating what I do, whether it be a client or even a fellow therapist.

Drama Therapy is still not as well-known as some of the other Arts Therapies. Yet, I find it to be all encompassing and non-restrictive in approach; utilising art, movement, body-mind connections, story, objects, play, music, and many more. It is a psychological therapy that can incorporate any creative aspect.

This creativity has been proven to have many healing factors for survivors of childhood sexual abuse. It can provide key connections to the clients' inner child, as well as offering different perspectives.

Principally creativity offers one of the most vital aspects for this client group, safety: as it offers clients a way to explore their issues at a distance. For example, the use of metaphor is valuable in its use to establish a symbolic language in which clients can both vocalise and explore their feelings.

One of the biggest challenges I face is spreading the word to bring everyone into 'the know' about Drama Therapy.

Over the past year I have worked with clients both as one to one and group, utilising drama Therapy to facilitate their healing journeys.

All clients within the last year who have attended our Drama Therapy group have acknowledged improvements in their mental health, on average seeing a 70% increase in managing mental health and well-being.

Following 12 week groups, our measurements show remarkable improvement in their confidence, self-esteem, social relationships and ability to talk about the abuse. Drama Therapy continues to help facilitate survivors on their difficult journeys, enabling self-expression and, as one survivor stated 'empowering' our clients.



36

| DRAMA THERAPY SESSIONS





WALKING GROUPS

These take place mainly through the summer months in the Peak District.

They have been a great release for many here at ISAS as a way to connect back with nature and to enjoy a day doing a positive activity that is accessible to us all.

TESTIMONIALS:

"On time, safe, warm"

"Thank you very grateful"

"Thank you for the experience"

"A whole day doing something constructive. Thank you it made the biggest difference"



DRUMMING GROUPS

This is one of the oldest forms of healing used throughout the world in spiritual gatherings from Mongolia to Africa as a tool to promote physical, mental and spiritual health.

When playing our African drums here at ISAS clients experience much the same feelings but with a number of connections towards our modern society relating towards connectivity, grounding, creativity, which all ultimately improves overall wellbeing.

TESTIMONIALS:

"It was very good and helpful to be in a drumming therapeutic environment."

"Nice to see people in the group grow and develop, also nice relaxed feel to the group."

"Who knew drumming could bring so many emotions out of me??? Loved my time. Wish there were more sessions"



ART GROUPS

These groups focus predominantly on creativity and how we can all make large bodies of art work on either 'how we feel' or on past/present experiences regardless of whether they feel they are a creative person or not.

Fundamentally we work on how to become an artist and work through ideas that could sometimes be hard to explain so to give our clients an outlet to explore these emotions in a safe environment has been extremely beneficial.

TESTIMONIALS:

"The group has helped me see other ways to help myself it has identified to me how therapeutic it is. Also some tools to help me with self-care identifying how my body is reacting and acknowledging it."

"I really enjoyed the group and it was non-threatening and comfortable. I am really grateful for all the help I have been given by ISAS and the team. Thank you"



ACKNOWLEDGMENTS

- Allen Lane Foundation
- Bassetlaw Clinical Commissioning Group
- Greggs Foundation
- J N Derbyshire Trust
- Jones 1986 Charitable Trust
- Nottinghamshire County Council
- Nottinghamshire Police & Crime Commissioner
- The Foreman Hardy Charitable Trust
- Thomas Farr
- All of 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 2016 | 17 WERE:

Agnieszka Sikorska
Amanda Jones
Anita Harris
Bridget Chillingworth
Charlotte Whelan
Cherie Palmer
Chrisiti Carson

Clare Harrison
Dawn Hopkins
Ellis Frost
Funbi Sarra
John Nicol
Julie Knowles
Karen emery

Katherine Office
Kelly Spink
Kerry Chapman
Kris Godden
Kulbinder Thorpe
Lesley Lewell
Lisa Haydon

Louise McQuade
Michelle Teasel
Natasha Barnes
Patricia Fagan
Patricia Knowles
Paula Palmer
Richard Kettley

Ros Anderson
Roy McPartland
Rukhsana Munir
Steph de Carpentier
Tracey Street
Wendy Field
Yvonne Seabrook

isas-notts.org.uk



ISAS | QUEENS HEAD CHAMBERS | 42 KIRKGATE | NEWARK | NOTTINGHAMSHIRE | NG24 1AB

Charity No. 1076138

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

INCEST & SEXUAL ABUSE SURVIVORS

(Company number 03709632, Charity number 1076138)

Financial Statements For the Year Ended 31 March 2017

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 2017

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 Keith Bowers
Mr Paul Evans, Chair

Company Secretary

Mrs Brenda Peacock

Principal Office

St Nicholas Court
27 Castlegate
Nottingham
NG1 7AR

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 2017

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 SARC, the Probation Service, Social Services, Mental Health Teams, Primary Care Trusts/Teams Community Drug and Alcohol Teams and various voluntary sector groups

Policies

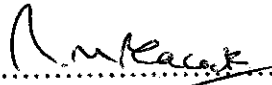
Reserves Policy

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..........Date23/6/17.....

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.

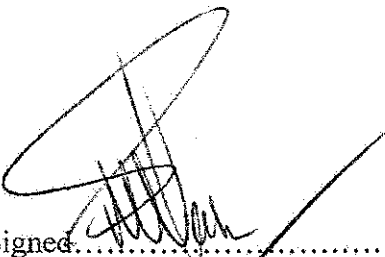
Basis of Independent Examiner's Report

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.....Date23/6/2017.....

Stephen Walker FEA.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 2017

Notes	Main			Totals
	Fund (Unrestricted)	PCC	CPCC	
	£	£	£	£
<u>Incoming Resources</u>				
Grants & Donations 2	48,703	91,898	16,000	156,601
Bank Interest (Gross)	12	-	-	12
Sundry Income	172	-	-	172
Total Incoming Resources	48,887	91,898	16,000	156,785
<u>Resources Expended</u>				
Wages, NI & Pension	33,412	48,937	5,002	87,351
Development	-	-	-	-
Travel & Subsistence	2,056	1,267	-	3,323
Training	379	1,000	-	1,379
Supervision	4,993	5,500	-	10,493
Recruitment	-	-	-	-
Volunteer Expenses	616	2,000	-	2,616
Volunteer Training	132	-	-	132
Accommodation	3,444	4,790	1,000	9,234
Office Costs	1,240	841	-	2,081
Uncategorised	-	-	-	-
Insurance	547	900	-	1,447
Telephone	3,215	2,059	-	5,274
Publications & Subscriptions	690	-	-	690
Professional Fees / Redundancy	-	-	-	-
Publicity	339	-	-	339
Counselling Room Rent	3,253	4,000	-	7,253
Hospitality	349	110	-	459
Independent Examination/Accounts	203	600	8	811
SE Session Costs	6,498	6,340	9,990	22,828
Depreciation 3	517	-	-	517
Equipment	110	-	-	110
Total Resources Expended	61,993	78,344	16,000	156,337
Net Incoming/(Outgoing) Resources	-13,106	13,554	-	448
Total Funds Brought Forward	83,545	-	-	83,545
Transfer of Funds	13,554	-13,554	-	-
Total Funds Carried Forward	83,993	-	-	83,993

Incest & Sexual Abuse Survivors
Balance Sheet at 31 March 2017

	Notes	2017	2016
		£	£
Fixed Assets			
Tangible Assets	3	1,553	2,070
Current Assets			
Debtors & Prepayments	4	-	-
Cash at Bank & In Hand		82,440	89,328
		<u>82,440</u>	<u>89,328</u>
Creditors: Amounts falling Due Within One Year	5	-	7,853
Net Current Assets		<u>82,440</u>	<u>81,475</u>
Net Assets		<u>83,993</u>	<u>83,545</u>
Funds			
Main Fund - Unrestricted		83,993	83,545
PCC		-	-
CPCC		-	-
		<u>83,993</u>	<u>83,545</u>

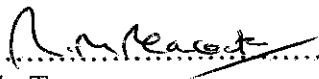
For the year ending 31 March 2017 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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.....23/6/2017.....
Richard Peacock, Treasurer

Incest & Sexual Abuse Survivors Notes to the Accounts
For the Year Ended 31 March 2017

1. Accounting Policies

Basis of accounting.

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

Depreciation.

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

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

2. Grants & Donations

	<u>Total</u>
	£
Grant Aid	13,397
Thomas Farr Charity	1,000
Austin Hope Pilkington Trust	1,000
Community Police & Crime Commission	16,000
The Jones 1986 Charitable Trust	5,000
Notts Police & Crime Commission	93,998
Notts Freemasons	1,000
Sundry Grants & Donations	878
Bassetlaw CCG	10,000
The Lady Hind Trust	5,000
Boots Charitable Trust	9,328
	<hr/>
	156,601

3. Fixed Assets

	<u>Equipment</u>
	£
Cost	
At 1 April 2016	12,726
Additions in year	-
Disposals in year	-
At 31 March 2017	<hr/> 12,726
Depreciation	
At 1 April 2016	10,656
Charge for the year	517
At 31 March 2017	<hr/> 11,173
Net Book Value	
At 31 March 2017	<hr/> 1,553
At 31 March 2016	<hr/> 2,070

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2017

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

6. Analysis of Net Assets
Between Funds

	<u>Main</u> <u>Fund</u> £	<u>PCC</u> £	<u>CPCC</u> £	<u>Totals</u> £
Tangible Fixed Assets	1,553	-	-	1,553
Current Assets	82,440	-	-	82,440
Current Liabilities	-	-	-	-
Net Assets at 31 March 2017	83,993	-	-	83,993

7. Staff Costs & Numbers

Staff costs were as follows: -

Wages, NI & Pensions	<u>87,351</u>
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No employee received emoluments of more than £50,000.

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

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 2017

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