

SALT SOUTH WEST

England & Wales · Charity number 1010424

Details

Other names SAIFLINE

Status Registered

Legal form Other

Registered 1992-04-13

Register [View on the Charity Commission register](#)

Contact

Address 142 Union Street
Plymouth
PL1 3HL

Phone 01752600599

Email email@saltsouthwest.co.uk

Website www.saltsouthwest.co.uk

Activities

Objects: TO RELIEVE THE MENTAL, EMOTIONAL, AND SPIRITUAL HEALTH DISTRESSES OF ADULT SURVIVORS OF CHILDHOOD SEXUAL ABUSE, LIVING IN PLYMOUTH AND THE SURROUNDING AREAS, BY THE PROVISION OF A THERAPEUTIC LISTENING SERVICE. TO ADVANCE EDUCATION, FOR THE PUBLIC BENEFIT, OF PEOPLE IN PLYMOUTH AND THE SURROUNDING AREAS, IN PARTICULAR BUT NOT EXCLUSIVELY, BY PROVIDING TRAINING AND SKILLS DEVELOPMENT IN THE CONSEQUENCES AND HEALING OF CHILDHOOD TRAUMA.

Activities: Relief of distress caused to adults by childhood sexual abuse

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** PLYMOUTH
- Plymouth City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£35,911	£45,649	-	-
2024-06-30	£70,136	£71,488	-	-
2023-06-30	£72,928	£59,492	-	-
2022-06-30	£59,497	£45,385	-	-
2021-06-30	£39,711	£33,635	-	-

Trustees

Name	Role	Appointed
Dr Karen Grimschl		2015-04-21
Gary Nicholas Streeter SIR		2024-11-01
Jacqueline Mckeown		2020-10-20
Jane Frajbis		2022-04-27
Josephine Wood		2019-02-03
Mark James Anthony Frajbis		2022-07-25
Vernon William Roche		2023-01-23

SALT SOUTH WEST

England & Wales - Charity number 1010424

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 1st	Month 07	Year 2024		Day 31	Month 03	Year 2025

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

142 Union Street	
Plymouth	
Devon	
Postcode	PL13HL

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Josie Wood	Chairperson Building		
2	Vernon Roche	Buildings Trustee		
3	Karen Grimsehl	Safeguarding Trustee		
4	Jane Frajbis	Secretary		
5	Mark Frajbis	Building and Tech Trustee		
6	Jackie McKeown	Treasurer		
7	Peter Dickinson	Associate Trustee fundraising		
8	Sir Gary Streeter	Trustee		
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Carol Pratt Team Leader / Tracey White Assistant team Leader/ Gary Salmon male project lead

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Associated
Trustee selection methods (eg. appointed by, elected by)	Appointed

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the mental, emotional, and spiritual distresses of adult survivors of childhood sexual abuse, living in Plymouth and the surrounding areas, by the provision of a therapeutic listening service. To advance education, for the public benefit, of the people in Plymouth and the surrounding area, in particular but not exclusively by providing training and skills development in the consequences and healing of childhood trauma.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To provide a telephone help line, for contact and counselling
 To promote the education of above object to benefit the public.
 To provide advice and support and counselling facilities.
 To employ person to organise and carry out this work.
 To bring together other voluntary organisations Statutory and non-statutory bodies bringing more cohesion.
 To carry out or assist in promoting research/surveys/and useful investigations of materials to share.
 To arrange and provide for meetings lectures seminars training courses.
 To collect and disseminate information on all the above matters affecting the said object and exchange such information with other bodies having similar objects.
 To procure to be written and print, publish, issue, and circulate gratuitously or otherwise such papers, books, periodicals, pamphlets or other documents or films or recorded tapes as shall further the objects.
 To purchase take on or lease or in exchange, hire or otherwise acquire any property and any rights and privileges necessary for the promotion of the said object and construct maintain and alter any building or erections necessary for the work of the association.
 To make regulations for any property which may also be acquired.
 To sell, let mortgage, dispose of or turn to account all or any of the property or assets of the Association, subject to such consents as may be required by law.
 To borrow or raise money for the object of the association and to accept gifts on such terms and on such security as shall be deemed to be necessary subject to such consents as may be required by law.
 To raise funds and invite and receive contributions from any person or persons whatsoever by way of subscriptions and otherwise PROVIDED THAT the Association shall not undertake permanent trading activities in raising funds for the said object.
 To invest the monies of the Association not immediately required for the said objects in or upon such investments, securities or property as may be thought fit, subject nevertheless to such conditions (if any), as may for the time being imposed or required by law.
 To do all such lawful things that are necessary for the attainment of the said objects.

All trustees declare that their decision making is carried out with due regard to the Charity Commission's guidance on public benefit and fully relates to all of the above purposes.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We would like to take this opportunity to thank Abi White for giving her time on her year out from university to work in SALT as a volunteer, Abi took on many challenges whilst here and has contributed and supported SALT throughout the year. She has actively Joined in with working with individuals and groups. Abi has shown her commitment to the work here and will be missed as she returns to her final year at university. We hope her experience here will be beneficial in Abi future work and life. It has been a delight to have Abi here and she will be greatly missed. We wish her every blessing for her future.

The Trustee decided to change the year to coincide with the business year end, so this report is from the 1/7/24 – 31/3/25. This was done to allow for clear financial records that run in line with the normal financial year.

Section D

Achievements and performance

TEAM

The Team comprises of 11 staff 7 of whom are volunteers who work various hours, throughout the week and 4 paid staff who also undertake voluntary hours.

This year the team have completed 5115.75 hours which is slight decrease on last year's figures.

We welcomed Jackie McKeown into the administrator role on 3rd January 2025. Jackie has been very busy in her role since the start, her enthusiasm and support are a blessing to the team.

The team continue to have individual, peer, and group supervision. The supervisors continue to have external supervision from Des and Jan Branagh, and we thank them for support they give to the supervisors and the team.

CLIENTS

The men's work is now in its 3rd year, we continue to have a good response to this work, which shows the need to offer this support in Plymouth. We have received over 30 referrals for the men service June 24 – June 25 which has led to 3 groups undertaking the psychoeducational skills session. Then moving on to their individual sessions, of which there has been 177 so far. Currently there are 2 men on the waiting list, and we will run the next men's psychoeducational skills group in September 2025.

The Women's service has seen a rise in referrals to new ladies from July to June. We closed the waiting list in April 2024, and we re-open it in September 2024 due to the volume of people seeking support and the length of time they would have remained on the waiting list. The waiting list is again reaching capacity, but we have not yet closed it to new referrals.

The team has carried out a total of 398 sessions. There have been 4 groups undertaken this year of ladies' psycho-educational Skills sessions. The skills sessions comprise of 4 separate sessions. The team have done 18 zoom sessions due to distance or disability issues; this has lowered slightly this year.

There have been emails 263 calls 20 texts 2 from professionals.

The men's service has had 124 emails 63 calls and 123 texts.

The Women's service has had 421 emails 75 calls 175 texts and 17 WhatsApp calls.

Giving a total of 3781 contacts, that were extra to the face-to-face contacts with clients and zoom contacts.

The team have had calls to request support from professionals across the city, and we have spoken with social services/benefits agency/ food banks/hospitals/eating disorders team and many other agencies. Some of these were looking for advice on SALT work, and some looking at how they can best support those people they are involved with. Although all clients self-refer to SALT, the majority are initially signposted from many different areas for instance GP practices, Mental Health services, Court workers, Occupational health services, Counselling services, other victim of sexual assault agencies to name a few. We have good links with many of these services within the city, and we offer support through our resources/advice/skills and knowledge to them.

We have delivered bespoke training for a local community hub / food Bank/ pregnancy crisis care/ and Offenders Personality Disorder Team. A presentation to eating disorders team, St Matthews Ladies meeting Fuse team/local prescribers. Sherwell United Reform.

The team have also supported relatives, families, or significant people in the client's life, who wish to understand the need to process trauma and how they can best support the person. Those people are offered 3 sessions with 2 listeners over the time the client is with us. There have been 19 sessions in this area.

TRAINING

This has been a busy year for the team

Salt attended the AGM for Trauma Informed Plymouth network.

2 of the team attended University of Plymouth community hub Resources for community groups and possible funding for collaboration in Dec 24.

Online meeting with Naomi Salisbury re possible in-house training up-date on self-harm.

June 25 online workshop Leaders and containment TST attended by 1 team member.

Plymouth U3A world religions and customs Outreach Group. Talk given by team member.

Plymouth wellbeing meetings Hub's meeting @ SALT/ Presentation by 2 team members.

Multiple contacts with professionals across the Southwest including Livewell: Occupational therapists: Health; and wellbeing Teams: NHS Devon Pathfinder Team: Young Devon: community hubs: Learning disability organisations: Plymouth First response Team: Barnardos: Fear Free:

Plymouth Ice break team: Plymouth Insight Team: PASS (Autism); Prison Service: Clinical Psychologist and numerous other Health professionals.

Presentation by 2 team members to the eating Disorders Team:

Presentation by 2 team Members to members of Justice Department team.

Meeting with Plymouth specialist lead on sexual violence by 2 team.

Presentation to Plymouth Business chamber of commerce I team member and trustee.

Online training via teams by 1 team member

Women's skills session reviewed and updated and now includes accessible support for new facilitators.

2 Team members attended a Collaborative meeting/training day with trauma informed network
Several of the team have done workshops with Deep release, over the year.

We have taken part in supporting other organisations, with advice information and tools.

Several of the team have completed their safeguarding vulnerable adults and prevent Training.

3 of the team have undertaken training with Trauma informed practise.

We have a full day training for the team on sand tray therapy booked for July

Committee

The committee have meet 5 times throughout the year as planned and continue to look at the needs of SALT and the change of charity states to CIO. This is moving forward, and a new constitution has been approved by the trustees and will go to the commission soon.

I am pleased to report that Sir Gary Streeter has been appointed as a trustee. Gary has joined us with a wealth of knowledge and skills; his appointment is a delight to his fellow trustee and to the team.

The committee have had a busy year, with the need to look at the charity's future and the need for the charities status to change to a CIO. The treasurer is completing this year's finances, and we would like to extend our thanks to Jackie for the hard work she does in ensure the financial security of SALT. All the trustees have worked hard to design a new logo, ensure the building is fit for purpose, ensure we have the right things in place and numerous other tasks they undertake which we thank each of them for. We have approached the charity commission with the desire to change the financial year to 1st April – 31st March. This has now taken place.

We also would like to thank all those who have financially supported SALT through their individual giving, also the **Plymouth Christian centre, Church 41**, who have supported Salt throughout the year. We would also like to thank **Contrasting Horizons** for the continued blessing of financial support for the men's work. **Livewell Foundation, Allan Lane Foundation for their grant to enable the work of SALT to continue. Awards for Everyone** who have given SALT a grant and The **Joseph Rank Trust** for their continued support.

We also thank Those who support us through **Local giving**, and to **Julie** our volunteer gardener, who with Fiona one of our team have continued to do an amazing job in the garden, which offers a tranquil place to sit and take a few minutes out of the busyness of the day for the clients and the team. (Not to mention the lovely fruit available for picking) 😊

We would like to thank every one of our **prayer partners** for their vital and continued support. Which is so valuable to the team here. We appreciate your time your prayers and words of encouragement and look forward to seeing you all very soon, to share SALT's plans of future growth and new ventures, to bring healing into a hurting world.

Special Thanks to every member of the team for their commitment to the work of this service, their fellowship, wisdom, and faithfulness to each other and to the people we serve. They are dedicated and equipped to develop and forward the work of SALT.

Thank you all.

Carol Pratt (Team Leader)

31st March 2025

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Section E

Financial review

Brief statement of the charity's policy on reserves

The policy on reserves has been written to include SALT holding a capital reserve of at least 6 months of the total monthly salary expenditure (of £4500 x 6 months)
This would enable us to continue supporting our service users in the event of having to run down the charity. As of June 2025, the total amount of un-restricted funds is £26,000 held in two parts one part in a reserve account and the other £13,000 in a 90 day account

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

SALT has received Grants from Contrasting Horizons of £4050
Joseph Rank Trust £10,000
Church donations £3214
Individual donations £9007.02 (£3000 specifically donated for building repairs).
Training Income £8455.00.

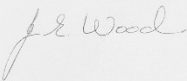
The charity's running costs have exceeded the income received this year. This has been due to the loss of a large grant and reductions in available funding sources.

Section F**Other optional information****Section G****Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Josephine Wood

Position (eg Secretary, Chair, etc)	Chair	
Date		

Accounts for the Period 1st July 2024 to 31st March 2025

	<u>1/7/24 to 31/3/25</u>		<u>YE 30/6/24</u>	
	£	£	£	£
Income				
Ministry of Justice	0.00		0.00	
Other Grants	14,250.00		36,436.87	
Church Donations	3,214.00		6,600.00	
Individual Donations	8,782.02		20,129.13	
Local Giving	931.06		1,644.56	
Paypal & Other Donations	0.00		0.00	
Gift Aid	0.00		0.00	
Training income	7,575.00		3,721.40	
Room Hire	880.00		1,260.00	
Other income	0.00		4.92	
Bank Interest	278.95		339.27	
		35,911.03		70,136.15
Expenses				
Salaries & Pensions	36,332.75		59,870.50	
Rent	0.00		0.00	
Team Expenses	7.72		1,257.79	
Team Training	0.00		163.08	
Office Expenses	2,519.50		1,582.34	
Utilities & building costs	3,877.75		4,861.77	
Phone/Internet	901.63		1,227.19	
Insurance	851.20		1,241.97	
Website	303.50		748.50	
Statutory Requirements	72.00		35.00	
Business Rates	783.00		269.98	
Other Expenses	0.00		230.00	
		(45,649.05)		(71,488.12)
Operating Surplus/(Deficit)		<u>(9,738.02)</u>		<u>(1,351.97)</u>
B/fwd 1st July 2024		46,698.13		48,050.10
C/fwd 31st March 2025		<u>36,960.11</u>		<u>46,698.13</u>
Balances as at 31st March:			30th June 2024	
Current Account		10,676.48		20,736.13
Reserve Account		26,231.19		25,952.24
Petty Cash		52.44		9.76
Total		<u>36,960.11</u>		<u>46,698.13</u>

I have carried out an examination of the accounts, together with the supporting documents provided, and find them to be a fair representation.

Signed: 

Date: 19th September 2025

Kirsty Wick FCMA FMAAT

Accounts for the Period 1st July 2024 to 31st March 2025

	<u>1/7/24 to 31/3/25</u>		<u>YE 30/6/24</u>	
	£	£	£	£
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Signed: 

Date: 19th September 2025

Kirsty Wick FCMA FMAAT

SALT SOUTH WEST

England & Wales - Charity number 1010424

Accounts



Trustees' Annual Report for the period

From

Period start date

Day1
1st

Month
07

Year
2023

To

Period end date

Day
30th

Month
06

Year
2024

Section A

Reference and administration details

Charity name

SALT Southwest

Other names charity is known by

Registered charity number (if any)

1010424

Charity's principal address

142 Union Street

Plymouth

Devon

Postcode

PL13HL

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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2	Vernon Roach	Buildings Trustee		
3	Karen Grimsehl	Safeguarding Trustee		
4	Jane Frajbis	Secretary		
5	Mark Frajbis	Building and Tech Trustee		
6	Jackie McKeown	Treasurer		
7	Peter Dickinson	Associate Trustee fundraising		
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Carol Pratt Team Leader / Tracey White Assistant team Leader/ Gary Salmon male project lead

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Associated
Trustee selection methods (eg. appointed by, elected by)	Appointed

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To Relieve the mental, emotional, and spiritual distresses of adult survivors of childhood sexual abuse, living in Plymouth and the surrounding areas, by the provision of a therapeutic listening service. To advance education, for the public benefit, of the people in Plymouth and the surrounding area, in particular but not exclusively by providing training and skills development in the consequences and healing of childhood trauma.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To provide a telephone help line, for contact and counselling
 To promote the education of above object to benefit the public.
 To provide advice and support and counselling facilities.
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 To bring together other voluntary organisations Statutory and non-statutory bodies bring more cohesion.
 To carry out or assist in promoting research/surveys/and useful investigations of materials to share.
 To arrange and provide for meetings lectures seminars training courses.
 To collect and disseminate information on all the above matters affecting the said object and exchange such information with other bodies having similar objects.
 To procure to be written and print, publish, issue, and circulate gratuitously or otherwise such papers, books, periodicals, pamphlets or other documents or films or recorded tapes as shall further the objects.
 To purchase take on or lease or in exchange, hire or otherwise acquire any property and any rights and privileges necessary for the promotion of the said object and construct maintain and alter any building or erections necessary for the work of the association.
 To make regulations for any property which may also be acquired.
 To sell, let mortgage, dispose of or turn to account all or any of the property or assets of the Association, subject to such consents as may be required by law.
 To borrow or raise money for the object of the association and to accept gifts on such terms and on such security as shall be deemed to be necessary subject to such consents as may be required by law.
 To raise funds and invite and receive contributions from any person or persons whatsoever by way of subscriptions and otherwise PROVIDED THAT the Association shall not undertake permanent trading activities in raising funds for the said object.
 To invest the monies of the Association not immediately required for the said objects in or upon such investments, securities or property as may be thought fit, subject nevertheless to such conditions (if any), as may for the time being imposed or required by law.
 To do all such lawful things that are necessary for the attainment of the said objects.

All trustees declare that their decision-making is carried out with due regard to the Charity Commission's guidance on public benefit, and fully relates to all of the above purposes.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D Achievements and performance

TEAM

The Team comprises of 9 staff 6 of whom are volunteers who work various hours, throughout the week and 3 paid staff who also undertake voluntary hours.
This year the team have completed 6101.00 hours which is an increase on last year's figures.

We said goodbye to our administrator Lesley Duke in May this year, and we thank her for the support and work she has done in her time at SALT. We would also like to take this opportunity to wish her well in her future adventures.

The team continue to have individual, peer, and group supervision. The supervisors continue to have external supervision from Des and Jan Branagh, and we thank them for support they give to the supervisors and the team.

CLIENTS

June 22 saw the start of the men's work, we continue to have a good response to this work, which shows the need to offer this support in Plymouth. We have received over 40 referrals for the men service 23-24 which has led to groups 2 undertaking the psychoeducational skills session. Then moving on to their individual session, of which there has been 112 so far. Currently there are 5 men on the waiting list, and we will run the next men's psychoeducational skills group in October 2024.

The Women's service has seen a rise in referrals to 149 new ladies from July to June. We closed the waiting list in April 2024, and we will re-open it in September 2024 due to the volume of people seeking support and the length of time they would have remained on the waiting list.

The team has carried out a total of 755 sessions. There have been 4 groups undertaken this year of ladies' psycho-educational Skills sessions, and one group part way through the process. The skills sessions comprise of 4 separate sessions.

The team have done 29 zoom sessions due to distance or disability issues; this has increased over the year.

There have been 4443 emails 232 calls 272 texts and 37 WhatsApp calls from professionals.

Section D

Achievements and performance

The men's service has had 191 emails 88 calls and 101 texts.

The Women's service has had 1617 emails 138 calls 242 texts and 17 WhatsApp calls.

Giving a total of 6457 contacts, that were extra to the face-to-face contacts with clients and zoom contacts.

The team have had calls to request support from professionals across the city and we have spoken with social services/benefits agency/ food banks/hospitals/eating disorders team and many other agencies. Some of these were looking for advice on SALT work, and some looking at how they can best support those people they are involved with. Although all clients self-refer to SALT, the majority are initially signposted from many different areas for instance GP practices, Mental Health services, Court workers, Occupational health services, Counselling services, other victim of sexual assault agencies to name a few. We have good links with many of these services within the city, and we offer support through our resources/advice/skills and knowledge to them.

We will be do some training with the local hub starting in September and also for some local social prescribers.

The team have also supported relatives, families, or significant people in the client's life, who wish to understand the need to process trauma and how they can best support the person. Those people are offered 3 sessions with 2 listeners over the time the client is with us.

TRAINING

This has been a busy year for the team

1 team member undertook training on Workplace policies/GDPR/Data Protection

1 team member attended trauma informed working with Shame Day

1 on funding resources and training

1 Safeguarding Training and Prevent

1 on-line webinar fund raising

4 attended on-line pornography effects training

1 trafficking workshop

1 Legal support for Sexual Abuse victims conference 24

1 POP ideas training on crowd funding.

1 attended a Collaborative meeting/training day

Several of the team have done workshops with Deep release, over the year.

We have and are still attending path finder meeting to help those looking for support to find a clear pathway through services, (mental health).

We have taken part in supporting other organisations, with advice information and tools.

One member of the team talked about the work of SALT on Cross Rhythm Radio.

Several of the team and several of the trustees attended the Songbird Festival a fundraiser for SALT. Our thanks to Julie for organising this lovely day and raising £400.00

Several of the team helped serve the local community in the union street party, by opening the

premises as a pop-up tea cake and chat stop.

We will be do some training with the local hub starting in September and for some local social prescribers.

In December the Team had a Christmas lunch together which was a lovely time of fun and fellowship.

We have a team Awayday planned for the 31st of July

Committee

The committee have meet 6 times throughout the year as planned to continue to look at the change of charity states to CIO. This is moving forward, and a new constitution has been approved by the trustees and will go to the commission soon.

I am pleased to report that Peter Dickinson has been appointed Associate trustee with a specific role within finances and fundraising. Peter is an experienced gentleman who is full of enthusiasm and will be a great asset to the work of SALT. Peter joined us for his first meeting on the 15th of May 24.

The committee have had a busy year, with the need to look at the charity's future and the need for the charities status to change to a CIO as we have the gifted property and employees. Also to oversee and advise on the development and growth of SALT. The treasurer is completing this year's finances, and we would like to extend our thanks to Jackie for the hard work she does in ensure the financial security of SALT.

We take this opportunity to say thank you to all the trustees for their support and work in building on the work of SALT and its future purposes and for their dedication, encouragement to the team, and their prayerful support.

We would like to thank the council of reference for there time and support for the work of SALT especially to Gary Streeter for his support.

We also would like to thank all those who have financially supported SALT through their individual giving, also the **Plymouth Christian centre, Church 41**, who have supported Salt throughout the year. We would also like to thank **Contrasting Horizons** for the continued blessing of financial support for the men's work. Thanks to **POP** for the grant, We would also like to thank the **Tyeth Trust** for their donation. The **Souter Trust** for their kindness and grant. **Awards for Everyone** who having given SALT a grant and The **Joseph Rank Trust** for their continued support.

We also thank Those who support us through **Local giving**, and to local giving for there small grants which was used to revamp the garden, and to **Julie** our volunteer gardener, who has done an amazing job, in the garden which offers a tranquil place to sit and take a few minutes out of the busyness of the day for the clients and the team. (Not to mention the lovely fruit available for picking) ☺

We would like to thank all those involved in the **SONGBIRD Festival** a lovely day shared in the local community raising £400 pound for SALT.

We would like to thank every one of our **prayer partners** for their vital and continued support. Which is so valuable to the team here. We appreciate your time your prayers and words of encouragement and look forward to seeing you all very soon, to share Salts plans of future growth and new ventures, to bring healing into a hurting world.

Special Thanks to every member of the team for their commitment to the work of this service, their fellowship, wisdom, and faithfulness to each other and to the people we serve. They are dedicated and equipped to develop and forward the work of SALT.

Thank you all.

Carol Pratt Team Leader

28/08/2024

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Section E

Financial review

Brief statement of the charity's policy on reserves

The policy on reserves is to keep 6 months running cost.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Salt has not been successful in a bid for grant funding with the MOJ. This funding ended on the last day of July. Unfortunately, there were delays in the time frames of MOJ and we were informed on the 25th of May 2023 that we were not successful. This means we are now seeking to find funding that will support the continued work of SALT.

Section F

Other optional information

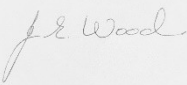
Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
---	--

Full name(s)

Josephine Wood

Position (eg Secretary, Chair, etc)	Chair	
--	-------	--

Date	25/10/2023
-------------	------------

Accounts for the Year Ended 30th June 2024

	<u>2024</u>		<u>2023</u>	
	£	£	£	£
Income				
Ministry of Justice	0.00		30,339.07	
Other Grants	36,436.87		19,550.00	
Church Donations	6,600.00		1,500.00	
Individual Donations	20,129.13		12,016.00	
Local Giving	1,644.56		967.88	
Paypal & Other Donations	0.00		58.29	
Gift Aid	0.00		0.00	
Training income	3,721.40		5,200.00	
Room Hire	1,260.00		1,830.00	
Other income	4.92		1,387.50	
Bank Interest	339.27		79.95	
		70,136.15		72,928.69
Expenses				
Salaries & Pensions	59,870.50		45,132.85	
Rent	0.00		1,053.00	
Team Expenses	1,257.79		3,317.34	
Team Training	163.08		100.00	
Office Expenses	1,582.34		3,915.15	
Utilities & building costs	4,861.77		1,880.48	
Phone/Internet	1,227.19		1,163.81	
Insurance	1,241.97		1,019.31	
Website	748.50		203.50	
Statutory Requirements	35.00		908.06	
Business Rates	269.98		749.22	
Other Expenses	230.00		50.02	
		(71,488.12)		(59,492.74)
Operating Surplus/(Deficit)		<u>(1,351.97)</u>		<u>13,435.95</u>
B/fwd 1st July 2023		48,050.10		34,614.15
C/fwd 30th June 2024		<u>46,698.13</u>		<u>48,050.10</u>
Balances as at 30th June:				
Current Account		20,736.13		34,427.37
Reserve Account		25,952.24		13,612.97
Petty Cash		9.76		9.76
Total		<u>46,698.13</u>		<u>48,050.10</u>

I have carried out an examination of the accounts, together with the supporting documents provided, and find them to be a fair representation.

Signed:



Date:

29th November 2024

Kirsty Wick FCMA FMAAT

Accounts for the Year Ended 30th June 2024

	<u>2024</u>		<u>2023</u>	
	£	£	£	£
Income				
Ministry of Justice	0.00		30,339.07	
Other Grants	36,436.87		19,550.00	
Church Donations	6,600.00		1,500.00	
Individual Donations	20,129.13		12,016.00	
Local Giving	1,644.56		967.88	
Paypal & Other Donations	0.00		58.29	
Gift Aid	0.00		0.00	
Training income	3,721.40		5,200.00	
Room Hire	1,260.00		1,830.00	
Other income	4.92		1,387.50	
Bank Interest	339.27		79.95	
		70,136.15		72,928.69
Expenses				
Salaries & Pensions	59,870.50		45,132.85	
Rent	0.00		1,053.00	
Team Expenses	1,257.79		3,317.34	
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Office Expenses	1,582.34		3,915.15	
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Phone/Internet	1,227.19		1,163.81	
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Total		<u>46,698.13</u>		<u>48,050.10</u>

I have carried out an examination of the accounts, together with the supporting documents provided, and find them to be a fair representation.

Signed:



Date:

29th November 2024

Kirsty Wick FCMA FMAAT

SALT SOUTH WEST

England & Wales - Charity number 1010424

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 1st	Month 07	Year 2022		Day 30th	Month 06	Year 2023

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Josie Wood	Chairperson		
2	Vernon Roach	Buildings Trustee		
3	Karen Grimsehl	Trustee		
4	Jane Frajbis	Secretary		
5	Mark Frajbis	Building		
6	Jackie McKeown	Treasurer		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--	--

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Carol Pratt Team Leader / Tracey White Assistant team Leader/ Gary Salmon male project lead

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Associated
Trustee selection methods (eg. appointed by, elected by)	Appointed

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To Relieve the mental, emotional, and spiritual distresses of adult survivors of childhood sexual abuse, living in Plymouth and the surrounding areas, by the provision of a therapeutic listening service. To advance education, for the public benefit, of the people in Plymouth and the surrounding area, in particular but not exclusively by providing training and skills development in the consequences and healing of childhood trauma.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To provide a telephone help line, for contact and counselling
 To promote the education of above object to benefit the public.
 To provide advice and support and counselling facilities.
 To employ person to organise and carry out this work.
 To bring together other voluntary organisations Statutory and non-statutory bodies bring more cohesion.
 To carry out or assist in promoting research/surveys/and useful investigations of materials to share.
 To arrange and provide for meetings lectures seminars training courses.
 To collect and disseminate information on all the above matters affecting the said object and exchange such information with other bodies having similar objects.
 To procure to be written and print, publish, issue, and circulate gratuitously or otherwise such papers, books, periodicals, pamphlets or other documents or films or recorded tapes as shall further the objects.
 To purchase take on or lease or in exchange, hire or otherwise acquire any property and any rights and privileges necessary for the promotion of the said object and construct maintain and alter any building or erections necessary for the work of the association.
 To make regulations for any property which may also be acquired.
 To sell, let mortgage, dispose of or turn to account all or any of the property or assets of the Association, subject to such consents as may be required by law.
 To borrow or raise money for the object of the association and to accept gifts on such terms and on such security as shall be deemed to be necessary subject to such consents as maybe required by law.
 To raise funds and invite and receive contributions from any person or persons whatsoever by way of subscriptions and otherwise PROVIDED THAT the Association shall not undertake permanent trading activities in raising funds for the said object.
 To invest the monies of the Association not immediately required for the said objects in or upon such investments, securities or property as may be thought fit, subject nevertheless to such conditions (if any), as may for the time being imposed or required by law.
 To do all such lawful things that are necessary for the attainment of the said objects.

All trustees declare that their decision making is carried out with due regard to the Charity Commission's guidance on public benefit, and fully relates to all of the above purposes.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

TEAM

The Team comprises of 9 staff 5 of whom are volunteers who work various hours, throughout the week and 4 paid staff who also undertake voluntary hours.

This year the team have completed **5665.75** hours which is an increase on last year's figures.

We said goodbye to our administrator Rebecca Clayton in May 2023, and we thank her for the support and work she has done in her time at SALT. We would also like to take this opportunity to wish her well in her future adventures.

We welcome Lesley Duke on to the team; Lesley has taken on the administrators post and is settling well into the team here at SALT.

The team continue to have individual, peer, and group supervision. The supervisors continue to have external supervision from Des and Jan Branagh, and we thank them for support they give to the supervisors and the team.

CLIENTS

On the 1st of June 2022 we started the men's work, we have had a good response to this work, which shows the need to offer this support in Plymouth. We have received 23 referrals for the men service which has led to 2 groups undertaking the psychoeducational skills session. Then moving on to their individual session, of which there has been 63 so far. Currently there are 7 men on the waiting list, and we will run the next men's psychoeducational skills group in November 2023.

The Women's service has seen a rise in referrals to 105 new ladies from July to June. We closed the waiting list in October and reopened it in May due to the volume of people seeking support and the length of time they would have remained on the waiting list.

The team has carried out a total of 621 sessions. There have been 3 groups undertaken this year of ladies' psycho-educational Skills sessions, which comprise of 4 sessions.

The team have done 39 zoom sessions due to distance or disability issues; this has increased over

the year.

There have been 4050 emails 120 calls 9 texts and 2 WhatsApp calls from professionals.

The men's service has had 201 emails 86 calls and 99 texts.

The Women's service has had 871 emails 142 calls 243 texts and 4 WhatsApp calls.

Giving a total of 5827 contacts, that were extra to the face-to-face contacts with clients and zoom contacts.

The team have had calls to request support from professionals across the city and we have spoken with social services/benefits agency/ food banks/hospitals/hospice team and many other agencies. Some of these were looking for advice on SALT work, and some looking at how they can best support those people they are involved with. Although all clients self-refer to SALT, the majority are initially signposted from many different areas for instance GP practices, Mental Health services, Court workers, and Occupational health services, Counselling services to name a few. We have good links with many of these services within the city and offer support through our resources to them.

The team have also supported relatives or significant people in the client's life, who wish to understand the need to process trauma and how they can best support the person.

TRAINING

This has been a busy year for the team, and we have had the pleasure of joining together at a Christian conference over 3 days which was a blessing to all who were able to attend. We had time to learn, share in fellowship and enjoy quality time with each other.

2 of the team have completed training with the intercom trust.

1 of the team completed an NVQ in safeguarding.

1 of the team completed Measuring outcomes training for charities.

1 of the team completed fund raising for small charities.

1 of the team completed the General Data Protection Regulations Training.

3 of the team attended a conference for male survivors.

Several of the team have done workshops with Deep release, over the year.

We have attended path finder meeting to help those looking for support to find a clear pathway through services, (mental health).

We have taken part in supporting other organisations, with advice information and tools.

We have been involved with the church's leadership and safeguarding teams, in how to best support survivors of sexual abuse and spiritual abuse within the church.

We have carried out 3 sets of CPD accredited Skills sessions on trauma for professionals. We have run staff specific group for another women's project, in the city to help equipt their team in supporting the clients they have. The groups that include a variety of professionals from other charities, health care settings, safeguarding teams, etc.

Committee

The committee have meet throughout the year at planned times and have also meet on two extra

occasions, to look at the best ways to move the charity forward. The charity has been gifted the building we use. We want to thank Mr and Mrs Wood for their kindness and generosity to SALT. To be gifted this building, is a big step forward in securing the work of Salt for the future needs of the people of Plymouth and surrounding areas.

I am pleased to report that Vernon Roach has been appointed trustee with a specific role of overseeing the building and he has been supported with this by Mark Frajbis and Karen Grimsehl.

The committee have had a busy year, with the need to reformat the promotions of object 3 and to oversee and advise on the development and growth of SALT. The treasurer has completed the years finances this has been a very busy time for her. With the gift of the building and the changes in funding streams, the accounts will be sent to the auditor for approval.

We would like to thank all those on the committee for the dedication to the work of SALT. For their encouragement to the team, and their prayerful support.

We would like to thank the council of reference for there time and support for the work of SALT.

We also would like to thank all those who have financially supported SALT through their individual giving, also the **Plymouth Christian centre, Church 41**, who have supported Salt throughout the year. We would also like to thank **Contrasting Horizons** for the continued blessing of financial support for the men's work. We would also like to thank the **Tyeth Trust** for their donation. We thank **The YAPP** foundation for the grant they gave, and to the **MOJ** for their Support over the past 3 years.

We also thank Those who support us through **Local giving**, and to local giving for there small grants which was used to revamp the garden, and to **Julie** our volunteer gardener, who has done an amazing job, in the garden which offers a tranquil place to sit and take a few minutes out of the busyness of the day for the clients and the team. (Not to mention the lovely fruit available for picking) 😊

We would like to thank the family of **Jack Thompson**, for their Kind donation following the loss of their dear son and brother.

We would like to thank every one of our **prayer partners** for their vital and continued support. Which is so valuable to the team here. We appreciate your time your prayers and words of encouragement and look forward to seeing you all very soon, to share Salts plans of future growth and new ventures, to bring healing into a hurting world.

Special Thanks to every member of the team for their commitment to the work of this service, their fellowship, wisdom, and faithfulness to each other and to the people we serve. They are dedicated and equipped to develop and forward the work of SALT.

Thank you all.

Carol Pratt Team Leader

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Section E

Financial review

Brief statement of the charity's policy on reserves

The policy on reserves is to keep 6 months running cost.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

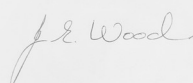
Salt has not been successful in a bid for grant funding with the MOJ. This funding ended on the last day of July. Unfortunately, there were delays in the time frames of MOJ and we were informed on the 25th of May 2023 that we were not successful. This means we are now seeking to find funding that will support the continued work of SALT.

Section F**Other optional information****Section G****Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Josephine Wood

Position (eg Secretary, Chair, etc)

Chair

Date

25/10/2023



SALT
SOUTH WEST

Sexual Abuse Listening Therapy

142 Union Street Plymouth

PL1 3HL

Tel: (01752) 600599

email@saltsouthwest.co.uk

www.saltsouthwest.co.uk

11 March 2024

Income	2023	2022
Ministry of Justice	£ 30,339.07	£ 25,394.00
Main Grants	£	£ 9,369.00
Tyeth Trust	£ `1,000.00	
Yapp Charitable Trust	£ 2,500.00	£ 2,500.00
Contrasting horizons	£ 5,400.00	£ 450.00
Fearless Charity	£ 650.00	£
Joseph Rank Trust	£ 10,000.00	£
Church donations	£ 1,500.00	£ 2,883.19
Individual Donations	£ 12,016.00	£ 16,780.00
Paypal/Amazon/others	£ 58.29	£ 34.36
Local Giving	£ 967.88	£ 1,482.78
Gift Aid	£	£
Bank Interest	£ 79.95	£ 3.31
Income from CPD Training	£ 5,200.00	£ 600.00
Room Hire Income	£ 1,830.00	£
Cash deposits	£ 1,387.50	£ 108.61
TOTALS	£ 72,928.69	£ 59,605.25
Expenses	2023	2022
Team Payments	£ 45,132.87	£ 31,480.30
Rent	£ 1,053.00	£ 4,812.00
Team Expenses	£ 3,317.34	£ 2,783.85
Team Training	£	£ 160.00
Office Expenses	£ 3,915.15	£ 2,990.51
Phone/Internet	£ 1,163.81	£ 995.24
Web Services	£ 203.50	£ 593.50
Statutory Requirements inc Ins	£ 1,927.37	£ 839.50

Reg. Charity No 1010424

Council of Reference: Rt. Rev Mark O'Toole, - Roman Catholic Bishop of Plymouth,

Sir Gary Streeter - MP, Rt Rev Rod Thomas - Bishop of Maidstone, Kerry Cole - Cross Rhythms

Business Rates

£ 749.22

£ 828.56

Utilities

£ 1,880.48

Other Expenses (Data Protection)

£

£ 170.00

Funds transferred to petty cash

£150.00

TOTALS

£ (59,492.74)

£ (45,493.46)

Operating Surplus (deficit)

2023

2022

B/fwd 1st July 2022

£13,435.95

£14,111.79

C/Fwd 30th June 2023

£ 34,614.15

£20,502.36

£48,050.10

£34,614.15

Balances as at

30th June 2023

1st July 2022

Current Account

£ 34,427.37

£ 23,918.35

Reserve Account

£ 13,612.97

£ 10, 533.02

Petty Cash

£ 9.76

£ 162.78

TOTALS

£ 48,050.10

£ 34,614.15

Accounts for the Year Ended 30th June 2023

	<u>2023</u>		<u>2022</u>	
	£	£	£	£
Income				
Ministry of Justice	30,339.07		25,394.00	
Other Grants	19,550.00		12,319.00	
Church Donations	1,500.00		2,883.19	
Individual Donations	12,016.00		16,780.00	
Local Giving	967.88		1,482.78	
Paypal & Other Donations	58.29		34.36	
Gift Aid	0.00		0.00	
Training income	5,200.00		600.00	
Room Hire	1,830.00		0.00	
Other income	1,387.50		0.00	
Bank Interest	79.95		3.31	
		72,928.69		59,496.64
Expenses				
Team Payments	45,132.85		31,480.30	
Rent	1,053.00		4,812.00	
Team Expenses	3,317.34		2,783.85	
Team Training	100.00		0.00	
Office Expenses	3,915.15		2,990.51	
Utilities	1,880.48		0.00	
Phone/Internet	1,163.81		995.24	
Insurance	1,019.31		444.02	
Website	203.50		593.50	
Statutory Requirements	908.06		395.48	
Business Rates	749.22		828.56	
Other Expenses	50.02		61.39	
		(59,492.74)		(45,384.85)
Operating Surplus/(Deficit)		<u>13,435.95</u>		<u>14,111.79</u>
B/fwd 1st July 2022		34,614.15		20,502.36
C/fwd 30th June 2023		<u>48,050.10</u>		<u>34,614.15</u>
Balances as at 30th June:				
Current Account		34,427.37		23,918.35
Reserve Account		13,612.97		10,533.02
Petty Cash		9.76		162.78
Total		<u>48,050.10</u>		<u>34,614.15</u>

I have carried out an examination of the accounts, together with the supporting documents provided, and find them to be a fair representation.

Signed: 

Date: 3/11/23.

Kirsty Wick ACMA FMAAT

SALT SOUTH WEST

England & Wales - Charity number 1010424

Accounts

SALT Southwest Annual Report

July 2021-JUNE 2022

TEAM

The team presently comprises of 9 staff. We are pleased to report that we now have Rebecca Clayton on the team. Rebecca is a skilled administrator and has taken on this role in SALT so we are pleased to welcome her and look forward to working together. Lucy who was a student with us, has now completed her time here, we wish her well with her future career. Ruth joined the team in November 2021 and has spent time organising our little library and written some book reviews for us, alongside some lovely artwork that has been very useful to the team. We also thank Angi who volunteered for a short space of time to help with the collation of data on to spread sheets, we wish her well in her chosen career.

The 1st of June saw the launch of the men's work, with Gary heading up the male side of the work. There have been several enquires and meetings in September and the first psychoeducational skills sessions will commence for the men in September 2022.

The team continue to have their individual, peer, and group supervision. The supervisors receive supervision from external supervisors, Jan and Des Branagh and we take this opportunity to thank them for the support they give to the supervisors and to SALT as a team.

TRAINING

SALT received funding from Awards for All which has enabled us to get accreditation for the Psycho educational Skills sessions for professionals. The 1st pilot group went very well, and Salt received good feedback from those in the group. The 2nd group will run in October 2022. We would like to say well done Tracey for putting together everything required to gain accreditation for this work.

The team have undertaken various training opportunities to enhance and continue to develop their own skills and learning.

The team had an awayday on the 1st of June, a time to relax and share together in giving thanks to the Lord, for his love and faithfulness to SALT and for all the work of the past year. We also looked at ways to develop the SALT web site, and learnt some new ways to enhance our listening skills thanks to Nicola and Gary for leading a session on this. We had time to enjoy a meal together and talk to one another, which was a blessed time for all.

We have also carried out workshops for individual churches on Trauma and the consequences on a person's physical, mental, and spiritual health.

We have had meetings with the Church of England safeguarding teams in Exeter and carried out a workshop for them on trauma and the effects on a person's wellbeing. They have asked us to continue with workshops in other locations in the southwest. We attended a Catholic forum following meetings with their safeguarding lead, who we have met on several occasions. This was a time to share how survivors of spiritual/Church based abuse might best be supported, and these meetings are set to continue within the Catholic Church.

CLIENTS

The team have been very busy with clients over the year. There have been over 4074 session and interactions with the clients throughout the year, comprising of initial assessments, skills sessions/group work, individual face to face sessions, telephone calls, and email support. While a small number of contacts have been online, the vast majority are back to face-to-face in the SALT building.

With the men's work re-starting in June 22 there has been a lot of interest and request for support. Gary has met with several male clients for both informal meetings and initial assessments, the latter of which have been in preparation for the first set of male psychoeducational skills sessions, which are scheduled to start September 2022.

The team have had calls to request support from professionals across the city and we have spoken with social services/benefits agency/ food banks/hospitals/hospice team and many other agencies. Some of these were looking for advice on SALT work, and some looking at how they can best support those people they are involved with. Although all clients self-refer to SALT, the majority are initially signposted from many different areas for instance GP practices, Mental Health services, Court workers, and Occupational health services to name a few. We have good links with many of these services within the city and offer support through our resources to them.

The team have also supported the on-going clients at SALT with practical issues as well as trauma therapy. There are many who have struggled with the post covid changes and re-integrating into society: the uncertainty of the future weighs heavy on many of those who already struggle with living life in a turbulent world.

We have given separate sessions to relatives/partners and friends of clients in supporting them to support their loved one. This has been so valuable to those who have received this support in helping them to understand the journey their relative, partner, or friend is going through.

We have been privileged to see some amazing journeys of healing within relationships at these times.

COMMITTEE

The committee have continued to meet face to face for all planned meetings and have also had times where extra meetings have been held to ensure the smooth and efficient running of the work. This has included the development of a new constitution statement, which was agreed by all and passed at the relevant meetings. The Charity commission have agreed this change and it can now be found on the charity commission site.

I am pleased to be able to report that we have two new trustees, Jane and Mark Frajbis, and we thank them for their support of the work here and taking an active role on the committee. They bring excellent skills and abilities which mould well with standing Trustees, and the committee as a whole are working hard to forward the work of SALT seeking to be light in the darkness of hurting lives.

FINANCES

We are very thankful to the Ministry of Justice, YAPP and Awards for All for their continued financial support. We have also been very blessed to receive part funding for the men's work from Contrasting Horizons. This support has enabled us to fund the male project lead in setting up and developing the men's work. We are seeking match funding to enable us to continue with the men's work for the future.

We would like to thank Tyeth Trust for their kind and generous donation of £1000. This has gone into our core funding pot and has been very welcome and well timed.

We also thank Local giving for their grant gift of £500 pounds which has enabled us to buy much needed seating for one of the therapy rooms which has disabled access.

We would like to thank all those who have supported SALT with their time, prayers, and donations.

We thank all those who have donated individually or organisationally over the past year -their support is so valuable to the work of SALT and enables us to continue to help so many people.

The SALT team all work so hard and show inspiring commitment to this work of service. We are so thankful to them for their time, fellowship, wisdom, and faithfulness. This work could not continue without these faithful volunteers, so our heartfelt thanks go to all of them.

Finally, a very big thank you to the SALT prayer partners whose support is vital to the team in their work. We appreciate the time you give and look

forward to being able to meet in the future to share more of SALTs aspiration and developments for the future work. To our council of reference thank you for your support of our work.

Carol Pratt

8/9/2022

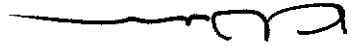
Accounts for the Year Ended 30th June 2022

	2022	2021
Income		
Ministry of Justice	25,394.00	33,663.00
Other Grants	12,319.00	2,660.00
Church Donations	2,883.19	1,240.00
Individual Donations	16,780.00	1,550.00
Local Giving	1,482.78	597.84
Paypal & Other Donations	34.36	0.00
Gift Aid	0.00	0.00
Training Income	600.00	0.00
Bank Interest	3.31	0.63
	<u>59,496.64</u>	<u>39,711.47</u>
Expenses		
Team Payments	31,480.30	22,516.19
Rent	4,812.00	6,669.00
Team Expenses	2,783.85	0.00
Team Training	0.00	160.00
Office Expenses	2,990.51	1,142.45
Phone/Internet	995.24	1,055.50
Insurance	444.02	472.66
Website	593.50	155.00
Statutory Requirements	395.48	164.00
Business Rates	828.56	1,170.72
Other Expenses	61.39	129.98
	<u>(45,384.85)</u>	<u>(33,635.50)</u>
Operating Surplus/(Deficit)	14,111.79	6,075.97
B/fwd 1st July 2021	20,502.36	14,426.39
C/fwd 30th June 2022	<u>34,614.15</u>	<u>20,502.36</u>
Balances as at 30th June:		
Current Account	23,918.35	9,809.87
Reserve Account	10,533.02	10,529.71
Petty Cash	162.78	162.78
Total	34,614.15	20,502.36

I have carried out an examination of the accounts, together with the supporting documents provided, and find them to be a fair representation.

Date: 7th November 2022

Kirsty Wick ACMA FMAAT

Signed: 

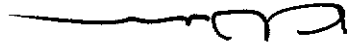
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Date: 7th November 2022

Kirsty Wick ACMA FMAAT

Signed: 

SALT SOUTH WEST

England & Wales - Charity number 1010424

Accounts

SALT Southwest Annual Report

July 2020 – June 2021

TEAM

The team presently comprises of eight, one of whom is Lucy a student counsellor on placement with us for the year. We have no changes in roles as we have been unable to fill the administrators post, therefore the team leader and assistant team leader have continued to ensure this work is done. The SALT committee agreed this via a committee meeting and the staff hours were increased to accommodate this need. One team member has been unwell this year and their presence has been greatly missed by the whole team. They continue to join the fortnightly team meetings via zoom but are unable to attend in person. The team continue to have their individual supervision and peer supervision. The supervisors receive supervision from external supervisors. We take this opportunity in thanking Mark and Carolyn Lawrence for their support, wisdom, and care in the supervision of our supervisors. We wish them well in their forthcoming move and new posts. We have been very fortunate in this time to have Jan and Des Branagh, who will take over the supervision from Mark and Carolyn. We are thankful to them for stepping into this role and very much look forward to our time with them.

TRAINING

This year has been a difficult year for team to undertake any training needs. We have been able to take part in on- line training on various topic. Several of the team have taken part in on-line training with Deep Release Ltd counselling and training who have provided several excellent sessions on Nesting Dolls, Attachment, working creatively with blocked anger, to name a few. Two of the team did online training for zoom and the many ways this can be used with individuals and groups also some brief training on legal process for historic abuse. The team are hopeful that face to face training will start again soon, and a team awayday will be planned in the coming months.

CLIENTS

The team have been extremely busy with 147 clients over the year, there have been over 2347 session and interactions with the clients throughout the year, comprising of initial assessments, skills sessions/group work, individual face to face sessions, telephone, and email support.

We have been able this year to assist some of the SALT clients in practical ways outside of the office environment. Easing some of the load carried and supporting them in their time of need.

We have spoken with social services/benefits agency/ food banks/hospitals and many other agencies involved in our clients life.

We have given separate sessions to relatives/partners of clients in supporting them to support their loved one.

Although all clients self-refer to SALT, the majority are initially signposted from many different areas for instance GP practices, Mental Health services, Court workers, and Occupational health services to name a few. We have good links with many of these service within the city and offer support through our resources to them. We have met with Plymouth eating disorder organise some in-house training for the team there, and with The Plymouth bereavement service for the same. We have not as yet been able to give support and training to other organisations in the city due to the Covid situation, but when measure relax and time prevails, we will endeavour to continue to offer this support when required.

COMMITTEE

The committee have continued to meet initially via zoom and now face to face. I am pleased to be able to report that we now have a new treasure Mrs Jacqueline McKeown, who has spent time working alongside Mr Francis Williams in taking over the treasurer post. We take this opportunity to welcome Jackie and thank her for taking on this role for SALT. The committee and team will greatly miss Francis input and support and we thank him for the immeasurable time and support that he has given to the work of SALT for over thirty years. We are actively seeking to appoint 2-3 new committee members and are awaiting responses from those approached.

The committee are working hard to forward the work of SALT seeking to be light in the darkness of hurting lives.

FINANCES

We are very thankful to the Ministry of Justice and YAPP for their continued financial support, and some extra Covid support to meet our needs in making SALT a safe and secure place for people to come to. This support has enabled us to be able to fund extra rooms, increasing space to be able to socially distance according to government guidelines, and to provide the appropriate levels of covid hygiene safety measures. To purchase handheld devises to use in the rooms in the initial lockdown situation, until face to face contact resumed.

We would like to thank all those who have supported SALT with their time prayers and donations.

We thank all those who have donated individually or organisationally over the past year their support is so valuable to the work of SALT.

Finally, a very big thank you to the SALT prayer partners whose support is vital to the team in their work, we appreciate the time you give and look forward to being able to meet in the future, to share more of SALTs aspiration and developments for the future work. To our council of reference thank you for your support of our work.

Carol Pratt 9/6/21

Accounts for the Year Ended 30th June 2021

	<u>2021</u>		<u>2020</u>	
	£	£	£	£
Income				
Ministry of Justice	33,663.00		21,698.00	
Other Grants	2,660.00			
Church Donations	1,240.00		2,047.97	
Individual Donations	1,550.00		1,959.12	
Local Giving	597.84		699.54	
Paypal & Other Donations	0.00		399.27	
Gift Aid	0.00		1,024.04	
Bank Interest	0.63		9.64	
		39,711.47		27,837.58
Expenses				
Team Payments	22,516.19		15,121.00	
Rent	6,669.00		4,212.00	
Team Expenses	0.00		267.20	
Team Training	160.00		0.00	
Office Expenses	1,142.45		909.63	
Phone/Internet	1,055.50		1,031.48	
Insurance	472.66		472.66	
Website	155.00		243.22	
Statutory Requirements	164.00		164.00	
Business Rates	1,170.72		228.00	
Other Expenses	129.98		96.00	
		(33,635.50)		(22,745.19)
Operating Surplus/(Deficit)		6,075.97		5,092.39
B/fwd 1st July 2020		14,426.39		9,334.00
C/fwd 30th June 2021		20,502.36		14,426.39
Balances as at 30th June 2021:				
Current Account		9,809.87		9,838.05
Reserve Account		10,529.71		4,529.08
Petty Cash		162.78		59.26
Total		20,502.36		14,426.39

I have carried out an examination of the accounts, together with the supporting documents provided, and find them to be a fair representation.

Signed:



Date:

13th December 2021

Kirsty Wick ACMA FMAAT

Accounts for the Year Ended 30th June 2021

	<u>2021</u>		<u>2020</u>	
	£	£	£	£
Income				
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