



isas

Incest & Sexual Abuse Survivors

ANNUAL REPORT 2017 | 18



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1 in 20 children in the UK
have been sexually abused



DIRECTOR & CHAIRS' REPORT

Dear all,

When we opened the doors to our first clients, our mission was to support as many women who were survivors of childhood sexual abuse as we could – we quickly realised that men were also in great need of support and changed our mission. We remain committed to this mission today. ISAS remains the biggest organisation delivering services to male and female survivors in the County of Nottinghamshire. Every week, ISAS gives vital support to over 100 survivors, delivering one to one therapy, group therapy, drama therapy, art and drumming workshops.

We have delivered **7,095** one to one sessions this year, supporting **369** individuals.

Given the challenging financial climate ISAS has found itself in, the fact we have managed to maintain and develop services for individuals in itself is a great achievement.

When we consider how far we have come over the last 28 years, we feel incredibly proud.

That said, there are many things that have not changed almost 30 years on, I am still horrified by the scale of the abuse that is suffered by people and the effects this has on their long term health and well-being.

As always our statistics speak for themselves:

98% | said they had increased feelings of Trust and Hope.

92% | said they had increase in positive identity and self-esteem.

76% | reported a positive increase in managing their relationships.

Clients are not believed when they report their experiences. Still, clients go through the justice system without getting justice. Clients still do not find it easy to seek the support the need to truly heal.

DIRECTOR & CHAIRS' REPORT

Funding to sustain services continues to be constrained. Squeezed local authority budgets have resulted in further funding cuts to services and our staff have worked incredibly hard to do more with less. We have had to counter this loss of funding by increasing our fundraising targets, which carries its own set of challenges.

Across the country, specialist services like ours are struggling to survive and there is a continual uncertain funding environment putting ever increasing pressure on the staff and the Board. We have as ever retained and recruited our wonderful volunteers, who remain the life blood of our organisation. We now have over 50 volunteers delivering services across the County in Nottingham, Mansfield, Bassetlaw and Newark. The cases coming through have become more complex and we had to alter our recruitment policy to enable us to deal with these clients.

As we head into another uncertain year, I am positive we will continue to rise to these challenges, we have a truly professional and dedicated staff team who work tirelessly to ensure we can always give our best to our clients. They support volunteers all over the County and I can't thank them enough for the support and empathy they give to all our volunteers and clients alike.

We have an experienced and supportive Board, who are always there to ensure our governance and strategy is positive and forward thinking.



Jo Butler | DIRECTOR
Paul Evans | CHAIR

369 | INDIVIDUALS SUPPORTED

7095 | HOURS OF COUNSELLING

52 | VOLUNTEERS DONATED 10,098
HOURS OF SERVICE TO ISAS



This was the first full year that ISAS having moved out of the city were back working from a base in Newark, which is where our roots were established a long time ago. We have had a successful year counselling clients in the county, most notably Newark, Mansfield, Worksop and Ashfield, but through an agreement we were also able to see county clients in the city when it was more suitable and this proved to be a useful flexible arrangement.

As always my thanks (and admiration) go to all of the counsellors and staff who under Jo's leadership combine together to make ISAS the respected, professional, effective organisation that is in my view indispensable.

In all of the years I have been the treasurer, it has been a fight to get adequate funding, especially as the demand for our services has grown, and this year was no exception.

In an ideal world funding for such a voluntary organisation would be automatic, without adding to the immense strains that are invariably associated with this type of organisation. On the positive side though, we did get through the year, but in the end we had to dig into our reserves to help with the finances.

Looking back at last year as a whole, our grateful thanks must go to the Nottinghamshire Police and Crime Commission who in total provided ISAS with almost £94,000 of funding (and will do so again in 2018/19). Such a substantial

sum which forms the backbone of our funding allows the good work of ISAS to continue. Other regular contributors are Nottinghamshire County Council (Grant Aid) and Bassetlaw CCG, we thank them for their invaluable continued support.

Also this year additional funding was generously provided by The Jones 1986 Charity, Thomas Farr Trust, The Lady Hind Trust, J N Derbyshire Trust, The Allen Lane Foundation, Boots Charitable Trust, Mary Potter, Greggs and Ned Housing (Coop).

My sincere thanks goes to each of these trusts for their kind contributions that collectively amounted to just over £28,000.

Finally donations (including money raised by ISAS itself) added up to around £2,000; 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 (including self employed staff) continue to be our main expenditure, but this has at least been stable throughout the year. The new volunteer contract has helped to streamline our service and has also saved us some money.

All invoices are now scrutinised by Will Dolton before payment and overall expenditure and income are discussed in detail at the regular Finance Meetings. The need for being prudent in these difficult times is for ever being emphasised. My thanks goes to Will who acts as a second pair of 'financial eyes' and whose work helps to keep my job manageable.

Our total income for the year was £145,642 and our total expenditure was £158,597 so effectively ISAS made a loss of £12,955 in this difficult period. The full analysis of this year's finances can be found in the statement prepared by Marshall Walker & Co, North Muskham.

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



Richard Peacock | TREASURER

ISAS SERVICE REPORT

“You have changed my life! Your warmth and understanding have allowed me to be heard for the first time in 57 years. I have learnt how to love myself and enjoy my life again. Thank you from the bottom of my heart!” - Former Client

To be heard! What a wonderful feeling, to know that you have been heard. The above quote reflects the fantastic work our counsellors do and their commitment and understanding to respect the person as a human being with agency to choose how to respond to their situation and that no matter their circumstances they are doing their best. Our counsellors' abilities to offer unconditional positive regard is what allows change and growth in the lives so many of our clients.

As an organisation we offer our clients the space to be heard, with warmth and understanding without judgement, giving them the opportunity to explore themselves and heal from the pain of their abuse. This is what makes ISAS a truly amazing organisation.

“Just wanted to take a moment to say a heartfelt thank you. Your support, advice, and wisdom has transformed our lives. I will never forget how you have supported me. You truly are amazing.”



- Former Client

Whilst we use relevant tools employed by the counselling community, to evaluate the impact and changes that have taken place during the clients counselling sessions, the outcomes do not totally capture the true nature of change and growth that happens in many of the lives of our clients. The change is often immeasurable.

As clients heal from the painful impact of childhood sexual abuse and observe changes within themselves including their relationships with others, many comment that they feel overwhelmed that they have been able to experience what they had hoped to get from counselling. Whilst this is the experience of many, we remain conscious that there are those clients for which counselling is frightening and very painful and they find themselves unable to engage.

As an organisation we endeavour not to repeat the cycle of abuse by ensuring no pressure is placed on our clients who are struggling to continue with counselling. We are fortunate as an organisation to be able to offer our clients the option of returning to the waiting list, and this has remained the case over this past year.

As usual, there have been some changes to our team, saying goodbye to some of our volunteers, Kim Evans, Kerry Chapman, Richard Kettley, Natasha Barnes and Naomi Worrall, who are now off to broaden their experience in other fields of counselling; of which we wish them positive blessings. We are also most saddened to have said farewell to one of our most valued members of Staff, Esther Hastings, who after nine years has decided to begin her private practice. Esther's enthusiasm, precision, guidance and joyful nature will most certainly be missed. However, ISAS was lucky in that Esther continues to provide the much appreciated peer supervision in Newark; which still has our highest attendance levels.

Steph DC has now taken on the role of Clinical Co-ordinator for Newark and Worksop, alongside continuing her Office Manager role. The team has also welcomed 14 new volunteers, throughout all areas!

ISAS SERVICE REPORT

Along with being a passionate and committed team, there is a wealth of knowledge and experience. Many of our counsellors start as trainees, and it has been good to see that several have stayed with us after they have accumulated their required counselling hours; choosing to continue working with this client group.

"My therapist made me feel completely at ease due to her non-judgemental approach, warm personality and empathetic nature. I left the assessment feeling positive and understood. I also felt some sense of relief and I feel ready to begin my journey."



- Client of ISAS

A huge achievement over this year has been the reduction in all of our waiting lists; through offering different locations for clients to be seen quicker, taking on more volunteer counsellors and keeping effective contact with clients on the waiting lists.

The clinical team have maintained excellent communication to ensure our clients' needs are being met. Thus, clients are waiting a shorter time before beginning their individual therapy.

SURROUNDING CITY DISTRICTS

MANSFIELD & ASHFIELD

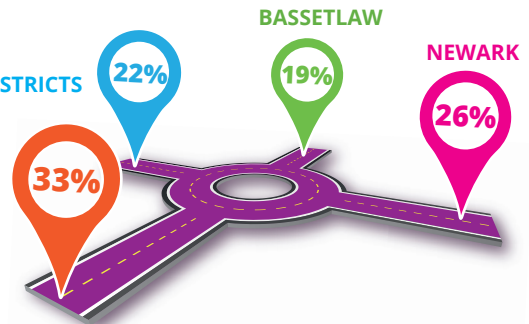
Group work continues to grow, with ISAS now delivering Dance Movement Psychotherapy to clients, which enhances ISAS's already broad range of therapeutic techniques.

This year Nottingham has been fortunate enough to have had the opportunity to have worked closely with other organisations within the community. With the help of the Ugly Bread Bakery we were able to provide a safe and comfortable environment to run a Women's Therapeutic Group, as their community project has provided us with free room space to run groups both this year and next.

This has allowed our clients a fantastic opportunity to form positive, healthy relationships and build trust within a warm and safe environment.

*Stephanie De Carpentier,
Deanne Gardner & Amanda Jones*

REFERRAL AREAS:



REFERRAL SOURCES:



CREATIVE THERAPIES



DRUMMING GROUPS

The creative groups this year have mainly concentrated on the Drumming Groups in all areas as they have been the most popular, also we have been working with different charities such as SHE UK in Mansfield and the Oasis Community Centre in Worksop.

These groups have been tremendous in bringing survivors together, also really helping our clients gather their courage to begin to engage back into the community.

"Excellent group, thoroughly enjoyable. Excellent benefits for self-care and very therapeutic. Thank you."

- SHE UK Facilitator

"It was a very positive experience, far exceeded my expectations. As well as learning about drumming it was great fun and bonding for everyone"

"It was therapeutic in that it gives me the space to feel my feelings which is why it's good to do in a therapeutically supported group."

ART GROUPS

This year the art groups have really been amazing taking place mainly in Nottingham and Mansfield our clients have produced some amazing work, experimenting with lots of different mediums such as oil, acrylic, inks, pasties and even using elements of sculpture.

Starting with basic art techniques clients then explore what their own idea of art is and very often get so immersed in it that they take up as a permanent hobby.

"I love this space. Wish it didn't end"

"It's been the safest space I've been/ felt in a long time."

This therapy has done more for me than any other therapy I've had and given me tools for daily life with trauma, and confidence in myself and an outlet for painting my feelings."





WALKING GROUPS

We hosted three walking groups over the year, each one allowing clients the opportunity to visit and take in areas of beauty, whilst being mindful of the reasons we are out walking together.

Clients report a huge increase in their sense of well-being and the walks enable clients to bond with one another through shared experiences.

"It helps me when I struggle to find the words, when I'm too angry, despairing or confused to know what I think. It gives me a voice."

1 in 3 children sexually abused by an adult did not tell anyone



CASE STUDY

Jane was a young lady in her early twenties. I saw her in total for 26 sessions of one to one therapy.

When I first met Jane, she was wearing her hood up and held a scarf up to her face, I never got to see Jane's face that session or the next 18 after that.

Jane's masks changed over the course of the sessions, first it was her scarf in front of her face, then a teddy bear, then a cushion and finally just her hands. Jane's defence mechanisms were very strong, causing a block.

Many times, over the space of these 26 weeks Jane became the focus in my supervision. I felt frustrated and stuck, just like she did, Jane would not talk unless it was to answer a question Jane went in to a Psychogenic non-epileptic seizure, caused by the extreme emotion she was feeling at that time. I held Jane in this space offering her Unconditional Positive Regard until she felt more in control of her emotions.

Things began to change after this, Jane bought her teddy bear in to session and covered her face with it. She told me this was her comforter and helped her feel safe.

Slowly with the help of the bear Jane began to talk about her abuse and the shame she felt.

She expressed that she thought it was her fault because she was too **"mentally weak to fight them off."** As we worked with the choices Jane had as a child at that time, Jane became more forgiving of herself.

After taking this to supervision, I decided to review our sessions to date, I asked Jane how she felt the sessions were going so far. She told me that,

"This was the first time somebody had ever really listened to her and had not asked her to remove things from her face."

By session 13 Jane had removed the cushion from her face and was now putting her hands to her face instead. She spoke of her family and how her relationship with them affects her confidence with people.

By session 19 I was able to see Jane's face in all its beauty, she had found her inner strength to remove all obstacles.

The next 7 sessions were remarkable, Jane laughed and cried, she even spoke about a future for herself.

Our last session was very emotional for both of us, Jane even hugged me and bought in a bunch of knitted flowers that she made herself. These take pride of place in my therapy room and remind me that when we respect our clients as human beings, they choose how to respond to their situation, no matter what their circumstances.



LETTER FROM AN ANONYMOUS MALE SURVIVOR

Finding the courage to come to ISAS for support and counselling after holding this secret for 27 years has been life changing!

The sexual abuse I suffered in childhood; stole my innocence and changed my life in the worst way imaginable.

My trust in people, especially other men, was shattered; and this has since affected my ability to make relationships and friendships.

I had suffered from nightmares since a young age, and I felt like I have been unable to sleep soundly since the abuse started.

I have lived with the shame since I was a young boy. Yet, after attending one to one counselling at ISAS and dramatherapy group,

"I now feel a confidence I never thought I could feel. I have been able to let go of the shame and process my past."

I have been able to develop a trusting relationship with my counsellor at ISAS, who welcomed me warmly each week, and

supported me through the difficult process of opening up about my past.

The dramatherapy group helped me grow further in confidence and trust; and I have found friends in fellow survivors.

"I am now no longer a victim, but a survivor with strength and self-awareness."

I don't know what I would have done if it wasn't for ISAS."

Over 90% of sexually abused children were abused by someone they knew



98%

| INCREASED FEELINGS OF TRUST & HOPE

92%

| INCREASE IN POSITIVE IDENTITY & SELF ESTEEM

76%

| POSITIVE INCREASE IN MANAGING THEIR RELATIONSHIPS

65%

| INCREASE IN MANAGING WORK

ACKNOWLEDGEMENTS

- Allen Lane Foundation
- Bassetlaw Clinical Commissioning Group
- Boots Charitable Trust
- J N Derbyshire Trust
- Jones 1986 Charitable Trust
- Nottinghamshire County Council
- Nottinghamshire Police & Crime Commissioner
- The Foreman Hardy Charitable Trust
- Thomas Farr
- Thorseby Charitable Trust
- 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 2017 | 18 WERE:

Aginieszka Miczejko
Aginiezka Sikorska
Aisling Coogan
Alex Hambidge
Amanda Jones
Andrew Chan
Anita Harris
Brenda Peacock
Bridget Chillingworth
Charlotte Whelan

Cherie Palmer
Chrisiti Carson
Clare Harrison
Dawn Hopkins
Elizabeth de Roy
Ellis Frost
Funbi Sarra
Ghazel Maz
Jaqueline Stennet-Taylor
Julie Knowles

Karen Myers
Katherine Office
Kate West
Keith Bowers
Kerry Chapman
Kim Evans
Kris Godden
Lesley Lewell
Louise McQuade
Maeve Fitzpatrick
Maria Ramalho Da Fonseca

Michelle Teasel
Natasha Barnes
Patricia Fagan
Patricia Knowles
Paul Evans
Paula Palmer
Rachel Sherry
Raj Begana
Richard Clint
Richard Kettley
Richard Peacock

Ros Anderson
Rosemary Wallwin
Sally Jones
Sara Badr
Sarah Avis
Steph de Carpentier
Sophie Thompson
Susan Wright
Tracey Street
Wendy Field
Yvonne Seabrook

isas-notts.org.uk



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Charity No. 1076138 | Company No. 03709632

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INCEST & SEXUAL ABUSE SURVIVORS

(Company number 03709632, Charity number 1076138)

Financial Statements For the Year Ended 31 March 2018

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 2018

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

Queens Head Chambers

42 Kirkgate

Newark, Notts

NG24 1AB

Bankers

TSB Bank Plc

Stodman Street

Newark

Independent Examiner

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

Exemptions

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

Aims and Organisation

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

Incest & Sexual Abuse Survivors Trustees Annual Report (continued)
For the Year Ended 31 March 2018

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..........Date 15 JULY 2018.....

Richard Peacock, Treasurer.

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

I report on the accounts of the charity.

Respective Responsibilities of Trustees and Examiner

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

It is my responsibility to:

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

Basis of Independent Examiner's Report

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

Independent Examiner's Statement

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

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

Signed.....Date

Stephen Walker FFA.FFTA.FPA

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

Incest & Sexual Abuse Survivors Statement of Financial Activities
(including Income & Expenditure Account)
For the Year Ended 31 March 2018

		Main		
	Notes	Fund (Unrestricted)	PCC	Totals
		£	£	£
<u>Incoming Resources</u>				
Grants & Donations	2	53,699	91,898	145,597
Bank Interest (Gross)		5	-	5
Sundry Income		40	-	40
Total Incoming Resources		53,744	91,898	145,642
<u>Resources Expended</u>				
Wages, NI & Pension		23,126	45,985	69,111
Travel & Subsistence		1,947	1,900	3,847
Training		1,501	2,450	3,951
Supervision		1,010	5,405	6,415
Volunteer Expenses		970	2,354	3,324
Volunteer Training		-	400	400
Accommodation		5,110	12,000	17,110
Office Costs		3,020	1,330	4,350
Thrivers Hub Costs		4,000	-	4,000
Insurance		-	1,153	1,153
Telephone		2,092	2,880	4,972
Publications & Subscriptions		235	-	235
Professional Fees / Redundancy		208	-	208
Publicity		1,200	-	1,200
Counselling Room Rent		2,503	3,152	5,655
Hospitality		467	120	587
Independent Examination/Accounts		150	664	814
SE Session Costs		18,535	11,505	30,040
Depreciation	3	388	-	388
Equipment		237	600	837
Total Resources Expended		66,699	91,898	158,597
Net Incoming/(Outgoing) Resources		-12,955	-	-12,955
Total Funds Brought Forward		83,993	-	83,993
Transfer of Funds		-	-	-
Total Funds Carried Forward		71,038	-	71,038

Incest & Sexual Abuse Survivors
Balance Sheet at 31 March 2018

	Notes	2018	2017
		£	£
Fixed Assets			
Tangible Assets	3	1,165	1,553
Current Assets			
Debtors & Prepayments	4	531	-
Cash at Bank & In Hand		76,254	82,440
		<u>76,785</u>	<u>82,440</u>
Creditors: Amounts falling Due Within One Year	5	<u>6,912</u>	<u>-</u>
Net Current Assets		<u>69,873</u>	<u>82,440</u>
Net Assets		<u>71,038</u>	<u>83,993</u>
Funds			
Main Fund - Unrestricted		71,038	83,993
PCC		<u>-</u>	<u>-</u>
		<u>71,038</u>	<u>83,993</u>


For the year ending 31 March 2018 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.....15 JULY 2018.....
Richard Peacock, Treasurer

Incest & Sexual Abuse Survivors Notes to the Accounts
For the Year Ended 31 March 2018

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	13,400
Thomas Farr Trust	2,000
Greggs	1,250
The Allen Lane Foundation	2,000
The Jones 1986 Charitable Trust	15,000
Notts Police & Crime Commission	91,898
JN Derbyshire Trust	1,500
Sundry Grants & Donations	2,295
Mary Potter	500
Ned Housing Co-Op	450
Bassetlaw CCG	10,000
The Lady Hind Trust	3,000
Boots Charitable Trust	2,304
	<hr/> 145,597 <hr/>

3. Fixed Assets

	<u>Equipment</u>
	£
Cost	
At 1 April 2017	12,726
Additions in year	-
Disposals in year	-
At 31 March 2018	<hr/> 12,726 <hr/>
Depreciation	
At 1 April 2017	11,173
Charge for the year	388
At 31 March 2018	<hr/> 11,561 <hr/>
Net Book Value	
At 31 March 2018	<hr/> 1,165 <hr/>
At 31 March 2017	<hr/> 1,553 <hr/>

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2018

	<u>Main Fund</u>	<u>PCC</u>	<u>Totals</u>
4. <u>Debtors & Prepayments</u>	531	-	531
5. <u>Creditors</u>	6,912	-	6,912

6. Analysis of Net Assets
Between Funds

	<u>Main Fund</u> £	<u>PCC</u> £	<u>Totals</u> £
Tangible Fixed Assets	1,165	-	1,165
Current Assets	76,785	-	76,785
Current Liabilities	6,912	-	6,912
Net Assets at 31 March 2018	71,038	-	71,038

7. Staff Costs & Numbers

Staff costs were as follows: -

Wages, NI & Pensions	69,111
----------------------	--------

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

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

8. Trustees' Remuneration

Trustees are not remunerated.

9. Related Party Transactions

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

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2018

10. Taxation

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

11. Glossary

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

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Newark, Notts

NG24 1AB

Bankers

TSB Bank Plc

Stodman Street

Newark

Independent Examiner

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

Exemptions

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

Aims and Organisation

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

Incest & Sexual Abuse Survivors Trustees Annual Report (continued)
For the Year Ended 31 March 2018

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..........Date 15 JULY 2018.....

Richard Peacock, Treasurer.

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

I report on the accounts of the charity.

Respective Responsibilities of Trustees and Examiner

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

It is my responsibility to:

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

Basis of Independent Examiner's Report

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

Independent Examiner's Statement

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

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

Signed.....Date

Stephen Walker FFA.FFTA.FPA

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

Incest & Sexual Abuse Survivors Statement of Financial Activities
(including Income & Expenditure Account)
For the Year Ended 31 March 2018

		Main		
	Notes	Fund (Unrestricted)	PCC	Totals
		£	£	£
<u>Incoming Resources</u>				
Grants & Donations	2	53,699	91,898	145,597
Bank Interest (Gross)		5	-	5
Sundry Income		40	-	40
Total Incoming Resources		53,744	91,898	145,642
<u>Resources Expended</u>				
Wages, NI & Pension		23,126	45,985	69,111
Travel & Subsistence		1,947	1,900	3,847
Training		1,501	2,450	3,951
Supervision		1,010	5,405	6,415
Volunteer Expenses		970	2,354	3,324
Volunteer Training		-	400	400
Accommodation		5,110	12,000	17,110
Office Costs		3,020	1,330	4,350
Thrivers Hub Costs		4,000	-	4,000
Insurance		-	1,153	1,153
Telephone		2,092	2,880	4,972
Publications & Subscriptions		235	-	235
Professional Fees / Redundancy		208	-	208
Publicity		1,200	-	1,200
Counselling Room Rent		2,503	3,152	5,655
Hospitality		467	120	587
Independent Examination/Accounts		150	664	814
SE Session Costs		18,535	11,505	30,040
Depreciation	3	388	-	388
Equipment		237	600	837
Total Resources Expended		66,699	91,898	158,597
Net Incoming/(Outgoing) Resources		-12,955	-	-12,955
Total Funds Brought Forward		83,993	-	83,993
Transfer of Funds		-	-	-
Total Funds Carried Forward		71,038	-	71,038

Incest & Sexual Abuse Survivors
Balance Sheet at 31 March 2018

	Notes	2018	2017
		£	£
Fixed Assets			
Tangible Assets	3	1,165	1,553
Current Assets			
Debtors & Prepayments	4	531	-
Cash at Bank & In Hand		76,254	82,440
		<u>76,785</u>	<u>82,440</u>
Creditors: Amounts falling Due Within One Year	5	<u>6,912</u>	<u>-</u>
Net Current Assets		<u>69,873</u>	<u>82,440</u>
Net Assets		<u>71,038</u>	<u>83,993</u>
Funds			
Main Fund - Unrestricted		71,038	83,993
PCC		<u>-</u>	<u>-</u>
		<u>71,038</u>	<u>83,993</u>


For the year ending 31 March 2018 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.....15 JULY 2018.....
Richard Peacock, Treasurer

Incest & Sexual Abuse Survivors Notes to the Accounts
For the Year Ended 31 March 2018

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	13,400
Thomas Farr Trust	2,000
Greggs	1,250
The Allen Lane Foundation	2,000
The Jones 1986 Charitable Trust	15,000
Notts Police & Crime Commission	91,898
JN Derbyshire Trust	1,500
Sundry Grants & Donations	2,295
Mary Potter	500
Ned Housing Co-Op	450
Bassetlaw CCG	10,000
The Lady Hind Trust	3,000
Boots Charitable Trust	2,304
	<hr/> 145,597 <hr/>

3. Fixed Assets

	<u>Equipment</u>
	£
Cost	
At 1 April 2017	12,726
Additions in year	-
Disposals in year	-
At 31 March 2018	<hr/> 12,726 <hr/>
Depreciation	
At 1 April 2017	11,173
Charge for the year	388
At 31 March 2018	<hr/> 11,561 <hr/>
Net Book Value	
At 31 March 2018	<hr/> 1,165 <hr/>
At 31 March 2017	<hr/> 1,553 <hr/>

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2018

	<u>Main Fund</u>	<u>PCC</u>	<u>Totals</u>
4. <u>Debtors & Prepayments</u>	531	-	531
5. <u>Creditors</u>	6,912	-	6,912

6. Analysis of Net Assets
Between Funds

	<u>Main Fund</u> £	<u>PCC</u> £	<u>Totals</u> £
Tangible Fixed Assets	1,165	-	1,165
Current Assets	76,785	-	76,785
Current Liabilities	6,912	-	6,912
Net Assets at 31 March 2018	71,038	-	71,038

7. Staff Costs & Numbers

Staff costs were as follows: -

Wages, NI & Pensions	69,111
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No employee received emoluments of more than £50,000.

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

8. Trustees' Remuneration

Trustees are not remunerated.

9. Related Party Transactions

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

Incest & Sexual Abuse Survivors Notes to the Accounts
(Continued) For the Year Ended 31 March 2018

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