

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
	<u>20,502.36</u>	<u>14,426.39</u>
B/fwd 1st July 2021	<u>34,614.15</u>	<u>20,502.36</u>
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.

Signed: 

Date:

7th November 2022

Kirsty Wick ACMA FMAAT

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