



sarac
we're here to listen

Annual Report & Accounts
April 2017 to March 2018

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Reference and Administrative Information

Name of Charity:

Sexual Abuse and Rape Advice Centre, known as sarac

Charity Registration Number:

1049759

Address of Charity:

P.O. Box No. 3, Burton upon Trent, Staffordshire, DE14 1ZT

(The detailed address is omitted for reasons of confidentiality)

Charity Trustees:

Councillor Patricia Ackroyd (Chair)

Jan Claxton (Vice-Chair – Resigned September 2017)

John Southwell (Treasurer & Trustee)

Beverley Haywood (Trustee – Appointed Vice-Chair October 2017)

Sonia Andjelkovic (Trustee)

Celia Mahon (Trustee)

Tracey Williams (Trustee)

Amanda Baker (Trustee – Resigned October 2017)

Debbie Tristram (Trustee – Appointed February 2018)

Volunteer Representative:

Rebecca Crowson

Employees of the Charity:

Tracey Hardie, Chief Executive

Liza Freeman, Young Person's Services Co-ordinator (left August 2017)

Hazel Morgan, Young Person's Services Co-ordinator and ISVA

Claire Reeves, Volunteer Co-ordinator (left July 2017)

Elaine Goulding, Helpline Organiser and ISVA

Gemma Shorthouse, Centre Development Operations Manager (Joined May 2017)

Laura Atkins, Young Person's Services Worker (Joined May 2017)

Sophie Gifford, Volunteer Co-ordinator (Joined July 2017)
Leela Joyce, Administrator
Kelly Sawdon, Administrator (Joined July 2017)
Amanda Baker, Services Manager (Joined November 2017)

Accountants:

Dains LLP,
1st Floor, Gibraltar House, Crown Square, First Avenue, Burton on Trent,
Staffordshire, DE14 2WE

Independent Examiner:

ADS Accountancy Limited
7 Faraday Court, First Avenue, Burton on Trent, Staffordshire, DE14
2WX

Solicitors:

Smith Partnership, High Street, Burton upon Trent, DE14 1JP

AstlePaterson, Clay House, 5 Horninglow Street, Burton upon Trent,
Staffordshire, DE14 1NG

Bankers:

Barclays Bank PLC, High Street, Burton upon Trent, DE14 1HU

Charities Official Investment Fund, St Alphage House,
2 Fore Street, London, EC2Y 5AQ

Chief Executive Summary

It has felt this year that the world is finally listening to those who have lived through the experience of sexual abuse and harassment; thanks to the extraordinary courage of survivors who have shared their stories. We can also thank therapists, medical providers, law enforcement and the mass of volunteers who help children, young people and adults to have a voice - every single one of you matters and sarac thank you all! It's been a pleasure to serve alongside you, and the caring professionals working together, to let survivors to speak out, ensure governments act and allow the media to report on this issue, that for so long, has been hidden in shame, blame and silence. We have come a long way, but we still have a long way to go. In this climate of heightened discussion about sexual abuse, there has been an increase in the number of disclosures. This increase may be an early indicator that survivors feel safer coming forward, and/or have improved awareness. Sarac is in needed more than ever to offer support to survivors, including offering ongoing support and connecting survivors with additional resources they may need.

We are very proud of what the service has achieved in the last year and the new and exciting developments we are working towards in the coming year will lead to sarac's continued development and expansion in 2018/2019. Standards continue to benefit from following our ethics and values and through trusted and long standing relationships with referrers such as education providers, the NHS, the probation service, mental health services, social work services and predominantly from people who call us themselves, placing their faith in us and facing up to their deepest fears, to finally speak out and be heard, that is something I feel most proud of, we really are 'here to listen'.

Sarac continues to receive core funding from the Police and Crime Commission, the Ministry of Justice, Burton Breweries Charitable Trust, Consolidated Charity of Burton on Trent and The Lloyds Foundation, as well as support for professional services such as Dains LLP in Burton. A myriad of suppliers and professionals also offer us a discounted rate to help us to continue to survive as a service. A number of funding applications for specific activities are ongoing to help us replace and source the money we need to continue and grow.

Our volunteer team are dedicated and highly skilled at helping deliver key services and without them, it would be impossible to continue - we are very much in their debt, so a huge thank you to all concerned! This shows the real level of compassion within our Community to help others, and another proud achievement in 2018 is that CoCo (Compassionate Communities of Burton) opened its doors so that we can extend our support further to

anyone in the community, not only those affected by sexual abuse, but also those who want to be involved in holistic wellbeing activities or help us raise money for our services.

This has been a year of innovation, change and growth. Among the many initiatives, partnerships, and collaborations in which sarac was engaged over the last year, a few of those, in particular, stand out.

After nearly two years of planning and designing; the sarac centre finally opened its newly renovated doors early in 2018, and for the first time has enough counselling spaces for clients. It is a centre we can be really proud of! We also have an efficient computer system, as well as sufficient room for the staff team. It was a significant achievement for us all.

This year also involved embedding the staff restructure as the workforce and the level of the charity's activities increase. A services manager has been employed with specific areas of responsibility for staff and volunteers, services such as our ISVA, CSE, Special Educational Needs support work. Their focus is on client intake and prevention work; as well as clinical and administrative areas of responsibility. We have also welcomed additional volunteers that have created diversity in skills and competency, innovative opportunities and added to the richness of the culture of sarac.

We also want to say thank you to all the clients that have trusted us and that we continue to learn from - every day we are in awe of their bravery and resilience, all of this keeps us moving forward. The staff team also show continued commitment to what we do, thank you to an incredible team of very skilled staff.

We are very proud of what the service has achieved in the last year and the new and exciting developments we are working towards in the coming year. Next year we will proudly celebrate 25 years' service to our community and will be proud to host a fundraising gala, as well as many other campaign events.

We continue to believe in elevating awareness of the prevalence of sexual abuse in our community and you have all helped us to do that. We enter the next year full of dedication and new aspirations.

Thank you to every single contributor, we really are very grateful!

Tracey Hardie
Chief Executive

Structure, Governance & Management

History

Sarac is a charity that was established in 1994 by a group of women local to Burton on Trent, who were appalled at the lack of support for people dealing with the associated trauma of sexual abuse and/or rape. As such, the charity was set up to offer free, independent and one-to-one emotional support, information and advice to clients. Our specialised support is available for males and females aged 11 upwards and we work in partnership with our clients to expand their choices, facilitate recovery and encourage personal growth. Our service users present a range of issues that stem from their sexual abuse. Sarac now provides a volunteer programme offering accredited training which ensures that emotional support is available to those suffering the effects of sexual abuse.

Trustees (Management Committee Members)

The charity currently has a board of 8 trustees, which the organisation will continue to develop across 2018-2019. Two members of the board are nominated by East Staffordshire Borough Council. Trustees are recruited from a local network of professionals across a range of industry sectors who can offer their skills and experience to help to achieve the organisation's aims and objectives. Regular skills audits are undertaken to ensure those serving on the board have skills relevant to the role and they oversee the organisation's governance and strategic direction, with the most recent taking place in September 2017.

There is a formal induction process for all new members, where a folder of key documents relating to governance and policies are provided, together with detailed information about the role they will be expected to undertake, including attending monthly management committee meetings to discuss ongoing matters for the running of the organisation.

Trustee training is also provided on an ad-hoc basis at the discretion of the management committee, when it is considered appropriate to update their knowledge and keep abreast of developments in changes to charity law.

Objects of the Charity

The Charity's objects are defined as follows:

- To relieve the mental and physical distress of any person within Burton upon Trent and its environs who have been subject to any degree of sexual and/or domestic abuse, coercion, or harassment through the provision of advice, counselling, assistance and other support services.
- To promote education in Burton upon Trent and its environs by raising awareness in matters relating to sexual and domestic violence and its impact on individuals and the community in respect of psychological, social, economic, and cultural considerations.

Aims & Objectives

The Charity have set the following aims and objectives to achieve over the coming year and will be looking to review that these accurately reflect the services provided in 2018-19:

- Provide advice, counselling, assistance and other support services to any person aged over 11 years within Burton-on-Trent and its environs who has been subject to any degree of sexual and/or domestic abuse, coercion or harassment, and to others (i.e. secondary survivors) affected by such abuse.
- Deliver a quality telephone and face-to-face counselling service, with the aim of relieving the mental and physical distress of its clients and enabling them to move forward in their lives.
- Deliver outreach services to survivors in prison and elsewhere when possible.
- Ensure that sarac's volunteers and staff are well trained to deliver its services.
- Actively promote education and awareness in the region on the subject of sexual and/or domestic violence and its impact on individuals and the community, having regard to relevant psychological, social, economic and cultural considerations.

This will be achieved by the publication and issue of leaflets or other documents, and the holding of training programmes, exhibitions and meetings, with a view to advising service users of the work of sarac.

- Work with appropriate partners in research and developmental projects and disseminate the results of such work.
- Work in partnership with other private, public and voluntary organisations to achieve these aims.
- Ensure the necessary funding is in place to deliver these aims.

Values

Sarac are passionate in delivering and fulfilling the goals we set ourselves. Below are our core goals:

1. We believe all those at risk of, or suffering the effects of, rape and/or sexual abuse, from every background, should be treated with compassionate understanding.

3. We believe in offering accessible, professional, specialised, bespoke support services delivered by highly experienced, qualified staff with a caring, open and progressive approach.

5. We believe in empowering people to rebuild and sustain their lives with improved resilience, self-development and growth, underpinned by an improved understanding of the effects of rape and sexual abuse, so that they can avoid re-victimisation and become fully able to reach their potential.

2. We believe in investing in our passionate staff and volunteers to create a team wholly focused on doing what is right for our service users, and offering them complete confidentiality.

4. We believe in uniting, leading and training local people who are passionate about protecting and inspiring our community to protect themselves and others from rape/sexual abuse.

6. We believe in sustaining the foundation of our work by accepting as true what people disclose, and by challenging myths and victim blaming whilst being non-judgmental, strong in ethics, inclusive and genuinely interested in listening to and hearing our clients' needs.

Our Funders and Benefactors

Sarac needs to source funding to survive and whilst the organisation is lucky enough to receive some donations from local organisations, businesses, members of the public and clients, we are extremely grateful for all contributions received. We are also evolving our own funding stream through the wrap around service of CoCo of Burton, which provides opportunities across the community to connect and be compassionate. This service is not exclusively for clients, but open to anyone within the community. Without the support provided with funding, we would not be able to achieve the results we have and continue to improve the lives of local people and their futures.

Thank you to everyone who has given us time, money and commitment.



The Ministry of Justice fund the majority of staff's salaries as well as the centre's running costs. We have been supported by them for the last six years. They are victim focused and consider sarac's work to be an essential part of their strategy to help victims become survivors of sexual abuse and rape. Their funding has secured these roles, ensuring that the centre operates effectively and within a stable infrastructure.



'Helping disadvantaged young people and communities where it matters'

Burton Breweries Charitable Trust provide support to the Young Persons' service, for those aged 11 to 19. The Trust aims to assist organisations that focus on making a difference to young people in the communities of East Staffordshire and South Derbyshire and focus on working in partnership with the local community to improve the welfare and future opportunities for young people in the Burton area via education and awareness sessions.

Lloyds TSB



Lloyds TSB have supported the charity for the last 3 years. They fund the Volunteer Co-ordinator position, with further funding secured for 2018. Without their support, it would be more difficult to run our bi-annual accredited training to recruit new volunteers and develop the service. In addition enhanced professional training is also available.



Consolidated Charity of Burton upon Trent

Consolidated Charity of Burton upon Trent provide grants to organisations serving the local community and have supported sarac for many years in a variety of ways. We recognise their invaluable support in providing us with a grant for the rent for the centre premises. The charity has also supported our renovation of the building to allow us to further develop the services we provide to clients. The premises provide a convenient, comfortable, and most importantly, safe space for people to talk about their inner most fears, feelings and hopes. We also host all of the volunteer training, as well as external training sessions for local organisations on site. Additionally, the meeting rooms are regularly shared with other local agencies enabling them to meet with their clients where they may not have the opportunity to do so in their own premises.



J & O Lloyd Community Grants are funded by a private endowment and are to bring benefit to organisations working within the boundaries of the East Staffordshire Borough Council area.

The following have also supported us with donations over the year:

- Dains LLP
- Soroptimist International of Burton upon Trent
- Consolidated Charity
- Asda
- Burton Amateur Swimming Club
- Tutbury Practice Patient Forum
- De Ferrers Academy
- First Give
- Client donations
- Donations received via Just Giving
- Anyone buying a badge, pin or keyring

We would like to express our gratitude to everyone involved with these donations and for their support of sarac!

THANK YOU!!!!

Ways to Donate

It is easy to support the services we provide, either with a one-off donation or a more regular contribution. Every donation is welcome and valued and goes towards helping the service to make a difference to clients in the local area. Donations help us to fund projects to assist those who have experienced sexual abuse and/or rape, as well as for research that can inform our support practices. We also use donations to raise awareness of the service and to support counselling professionals. We cannot express how grateful we are for any support you can give.

Cheque donations, made payable to Sarac, can be sent to:

Chief Executive
SARAC
PO Box 3
Burton on Trent
DE14 1ZT

Online donations can also be made securely via our Just Giving Page, the link to which is available on our website.

Sector Overview

Approximately 85,000 women and 12,000 men are raped in England and Wales alone every year; that's roughly 11 rapes (of adults alone) every hour, with nearly half a million adults are sexually assaulted in England and Wales each year (*An Overview of Sexual Offending in England and Wales, January 2013.*)

In the last year, there were 121,113 sexual offences committed in England and Wales, of which 41,150 were rape (*ONS Crime Survey for England and Wales, year ending March 2017.*) The number of rape cases recorded by the police has risen by 15% compared with the previous year (year ending March 2016.)

1 in 5 women in England and Wales has experienced some form of sexual violence since the age of 16 (*ONS Crime Survey for England and Wales, January 2013*) and women are nearly five times as likely to have experienced sexual assault as men (*ONS Crime Survey for England and Wales, year ending March 2016*).

Data collected by HM Inspectorate of Constabulary's Rape Monitoring Group continues to show that fewer than 3,000 people were convicted of rape in 2016/17, but that 41,150 people came forward to report the crime to police. Out of the 41,150 reported rapes, only 5,190 went to court, and just 2,991 people were convicted - meaning that 42% of prosecutions for rape were unsuccessful. Of the rapes that were reported, 28,089 victims were adults and 13,061 were children under the age of 16.

However, there was an encouraging rise in the number of reported rapes in England and Wales despite conviction rates remaining low from 35,699 in 2015/16 to 41,150 in 2016/17. Findings from Operation Hydrant confirms this upward trend, noting that the number of victims and survivors coming forward to report non-recent child sexual abuse to policing continues. This indicates an increased confidence in victims and survivors, and as a result, the number of victims, and the number of suspects, continues to increase.

It is interesting to note that despite the media focus on persons of public prominence, this group of suspects forms only 5% of the total alleged suspects on Operation Hydrant's books, 227 out of a total of 5,301. Within the cumulative figure of 5,301 alleged suspects, 797 are deceased.

This trend is also reflected in data relating to child sexual abuse, with all UK nations seeing an increase in the number of recorded sexual offences against children in 2016/17. The number of offences has been steadily increasing since 2012/13, with offences more than doubling in both England and Wales.

Similarly, it is considered likely that improved recording of sexual offences by the police and an increased willingness of victims to come forward have contributed to this rise (*Bentley, H. et al (2018) [How safe are our children? The most comprehensive overview of child protection in the UK 2018.](#)*)

A total of 98 online grooming offences in Derbyshire and Staffordshire were recorded over the year, with Staffordshire Police recording 61 offences and Derbyshire Police recording 37 offences of sexual communication with a child.

Police data also suggests that locally, there have been 10,538 sexual offences in the East Midlands and 14,599 in the West Midlands to 31 December 2017. Staffordshire Police are reporting that they are now investigating an average of 3 new reports of rape or serious sexual offences every day. This has increased by more than five times than those being reported in the year 2000. 1/3 of those cases being reported are historic and of all those reported, 25% of victims were under 18. In the year to 31 December 2017, Staffordshire Police also recorded 1,000 reports of sexual violence across the county.

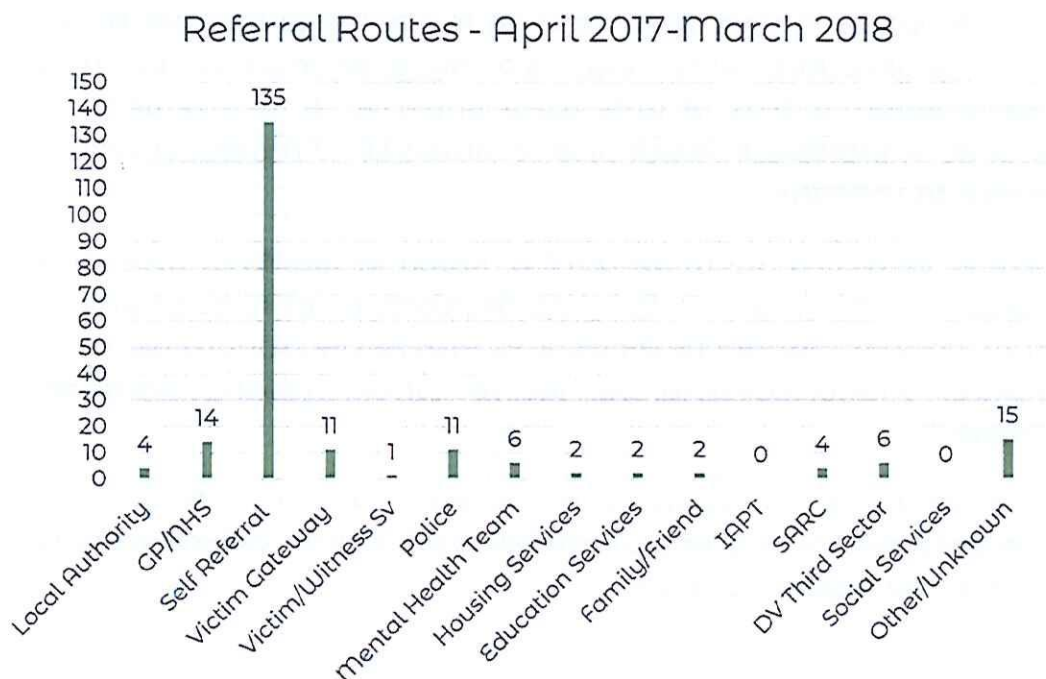
Additionally, in 2016/17, there were 1,647 reported incidents of rape and sexual assault in Birmingham. Only 161 perpetrators went to court and of those, only 22 were charged for their crime. Figures also show a rising trend in the number of reported cases, with similar reasoning to that above given for the increase.

Sarac has conducted an analysis of the data we collect and how this compares to the national and local statistics above. Our service analysis is outlined over the following pages.

Adult Services Update

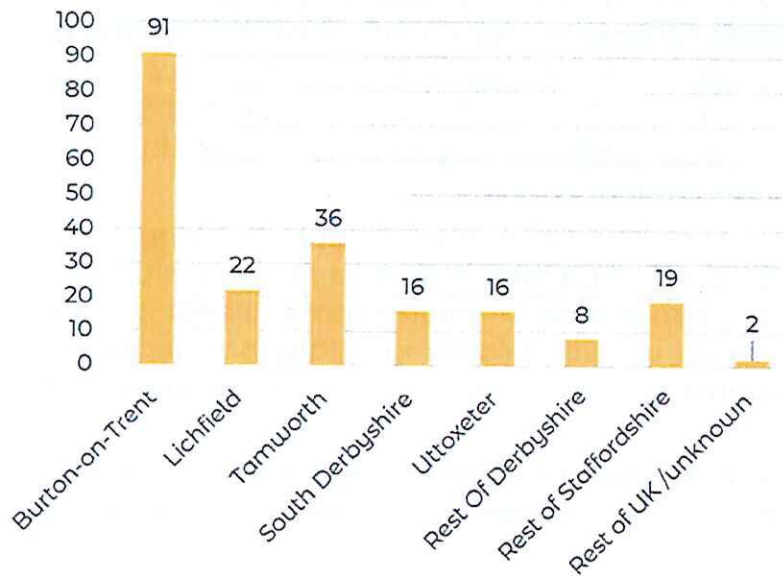
The volunteer team provide support to clients at sarac and contribute to the life-changing work that we do on a regular basis. One of the ways they do this is via the helpline. This involves handling immensely challenging calls as they are often the first individuals that the clients disclose their abuse to, and they may also receive calls from clients currently in crisis. It is therefore essential that the volunteers have excellent support skills and can respond well under pressure. Volunteers are trained to take comprehensive referrals from professionals and from the clients themselves. Following file approval, the volunteers set up emotional support calls where they call the client once a week, at an agreed time, to offer support around issues relating to their previous abuse.

Between April 2017 and March 2018, we have seen an increase of 25% in the number of new referrals received, with 213 new adults referring into the service, 177 of which were females and 36 of which were males.



Of all new adult referrals received, 63% of those made to the service were self-referrals, meaning clients had sought support independently, rather than through support agencies.

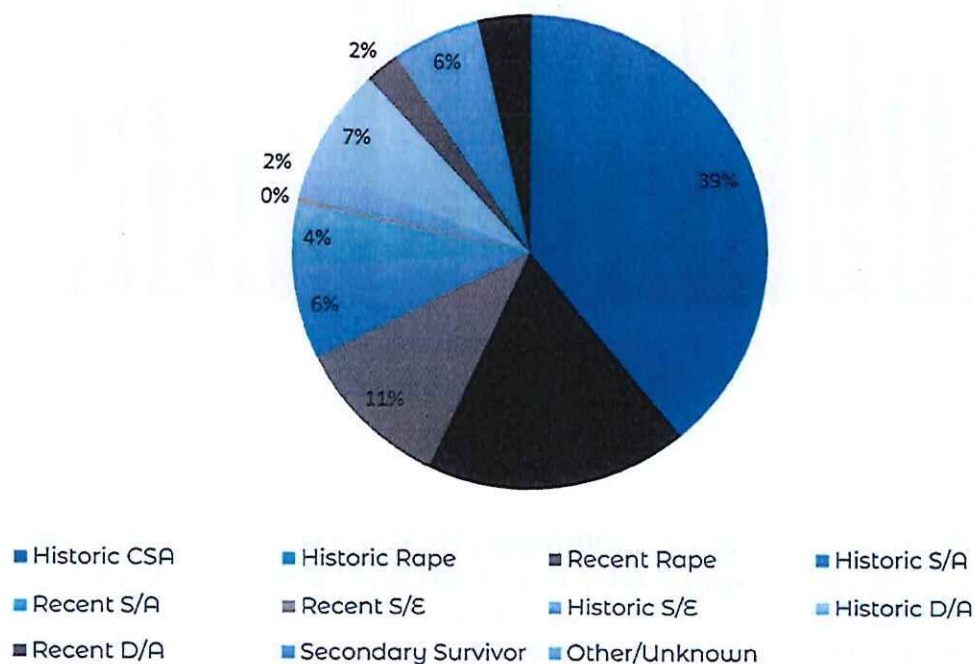
New Client Location



The graph opposite shows the location of our clients at the point of referral and shows the distribution across the area our services are offered, with just under half (43%) being in Burton on Trent. Those marked as the rest of the UK are outside our usual service area.

Our clients require support around a number of issues, in some cases for multiple reasons. Below shows the breakdown for the year with the issues volunteers are supporting adult clients around.

Presenting Issues for Adult Clients

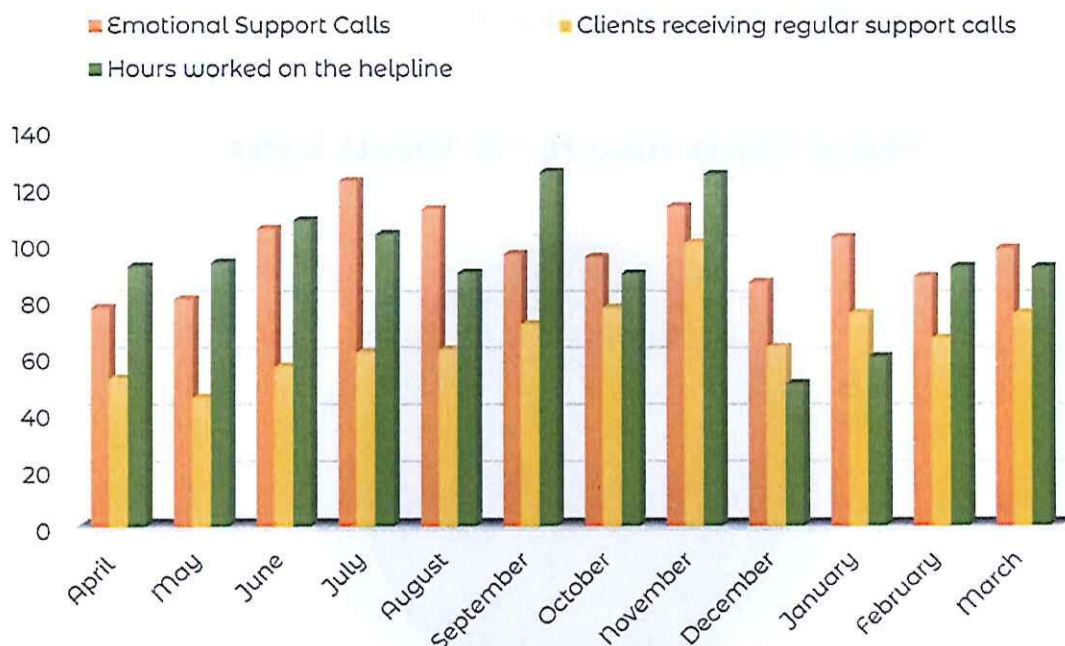


The adult service focuses primarily on supporting clients over the telephone on a weekly basis for approximately 2-3 months. The volunteer team have adapted to support clients presenting with more complex needs in order to prepare them for face to face sessions upon completion of the helpline support. This is achieved through regular upskilling and supervision, as well as case conference sessions.

Following the renovations to the building, a purpose built helpline room has now been provided for the volunteers. The room now includes 3 telephone lines for use at the same time, meaning more clients can be contacted at the same time, as well as providing additional access to resources for clients and opportunities in the future for the development of web chat services.

An analysis of the helpline data shows a breakdown across the year of the hours worked on the helpline by volunteers, the number of emotional support calls scheduled and the number of clients receiving regular emotional support calls.

Helpline Analysis



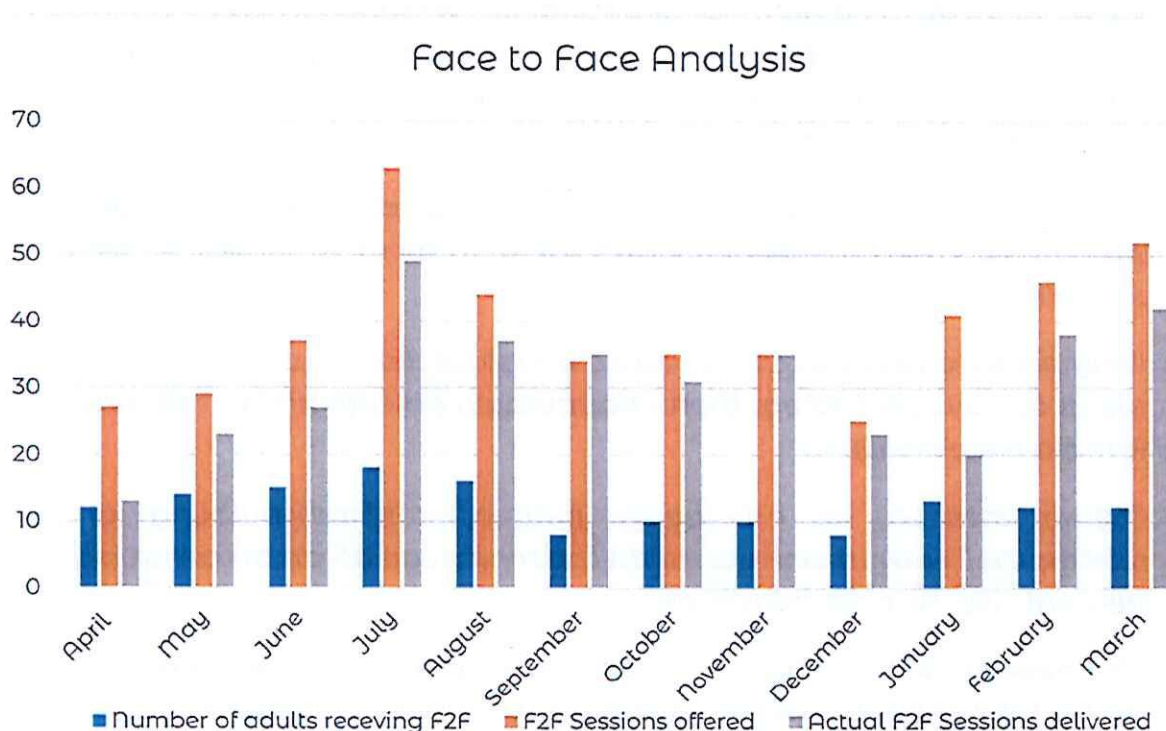
We have had an average of 9 volunteers working on the helpline over the year, who have been supported in their roles by the helpline organiser and volunteer co-ordinator. Volunteers have completed an average of 93 hours on the helpline each month, with each volunteer offering a minimum shift of 2 hours.

A total of 5,800 calls were managed by the team through the helpline - 1,301 calls were received and 4,333 calls made from the centre. This has increased by just over 1,000 calls in comparison with the last year, an increase of 22% in the number of calls being handled. On average, 67 clients were receiving regular emotional support calls each month. The number of clients receiving helpline support has remained consistent across the year, with December being affected due to the office closure for Christmas and the renovation works to the building.

Face to Face Support

Upon completion of the helpline support, a further assessment is undertaken by the volunteer co-ordinator to review the suitability of clients to begin face to face sessions. This involves a maximum of 12 sessions of face to face support being offered to clients with a volunteer, with the sessions taking place at the centre. The sessions last for an hour and take place weekly at a time convenient to both the client and volunteer. This remains the same for the 12 sessions offered.

Following the building refurbishment in December 2017, we are now able to offer up to 4 face to face appointments at the same time, following the building of 2 additional counselling rooms and the conversion of the old helpline room. Early indications are that this has shown a reduction in the length of time clients are waiting to access face to face; however some clients are choosing to remain on the helpline for a longer period before accessing face to face services.



Over the year, an average of 9 volunteers have provided face to face support to clients. A total of 373 hours of face to face support was provided to clients, and the number of clients waiting to access face to face support averages 53 clients per month.

This year, we have seen an additional 100 clients for face to face support in comparison to 2016-2017, an increase of 36%. We also offered 86 more sessions to clients in comparison to the same period last year, an increase of 22.5%.

Adult Service Users Feedback

We contact our clients regularly and ask them if they wish to review their progress and ascertain whether they require further support. Those who complete their face to face sessions are contacted for an evaluation 2-3 months after their support has ended. These are some of the comments they were keen to share about the services:

Helpline Feedback

"Was such a relief knowing that someone always on end of phone for a chat when needed for support, and not alone, battling to face things going on." (41-year-old Female from Cannock)

"Volunteer listened to what I had to say and sometimes guided the conversation to get a better understanding. Conversations weren't always about the abuse suffered as a child but was sometimes about daily stresses and positive things which were happening at the time." (43 year-old Male from Tamworth)

"Good at contacting, regular calls, an independent person to speak to. Support was there if I needed it and useful to speak to someone." (26 year old Female from Derby)

"Having somebody to talk to – could be about the dog or anything. It was just good to have somebody there...happy with everything." (50-year-old Female from Lichfield)

"Being listened to, not being judged, confidence building and confidential. A big thank you to all the team, you all do an amazing job." (28-year-old Female from Burton)

"The helpline service helped me a lot as I would not have coped without the phone calls every week." (51 year-old Male from Tamworth)

"Good age range of volunteers – could speak to someone my age. Helped a lot, can now think clearer and I understand myself more. Don't think that the world would be better off without me anymore." (22-year-old Female Burton)

"It was nice to be able to talk to someone who didn't judge you. Being able to trust, being able to talk at ease, feel relaxed when talking." (47 year-old Female from Burton)

Face to face Feedback

"Thought 1-1 would be awkward but found it comforting – someone who doesn't judge and created a safe welcoming environment and I am very grateful for SARAC's support." (21-year-old Female from Burton)

"Openness from both sides. I felt like I was being listened to and constructive criticism was positive. Praise came when it was due." (43 year-old Male from Tamworth)

"So good to talk face to face as sometimes difficult to explain how you are feeling over the phone with emotions running high. Loved how made welcome and so relaxing." (41-year-old Female from Cannock)

"First time over 30 years that have been really open. Listening was excellent. It didn't feel like a standard formula was being applied and so I feel my own circumstances were worked through. Service was excellent and brilliant and very supportive and helpful." (46 year-old Male from Alton)

"Kind, understanding, I didn't feel as if I was in the wrong. Good to talk face to face, as people's body language and expressions say a lot. I feel confident with my emotional support worker, they didn't make me feel uncomfortable. Just me, I am who I am, more able to be myself and be happy – embrace being unique" (59 year-old Female from Burton)

"Just knowing that I had someone there to speak to if I needed it, I wouldn't change anything. I really liked the privacy of sarac, how clients never saw each other. All the staff were really friendly when I was in the building and it's a great service. Being able to be in a safe environment and to voice my thoughts and work through them without the feeling of being judged. It helped me to rearrange/understand thoughts/memories properly and to store them into a better order than they were in before. I am also remembering a lot more of my life than before. The service is already great." (32 year-old Female from Tamworth)

"Somebody to talk to in a two-way conversation. More accountable to oneself. Gave me ideas about how to change my thinking. (43-year-old Male from Tutbury)

"Being able to talk through your problems, in a safe environment. I didn't initially think person-centred counselling was for me but it has helped me so much thank you!" (48-year-old Female from Uttoxeter)

"Non-judgmental, very helpful, learned about different ways of dealing with things. More confident – was a massive thing, feels more equal to people. Positive all the way through, changed way of thinking. Its helped me a lot." (41-year-old Female from Burton)

"Support worker very nice. Treated me like a normal person. Not patronising. Definity helped. In the run up to court date, she explained what was going to happen. She explained what was going to happen. She gave me statistics was very aware of what was going/or not going to happen." (20-year-old Female from Swadlincote)

Volunteering

Following the recruitment in March 2017 of 8 new volunteers, we completed another successful recruitment in December 2017, with 10 new volunteers joining the service. The charity began a further recruitment of new volunteers, solely to provide helpline support in March 2018, which should result in a further 6-8 volunteers following completion of their training.

The volunteer recruitment process is explained in detail on our website and now includes the option of an accredited qualification, at level 3 in specialist rape and sexual abuse support services. Following a review of the applications received and a successful interview with staff discussing their reasons for applying and the skills they can offer, an intensive training package, delivered over 7 sessions, is then completed.

Volunteers want to support sarac for a variety of reasons which may include personal experiences and a desire to give back, work-related issues, or via further education and all volunteers have empathy, sympathy and a willingness to help with survivors' issues.

Following initial training, volunteers next undergo mentoring sessions with existing volunteers, putting the theory they have learned into practice, exploring how to support clients and record data, with feedback provided accordingly. There is also a 1-1 session with the volunteer co-ordinator included within the mentoring. Finally, the volunteer undertakes a review, which tests the volunteer's knowledge, understanding and suitability for the role. If the review is successfully completed, the volunteers are then considered fully qualified Emotional Support Workers.

Volunteers are also encouraged to attend monthly case conference meetings to share ideas and information, together with supervision, where they can discuss any client matters with a qualified professional.

Our existing volunteers wished to share the following comments about their experiences at Sarac:

"Volunteering at sarac has provided me the opportunity to learn so much and the privilege to support clients at a point in their lives when they need to hear a kind caring voice." (MB – Volunteer Emotional Support Worker)

"From the very beginning, I've felt completely supported by all the staff at sarac. The training process was thorough and enjoyable. I enjoy my client work immensely and feel very lucky to be a part of such a great team of passionate and caring people." (NK – Volunteer Emotional Support Worker)

"The training was excellent, giving relevant insight into the effects of trauma and the tools with which to support those who need it. Throughout, the staff were professional and supportive, highly recommend volunteering for sarac." (LB – Volunteer Emotional Support Worker)

Without the skilled volunteer team, we would not be able to help the number of adult clients we are currently reaching, so the recruitment process is a significant event in the sarac diary and we cannot thank each and every one of them enough for the hours they put into the service and their dedication to the team.

This year, we have had an average of 16 active volunteers providing support to our adult clients via the helpline and face to face across the year, and an average of 8 volunteers training across the year. The volunteers have provided a total of 2,408 hours to sarac across the year, averaging 201 hours per month, and 12.5 hours per volunteer.

If you know anyone who would be interested in joining the volunteer team during the next recruitment, please go to the website for more information.

Young Persons' Services Update

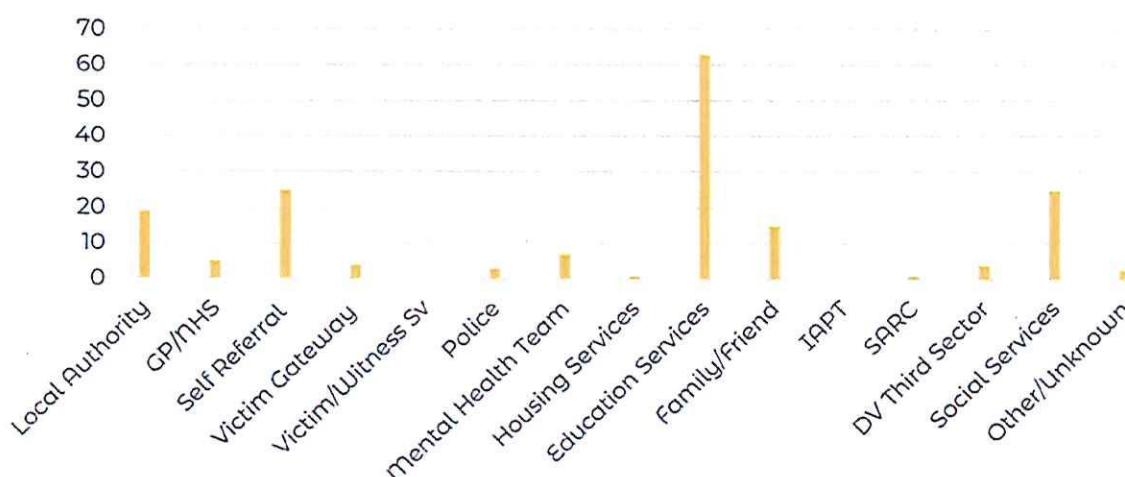
With the continued partnership with Burton Breweries Charitable Trust sarac's dedicated service for young people has been able to create real, lasting changes to the lives of individual young people and families who have been affected by rape, sexual abuse and exploitation.

Whilst there were changes in the team during August 2017, when Liza Freeman left the charity after 14 years, including her time spent volunteering for the charity, Hazel Morgan and Laura Atkins have continued to run the service for young people aged 11-19, developing the opportunities available for young people and continuing to offer the following range of services:

- ❖ One to one emotional support
- ❖ Drop-in service
- ❖ Educational awareness sessions in schools and colleges
- ❖ Workshops in the community
- ❖ ISVA Service

The Young Persons Service continues to receive many referrals, with 175 received this year. This has remained in line with the number of referrals received in the previous year, but is shared amongst fewer staff, so to be able to maintain service delivery for a similar number of clients is a great achievement.

Referral Routes April 2017-March 2018



The service received an increase in referrals from education settings, social services and the local authority in comparison to adult clients due to the

involvement of additional services responsible for safeguarding and supporting young people.

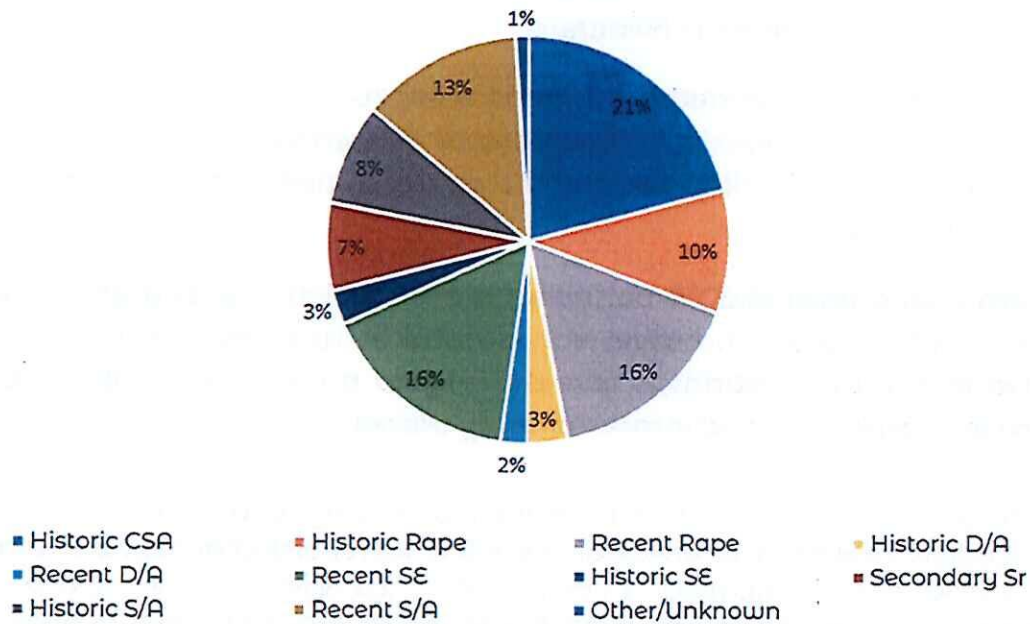
As with the adult services, the majority of new clients are based in Burton, with 49% of new referrals being in this area.



Our young people require support around a number of issues, in some cases for multiple reasons, in the same way as the adult clients do.

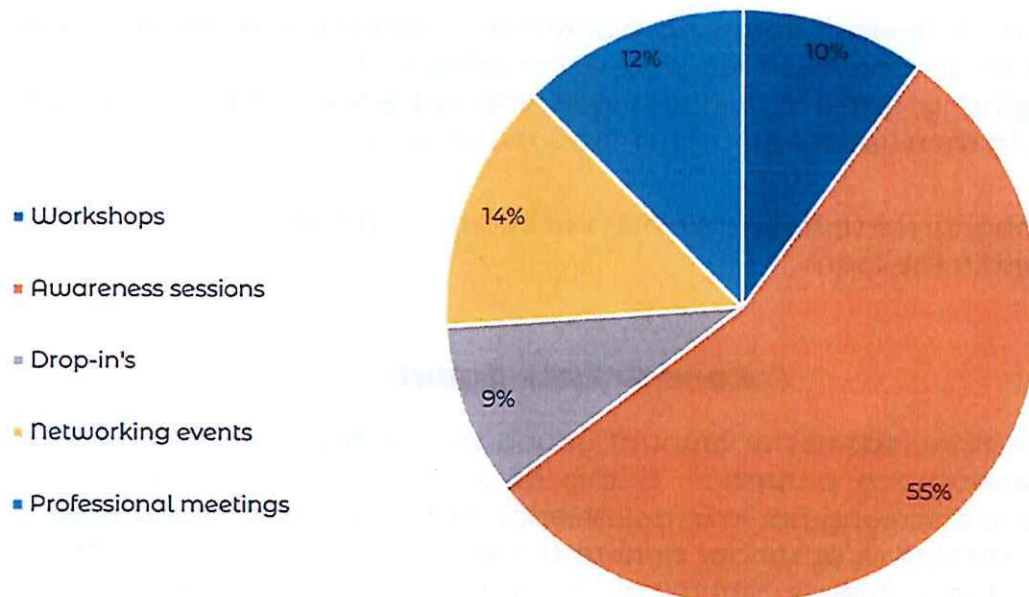
The breakdown of these issues are illustrated overleaf, with childhood sexual abuse (CSE), rape and sexual exploitation being the most common presenting issues for young people.

Presenting issues for Young People



The young persons' service works across a variety of platforms to deliver services to clients. A breakdown of their sessions is shown below:

Services Provided to Young People



The young persons' team has offered 37 educational workshops across schools in Burton, South Derbyshire, Lichfield and Tamworth over the year, working with 387 young people, an increase of 15% in comparison to the

same time as last year. The number of workshops has significantly increased since 2016/17, as a result of development of more relationships with alternative education providers.

5,212 young people attended awareness sessions, with 93 young people accessing drop in sessions, an increase of 44% compared to 2016/17. This has arisen following feedback and the changes in demands of the clients accessing the service.

The team also attended 50 networking events which was slightly lower than in previous years, however the number of professional meetings attended rose by 7 meetings across the year, a rise of 18%, following an increase in partnership and inter-agency working.

The service saw trends in the demands of young people continue to change, with 3,309 calls received, and 5,599 texts recorded across the year. Furthermore, the number of information calls given were 964 and additionally a lot of the information being requested by young people is now provided through awareness or drop-in sessions.

The Young Persons' service provides support to individuals primarily through one to one sessions, however a small number of clients (5) still receive regular support over the telephone.

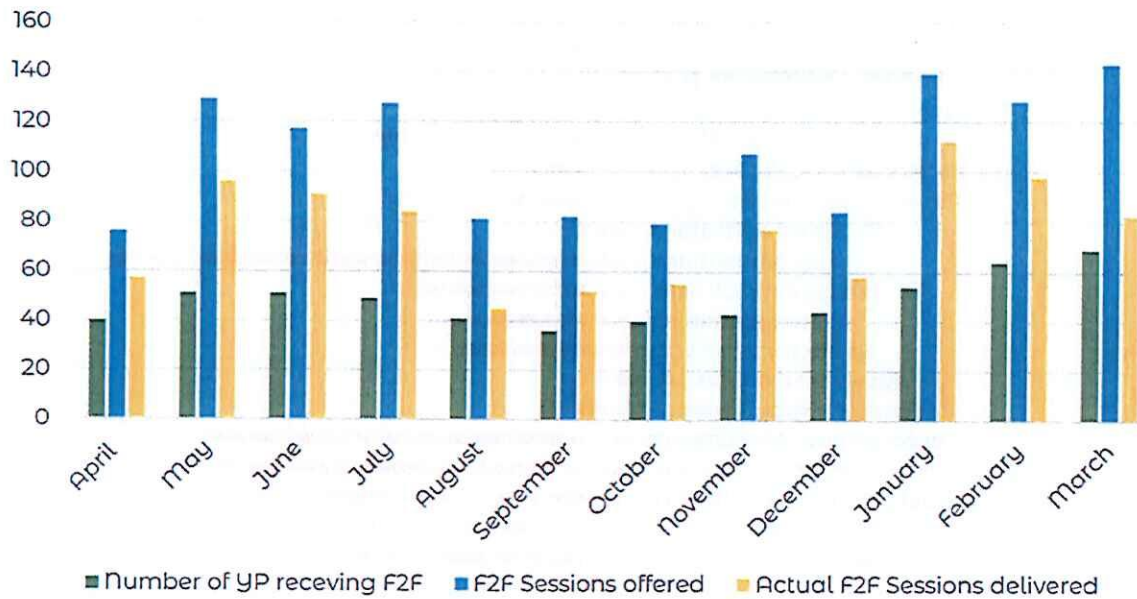
The young person's team have worked to develop the material being delivered in schools to cover a wider variety of topics, including CSE, pornography, consent and rape myths and self-esteem/self-compassion, meaning there is less reliance on one to one sessions.

Additionally, these figures have been affected by the loss of a member of staff within the team.

Face to Face Support

Sarac has increased the amount of young people being seen for face to face sessions by a further 1% this year. Safe spaces for sessions are arranged discreetly, either in a professional setting, where a young person feels comfortable at school, or here at the sarac centre. Meeting space is also provided across Swadlincote, Tamworth, Lichfield, and Uttoxeter outside of these settings.

Face to Face Analysis



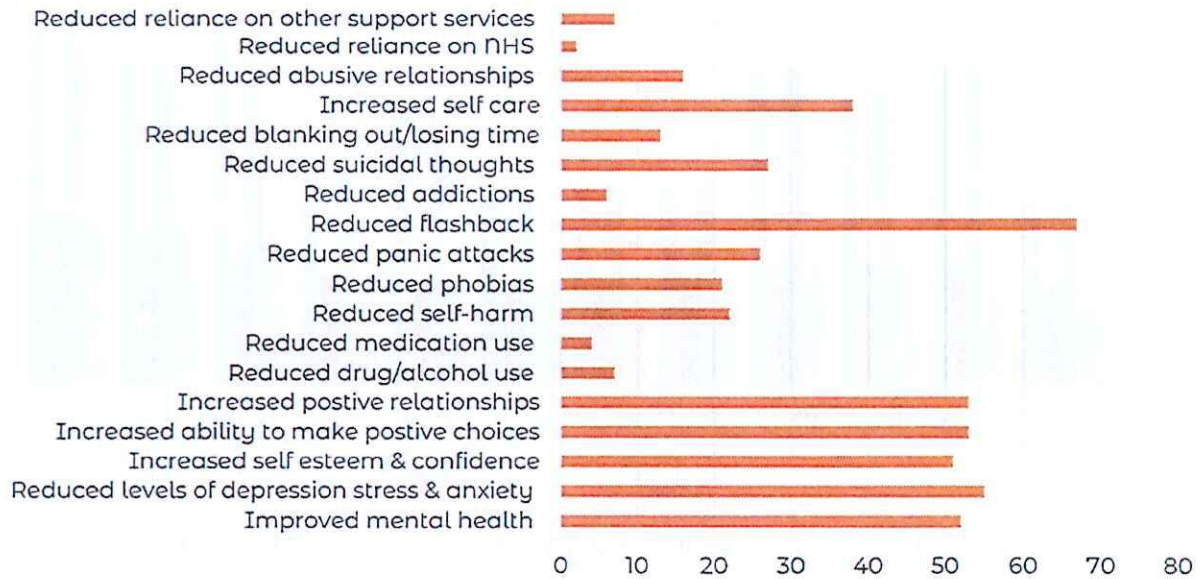
This year, 908 hours of support were provided to 582 young people, however 30% of appointments booked over the year (3.6% of appointments per month) were not attended, hence the reduction in this figure since 2016/17.

The sessions work similarly to the adult service, providing regular, personal, emotional support where the young people are able to talk without being judged or disbelieved whilst exploring positive coping strategies, alongside empowering the young person and building resilience that can increase life choices through increasing confidence and self-esteem. By contrast to the adult service, there is a similar limit to the number of sessions a young client can access, usually between 10-12 sessions.

As with the adult services, clients are asked for feedback via evaluations at the end of their support with sarac.

The following shows some of the evaluation feedback received from young people in respect of the services they received and improvements they had experienced upon completion of their emotional support sessions.

Evaluation Analysis - Young People



All clients who completed evaluations reported a reduction in the number of flashbacks suffered, with 82% of clients also noticing a reduction in levels of depression, stress and anxiety. 79% of young people also felt they had increased positive relationships and an increased ability to make positive choices.

Those accessing the young persons' service are also encouraged to share their thoughts about the services and the impact their support has had. Some of their comments are detailed below.

Young Persons' Service Users Feedback

"If you have been abused talk to someone because it helps, even if you don't want to ring SARAC yourself get someone to do it for you...it actually does make a difference and there's no need to be embarrassed or ashamed" Female 15

"I understand now what I wanted to know, it's good because I feel better in myself". Male 14

"I was scared at first so it was hard to talk about what happened, so I talked about stuff that was irrelevant until I got comfortable and so I was able to talk about the real stuff. Now I've made a lot of progress...it was funny how I didn't speak about it but it was worth it in the end" Female 17

"SARAC gave me advice to stop anger and told me ways to vent anger, also discussed all problems which needed discussing. Helped me overcome and got my head around what I could and couldn't have done in the situation." Young person under 19

"Being down all the time means them winning" Male 17

"sarac made me feel a lot more confident about the incident. Sleeping a lot better now. Helped me towards court case, feel a lot better and suggested good ideas for sleeping" Female 15

"That I had someone to talk to who understood where I was coming from, also understood more why he did it" Male 13

"Knowledge, skills were amazing, detailed information, good support spoke to me like a person not patronizing" female 15

"The people are very friendly, and the support taught me not to get angry and that the abuse was not my fault" Male 15

"Comfortable talking to Hazel, advice has been helpful, helped me understand what I didn't understand and helped me get over the situation" Female 13

"I learnt a lot more to help me get a better understanding. It has helped me to achieve my goal to become a friend but not take on too much. The sessions were a good length of time and provided effective methods which helped". Male 15

"I have a better understanding of why my dad may have abused me. I also had lot more understanding of how I can help myself when I feel low" female 14

"That my flashbacks have reduced." Male T/G, 16

"It's positive because it's nice to have someone to speak to and get all my worries out" female 12

"It was very good to get out all my feelings about my problems and get rid of all the stress and guilt I felt." Female 13

"That I could talk to someone I don't know because it's much easier to say something to people you don't know rather than people you do know" Male 13

"I got to vent. Got everything out. Got to tell someone about my problems. Someone believed me" Female 16

"Sarac helped me to understand abuse, realise it is not my fault, provide coping strategies, giving me a chance to talk about the bad things that have happened." Male 18

"Constant support from the weekly sessions. Didn't feel judged or unwelcome at any point, I could say how I really felt." Female 19

ISVA Service

We continue to develop the ISVA (Independent Sexual Violence Adviser) service, which is now taking on clients for both the adult and young persons' service. Notably, 45% of the young people being supported have taken advantage of the ISVA service being offered. Young people ISVA referrals are slightly lower than anticipated, although this figure was initially estimated without previous data for comparison. The need for the service is also becoming more prominent for adult clients, and volunteers are now able to provide clients with information about the service from the initial referral stage.

The service provided is not time specific and runs for as long as the client needs support, so this can be anything up to 2 years, depending on the criminal justice system and their processes. Although there is an element of emotional support within ISVA work, it is much more focused on practical support, specifically around the court process and liaising with the police but also includes helping clients to access educational training, building confidence, assisting with housing issues and making claims to court.

The adult ISVA service launched in October 2017 and currently uses the assessment tools provided by LimeCulture, however the young persons' ISVA service do not currently have a specialist ISVA assessment tool, but this is now being reviewed for consistency across the service. These tools provide a better understanding of the specific support required by the client and ensure that this is tailored to their needs.

Sometimes the ISVA service offers support to clients prior to them reporting their abuse to the police and the ISVA can also offer support with the decision making process and detailed information about the process.

The ISVA team are diligent about keeping up to date with their professional development and continue to promote ISVA support for clients across the service. Part of this promotion involves raising awareness about the role of the ISVA.

Contact Us

Postal Address: PO Box 3
Burton upon Trent
Staffordshire
DE14 1ZT

Office: 01283 535110

Confidential Helpline
(to make referrals): 01283 517185

Website: www.sarac.org.uk

Email: staff@sarac.org.uk

Twitter: @saracburton

Financial Review & Financial Statements

Sarac continues to compare positively with other similar charities in the Midlands area in terms of services offered and percentage of income spent on costs, which suggests good value for money. Spending has increased over the year due to the necessary refurbishment of the building, which will hopefully allow a wider provision of service to clients. We wish to continue to provide good value for money and are keen to develop additional services for clients with the introduction of CoCo of Burton, a wrap-around service to create a connected, compassionate community, which is not only available for clients, but also the wider community. These developments justified the recruitment of the services manager in November 2017 and this will continue to grow over the coming year with wellbeing classes, retail opportunities and workshops for young people.

In addition, we would like to continue the successes achieved through our existing services, developing the online service provision further and less reliance on a paper-based client monitoring system, via the implementation of a database system. This will also allow a further focus upon specific data collation for funders. The introduction of a new IT system has proved effective in providing a secure platform for internal data storage and more reliable working system.

Over the coming year, the charity wishes to develop our own fundraising and marketing campaigns, to further raise awareness of the charity across the local area, reducing the reliance on funders and assuring longevity in sarac's future for our clients and beneficiaries.

The Young Persons' team will be working towards making sure they are in line with the new PSHE curriculum scheduled for implementation in 2020.

THEORY OF THE EARTH AND ITS HISTORY

The theory of the earth and its history is a branch of geology which deals with the origin and development of the earth and its various parts. It is a science which seeks to explain the processes which have shaped the earth and its features, and to determine the time and sequence of these processes. The theory of the earth and its history is based on the study of the earth's rocks and fossils, and on the principles of geology. It is a science which is constantly developing, as new discoveries are made and new theories are proposed.

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**SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE
CENTRE (BURTON & DISTRICT)**

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

**FOR THE YEAR ENDED
31 MARCH 2018**



sarac
we're here to listen

**SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)
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SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISORS

Name of charity

Sexual Abuse and Rape Advice Centre, known as SARAC

Registered charity number

1049759

Address for correspondence

PO Box 3
Burton upon Trent
Staffordshire
DE14 1ZT

Trustees

Councillor Patricia Ackroyd (Chair)
Jan Claxton (Vice-Chair – Resigned September 2017)
John Southwell (Treasurer & Trustee)
Beverley Haywood (Trustee – Appointed Vice-Chair October 2017)
Sonia Andjelkovic (Trustee)
Celia Mahon (Trustee)
Tracey Williams (Trustee)
Amanda Baker (Trustee – Resigned October 2017)
Debbie Tristram (Trustee – Appointed February 2018)

Chief executive

T Hardie

Accountants

Dains LLP
First Floor, Gibraltar House
Crown Square
First Avenue
Burton upon Trent
DE14 2WE

Independent examiner

ADS Accountancy Limited
7 Faraday Court
First Avenue
Burton upon Trent
DE14 2WX

Solicitors

Smith Partnership
45 High Street
Burton upon Trent
DE14 1JP

Astle Paterson
Clay House, 5 Horninglow Street
Burton upon Trent
DE14 1NG

Bankers

Barclays Bank
22-23 High Street
Burton upon Trent
DE14 1HU

Charities Official Investment Fund
St Alphage House, 2 Fore Street
London
EC2Y 5AQ

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

TRUSTEES' REPORT

The trustees are pleased to present their report and the financial statements of the charity for the year ended 31 March 2018. The trustees have adopted the provisions of the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities effective 1st January 2015 (SORP FRSSE), in preparing the annual report and financial statements of the charity.

Objectives and activities

The Charity's objects are defined as follows:

- (A) To relieve the mental and physical distress of any person within Burton upon Trent and its environs who have been subject to any degree of sexual and/or domestic abuse, coercion or harassment through the provision of advice, counselling, assistance and other support services.
- (B) To promote education in Burton upon Trent and its environs by raising awareness in matters relating to sexual and domestic violence and its impact on individuals and the community in respect of psychological, social, economic and cultural considerations.

The Charity have set the following aims and objectives to achieve over the coming year and will be looking to review that these accurately reflect the services provided in 2018-19.

- (A) Provide advice, counselling, assistance and other support services to any person aged over 11 years within Burton-on-Trent and its environs who has been subject to any degree of sexual and/or domestic abuse, coercion or harassment, and to others (i.e. secondary survivors) affected by such abuse.
- (B) Deliver a quality telephone and face-to-face counselling service, with the aim of relieving the mental and physical distress of its clients and enabling them to move forward in their lives.
- (C) Deliver outreach services to survivors in prison and elsewhere when possible.
- (D) Ensure that SARAC's volunteers and staff are well trained to deliver its services.
- (E) Actively promote education and awareness in the region on the subject of sexual and/or domestic violence and its impact on individuals and the community, having regard to relevant psychological, social, economic and cultural considerations. This will be achieved by the publication and issue of leaflets or other documents, and the holding of training programmes, exhibitions and meetings, with a view to advising service users of the work of SARAC.
- (F) Work with appropriate partners in research and developmental projects and disseminate the results of such work.
- (G) Work in partnership with other private, public and voluntary organisations to achieve these aims.
- (H) Ensure the necessary funding is in place to deliver these aims.

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

TRUSTEES' REPORT

Achievements and performance

The financial year has been positive overall in terms of what the organisation has achieved. We have noticed a considerable increase in the demands for the service, with overall support via the helpline continuing to increase, as well as demand for the young person's service remaining. As such, Sarac compares very favourably with other similar charities in the Midlands area in terms of services offered and percentage of income spent on staff costs, which suggests good value for money. This is also reiterated in our evaluation feedback.

We continue to provide volunteers with the opportunity to complete a formal qualification, following completion of our training, which is the equivalent of an A-level in specialist support services for rape and sexual abuse. The demand for our adult services has been supported by the recruitment of 18 new volunteers and with the demand for adult services continuing to increase, a number of additional services are being considered for the future, with online support provision being paramount to the demands of our clients and a new database for data analysis.

As always, the challenges of securing funding remains a risk and the Chief Executive continues to source appropriate funding to sustain the centre; however there are plans to expand the service provision of the centre in 2018, for which funding has been allocated and this will enable the organisation to provide additional wellbeing services for clients.

SARAC have continued to develop, change and grow over the year, however we remain increasingly aware of the requirement for our services to continue, offering ongoing support to survivors of sexual abuse, rape and exploitation, which we hope to provide over the next financial year and in the future.

Financial review

We are extremely grateful to ADS Accountancy Ltd whom we have appointed to examine the financial statements and wish to thank all invoiced for their advice and help with this process. The financial statements will be submitted to the Charities Commission accordingly. Copies of the report will also be submitted to our funders. As with all our funding, this enables SARAC to continue assisting victims and survivors of abuse and to develop the services we can offer to support clients. Without their financial support, we would be unable to continue to provide our services and thank all our funders for their valuable contributions.

The balance brought forward for the year 2017-18 was £270,905 and our income for the year totalled £241,267. Our unrestricted income totalled £19,006. Our total spending during the year was £273,277.

We are extremely grateful to those who have supported SARAC via donations from clients, services to other professionals and payment for services rendered to schools which support the running costs of the centre. The closing balance in the general fund was £47,207 however the reserves levels are much needed.

The total closing balance in the restricted and unrestricted funds amounted to £191,688.

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

TRUSTEES' REPORT

Structure, governance and management

The Trustees are governed by a Charitable Trust Deed dated 3 March 2003

(A) The Charity shall be managed by a Management Committee which shall be the charity trustees of the Charity within the meaning of the Section 97 of the Charities Act 1993.

(B) The members of the Management Committee shall be elected each year from the general membership of the Charity at the Annual General Meeting of the Charity, and shall hold office from the conclusion of that Meeting.

(C) The Management Committee shall consist of not less than four members nor more than twelve members, including the honorary officers specified in Clause F.

(D) Where a representative of a member organisation is elected to the Management Committee at Annual General Meeting, and is to serve on the Committee for the ensuing year as representative of the member organisation, this shall be reported.

(E) In the event of any application for representation on the Management Committee being received from any member organisation the Committee may, by a resolution passed by a majority of not less than two-thirds of all the members of the Committee, and for so long as the Committee shall determine, allow such organisations to appoint a representative, or an additional representative, to serve on the Committee.

(F) Any organisation having representation on the Management Committee may appoint a deputy, without power to vote, to replace a representative who is unable to attend a particular meeting of the Committee.

(G) The Management Committee may from time to time co-opt persons having special knowledge or experience of its work to serve on the Committee, provided that the co-opted members shall not exceed one-fourth of the total membership of the Committee. Such members shall have power to vote at all meetings.

(H) No member of the Management Committee shall receive remuneration from the Charity or the Committee in any capacity, reasonable and proper expenses excepted, or be interested in the supply of works or goods at the cost of the Charity or the Committee.

(I) Every member of the Management Committee shall hold office until the end of the Annual General Meeting next following the date of their election or appointment.

(J) The Management Committee may invite any person to attend any of its meetings as an observer without power to vote.

(K) The proceedings of the Management Committee shall not be invalidated by any vacancy among their number or by any failure to elect or appoint, or any defect in the election or appointment or qualification, of a member of the said Management Committee.

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

TRUSTEES' REPORT

Reserves policy

The Trustees consider an appropriate level of reserves should be held to ensure the Charity has sufficient resources to meet this ongoing expenditure and to allow time for reorganisation in the event of an unforeseen increase in expenditure or liabilities or an unexpected downturn in income or asset values.

For this purpose the Trustees consider that sufficient resources should amount to no less than £130,000.

The Trustees have made an assessment of the risks and other issues facing the Charity and have considered it prudent to set a target level of reserves at an amount equivalent to an estimation of twelve months operating expenses.

The Reserves Policy is reviewed annually by the Committee.

The amount held as Reserves at 31 March 2018 amounted to £238,895 of which £47,207 was held in the General Fund.

The Trustees has recognised the need to designate certain amounts held within General Funds to meet future commitments. The need for these Designated Funds and the amounts designated are reviewed annually.

The Charity's governing document does not require the Trustees to maintain a minimum level of funds for future operations, however in accordance with best practice the Trustees have designated funds of approximately one years expenditure to meet future commitments.

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

TRUSTEES' REPORT

Chairman's report

Each year, the demand for our services continues to grow and we strive to expand those services to meet those needs. Rape and sexual abuse can be committed against anyone regardless of their age, gender, race, religion, sexual orientation, culture or social status. Living with the consequences of rape and sexual abuse can be devastating. At SARAC, we believe that all survivors are entitled to receive the best possible response to their needs.

We have ensured that we have a fit for purpose venue by upgrading our existing, welcoming centre as cost effectively as possible, as well as taking on some additional space close by so that we can also offer 'wrap around' support. We are proud to have achieved this and the newly renovated centre and additional space opened with minimal disruption to existing services in January 2018. To manage the increase, we have recruited a services manager who will increase and develop SARAC's services further and involve more volunteers, which offers opportunity to the community further.

This will also enable SARAC to increase the number of face to face sessions and helpline support for adults and services to young people developing provision for those who have Special Educational Needs.

Additionally, we have incorporated an Independent Sexual Adviser Service offering information and advice for those who are going to trial.

We could not do this without the dedicated work of our staff and team of volunteers who work untiringly to assist those in need and whom I sincerely thank on behalf of the trustees. In addition, we thank the generosity of our funders who have responded to the vision that the trustees have for the charity.

We are seeking to offer future alternative avenues for support and amplify voices through cross sector partnerships and look forward to developing this vision in the forthcoming year to enable us to continue to respond to our beneficiaries needs and the increased demand for our support and services.



Mrs B Haywood
Acting Chair of Sarac

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

Independent Examiner's report to the Trustees of the Sexual and Domestic Abuse and Rape Advice Centre (Burton & District)

I report on the accounts of the Sexual and Domestic Abuse and Rape Advice Centre (Burton & District) for the year ended 31 March 2018 which are set out on pages 5 to 12.

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 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

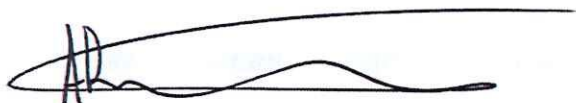
Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

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 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave 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.



A Dominey FCCA
(Senior Statutory Auditor)
for and on behalf of
ADS Accountancy Limited
Accountants and Statutory Auditors
17 December 2018

7 Faraday Court
First Avenue
Burton upon Trent
Staffordshire
DE14 2WX

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

**STATEMENT OF FINANCIAL ACTIVITIES (including income and expenditure account)
for the year ended 31 March 2018**

| | Notes | Restricted funds 2018 £ | Unrestricted funds 2018 £ | Total funds 2018 £ | Total funds 2017 £ |
|--|-------|----------------------------------|------------------------------------|-----------------------------|-----------------------------|
| INCOMING RESOURCES | | | | | |
| Voluntary income | | | | | |
| Grants receivable | 2 | 222,261 | - | 222,261 | 240,871 |
| Donations and legacies | | - | 17,785 | 17,785 | 5,251 |
| Incoming resources from charitable activities | | | | | |
| Income from contracted services | | - | 246 | 246 | 360 |
| Activities to generate funds | | | | | |
| Fund raising events | | - | 975 | 975 | 987 |
| | | 222,261 | 19,006 | 241,267 | 247,469 |
| Investment income | | | | | |
| Deposit account interest | | - | - | - | 281 |
| TOTAL INCOMING RESOURCES | | 222,261 | 19,006 | 241,267 | 247,750 |
| RESOURCES EXPENDED | | | | | |
| Staff costs | 5 | 182,380 | - | 182,380 | 157,530 |
| Recruitment | | - | - | - | - |
| Supervision and training | | 3,502 | 1,200 | 4,702 | 2,452 |
| Travel and child care expenses | | 12,959 | 1,152 | 14,111 | 13,632 |
| Rent | | 5,846 | - | 5,846 | 13,785 |
| Heat and light | | 3,043 | - | 3,043 | 3,619 |
| Insurance | | 2,016 | - | 2,016 | 2,255 |
| Water rates | | 329 | - | 329 | 260 |
| Repairs and renewals | | 4,064 | 1,191 | 5,255 | 1,191 |
| Postage, stationery and telephone | | 13,133 | 339 | 13,472 | 10,256 |
| IT and social media costs | | 2,400 | 13,938 | 16,338 | 1,908 |
| Bookkeeping and payroll costs | | 930 | - | 930 | 833 |
| Professional charges | | 3,941 | 9,723 | 13,664 | 3,941 |
| Independent examination | 6 | 1,440 | - | 1,440 | 1,200 |
| Subscriptions and affiliation fees | | - | - | - | - |
| Depreciation | | - | 8,112 | 8,112 | 781 |
| Miscellaneous costs | | 463 | 1,176 | 1,639 | 463 |
| TOTAL RESOURCES EXPENDED | | 236,446 | 36,831 | 273,277 | 214,106 |
| Net movement in funds | | (14,185) | (17,825) | (32,010) | 33,644 |
| Total funds brought forward | | 205,873 | 65,032 | 270,905 | 237,261 |
| TOTAL FUNDS CARRIED FORWARD | | 191,688 | 47,207 | 238,895 | 270,905 |


SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

BALANCE SHEET as at 31 March 2018

| | Notes | 2018 £ | 2017 £ |
|---|-------|----------------|----------------|
| FIXED ASSETS | | | |
| Tangible assets | 7 | 32,698 | 4,738 |
| CURRENT ASSETS | | | |
| Debtors | 8 | 68,794 | 74,564 |
| Cash at bank and in hand | | <u>139,101</u> | <u>193,670</u> |
| | | 207,895 | 268,234 |
| CREDITORS: amounts falling due within one year | 9 | <u>1,698</u> | <u>2,067</u> |
| NET CURRENT ASSETS | | <u>206,197</u> | <u>266,167</u> |
| NET ASSETS | | <u>238,895</u> | <u>270,905</u> |
| CHARITY FUNDS | | | |
| Unrestricted funds | 11 | 45,767 | 65,032 |
| Restricted funds | 11 | <u>193,128</u> | <u>205,873</u> |
| TOTAL FUNDS | | <u>238,895</u> | <u>270,905</u> |

The financial statements have been prepared in accordance with the SORP 2015 FRS102.

The financial statements were approved by Trustees on 17 December 2018 and signed on their behalf by:



 Mrs B Haywood
 Acting Chair

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2018

1 ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with FRS 102. The financial statements have also been prepared in accordance with the Statement of Recommended Practice (SORP), 'Accounting and Reporting by Charities' published in 2015.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the committee in furtherance of the general objectives of the company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors.

Incoming resources

All incoming resources are included in the statement of financial activities when the organisation has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects.

Donated services or facilities, which comprise donated services, are included in income at a valuation which is an estimate of the financial cost borne by the donor where such a cost is quantifiable and measurable. No income is recognised where there is no financial cost borne by a third party.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Grants

Grants are recognised at the point they are received.

Resources expended

Expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Going concern

The Trustees have considered the requirements of the company for a period of 12 months from the date of the approval of these financial statements.

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2018

Depreciation

All assets costing more than £200 are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Office furniture and equipment 15% reducing balance
Computer equipment 20% straight line

2 GRANTS RECEIVED

| | Unrestricted funds 2018 £ | Restricted funds 2018 £ | Total funds 2018 £ | Total funds 2017 £ |
|---|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| Ministry of Justice Rape Support Fund | - | 34,218 | 34,218 | 34,980 |
| Ministry of Justice Victim & Witness Fund | - | 31,500 | 31,500 | 31,500 |
| Office of the Police and Crime Commissioner | - | 85,176 | 85,176 | 85,176 |
| Burton Breweries Charitable Trust Fund | - | 48,646 | 48,646 | 62,005 |
| J&O Lloyd Trust | - | 8,991 | 8,991 | - |
| Lloyds TSB | - | 13,730 | 13,730 | 13,460 |
| Consolidated Charity of Burton upon Trent | - | - | - | 13,750 |
| | - | 222,261 | 222,261 | 240,871 |

3 PURPOSE OF RESTRICTED FUNDS

Ministry of Justice Rape Support Fund - to provide a contribution towards the costs of running the centre.

Ministry of Justice Victim & Witness Fund - to provide a contribution towards the salaries and other staff related costs of the centre.

Burton Breweries Charitable Trust Fund - to cover the cost of the salaries of the Young Persons

Lloyds TSB - to fund the training and volunteer co-ordinator.

J & O Lloyd Trust - to provide a contribution towards the costs of running the centre.

Office of the Police and Crime Commissioner - to provide a contribution toward staff salaries and running costs.

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 March 2018

4 RESOURCES EXPENDED

| | Ministry of Justice Rape Support Fund | Ministry of Justice Victim & Witness Fund | Office of the Police and Crime Commission | Burton Breweries Charitable Trust Fund | J & O Lloyd Trust | Lloyds TSB | Unrestricted fund | Total |
|-----------------------------------|---|--|--|---|----------------------|------------|----------------------|---------|
| | £ | £ | £ | £ | £ | £ | £ | £ |
| Staff costs | 27,161 | 36,978 | 66,907 | 28,613 | 8,991 | 13,730 | - | 182,380 |
| Supervision and training | 3,502 | - | - | - | - | - | 1,200 | 4,702 |
| Travel and child care expenses | 10,595 | - | - | 2,364 | - | - | 1,152 | 14,111 |
| Rent | - | - | - | 5,846 | - | - | - | 5,846 |
| Heat and light | 3,043 | - | - | - | - | - | - | 3,043 |
| Insurance | 2,016 | - | - | - | - | - | - | 2,016 |
| Water rates | 329 | - | - | - | - | - | - | 329 |
| Repairs and renewals | 4,064 | - | - | - | - | - | 1,191 | 5,255 |
| Postage, stationery and telephone | 13,079 | - | - | 54 | - | - | 339 | 13,472 |
| IT and social media costs | 2,400 | - | - | - | - | - | 13,938 | 16,338 |
| Bookkeeping and payroll costs | 930 | - | - | - | - | - | - | 930 |
| Professional charges | 3,941 | - | - | - | - | - | 9,723 | 13,664 |
| Independent examination | - | - | - | - | - | - | 1,440 | 1,440 |
| Depreciation | - | - | - | - | - | - | 8,112 | 8,112 |
| Miscellaneous costs | 463 | - | - | - | - | - | 1,176 | 1,639 |
| | 71,523 | 36,978 | 66,907 | 36,877 | 8,991 | 13,730 | 38,271 | 273,277 |

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2018

5 STAFF COSTS

| | 2018 £ | 2017 £ |
|-----------------------|----------------|---------------|
| Wages and salaries | 172,499 | 88,684 |
| Social security costs | 9,881 | 5,600 |
| | <u>182,380</u> | <u>94,284</u> |

| | 2018 | 2017 |
|---|----------|----------|
| The average monthly number of employees during the year was as follows: | <u>8</u> | <u>5</u> |

No employee received remuneration amounting to more than £60,000 in either year.

6 INDEPENDENT EXAMINER'S REMUNERATION

| | 2018 £ | 2017 £ |
|---|--------------|--------------|
| Fee for the current year | 1,440 | 1,440 |
| Overprovision in respect of prior years | - | (240) |
| | <u>1,440</u> | <u>1,200</u> |

7 TANGIBLE FIXED ASSETS

| | Office furniture & Equipmen t £ | Computer equipmen t £ | Total £ |
|-------------------------|--|--------------------------------|---------------|
| Cost | | | |
| At 1 April 2017 | 15,504 | 9,554 | 25,058 |
| Additions | 30,727 | 5,345 | 36,072 |
| At 31 March 2018 | <u>46,231</u> | <u>14,899</u> | <u>61,130</u> |
| Depreciation | | | |
| At 1 April 2017 | 11,997 | 8,323 | 20,320 |
| Charge for the year | 2,978 | 5,134 | 8,112 |
| At 31 March 2018 | <u>14,975</u> | <u>13,457</u> | <u>28,432</u> |
| Net book value | | | |
| At 31 March 2018 | <u>31,256</u> | <u>1,442</u> | <u>32,698</u> |
| At 31 March 2017 | <u>3,507</u> | <u>1,231</u> | <u>4,738</u> |

SEXUAL AND DOMESTIC ABUSE AND RAPE ADVICE CENTRE (BURTON & DISTRICT)

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2018

| | | |
|-------------------|---------------|---------------|
| 8 DEBTORS | 2018 | 2017 |
| | £ | £ |
| Grants receivable | <u>68,794</u> | <u>74,564</u> |

| | | |
|---|--------------|--------------|
| 9 CREDITORS: Amounts falling due within one year | 2018 | 2017 |
| | £ | £ |
| Other creditors | <u>1,698</u> | <u>2,067</u> |
| | <u>1,698</u> | <u>2,067</u> |

| | | |
|--|-------------|---------------|
| 10 OPERATING LEASE COMMITMENTS | 2018 | 2017 |
| | £ | £ |
| The following payments are committed to be paid within one year in respect of: Land and buildings - expiring between one and five years | <u>-</u> | <u>11,000</u> |

11 RESTRICTED AND UNRESTRICTED FUNDS

| | Brought forward | Incoming Resource | Resources | Transfers | Closing Balance |
|---|------------------------|--------------------------|------------------|------------------|------------------------|
| | £ | £ | £ | £ | £ |
| Unrestricted funds | | | | | |
| General funds | <u>65,032</u> | <u>19,006</u> | <u>(38,271)</u> | <u>-</u> | <u>45,767</u> |
| | <u>65,032</u> | <u>19,006</u> | <u>(38,271)</u> | <u>-</u> | <u>45,767</u> |
| Restricted funds | | | | | |
| Ministry of Justice Rape Support Fund | 79,956 | 34,218 | (71,523) | - | 42,651 |
| Ministry of Justice Victims & Witness Fund | 37,248 | 31,500 | (36,978) | - | 31,770 |
| Office of the Police and Crime Commissioner | 42,588 | 85,176 | (66,907) | - | 60,857 |
| Burton Breweries Charitable Trust Fund | 46,081 | 48,646 | (36,877) | - | 57,850 |
| J & O Lloyd Trust | - | 8,991 | (8,991) | - | - |
| Lloyds TSB Fund | <u>-</u> | <u>13,730</u> | <u>(13,730)</u> | <u>-</u> | <u>-</u> |
| | <u>205,873</u> | <u>222,261</u> | <u>(235,006)</u> | <u>-</u> | <u>193,128</u> |
| At 31 March 2018 | <u>270,905</u> | <u>241,267</u> | <u>(273,277)</u> | <u>-</u> | <u>238,895</u> |