



## 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	<input type="text" value="PL13HL"/>
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#### 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				
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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

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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 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 1<sup>st</sup> 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 there 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.

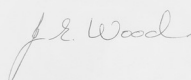
Salt has not been successful in a bid for grant funding with the MOJ. This funding ended on the last day of July. Unfortunately, there were delays in the time frames of MOJ and we were informed on the 25th of May 2023 that we were not successful. This means we are now seeking to find funding that will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

<b>Income</b>	<b>2023</b>	<b>2022</b>
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
<b>TOTALS</b>	<b>£ 72,928.69</b>	<b>£ 59,605.25</b>
<b>Expenses</b>	<b>2023</b>	<b>2022</b>
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
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Funds transferred to petty cash	£150.00	
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<b>TOTALS</b>	<b>£ (59,492.74)</b>	<b>£ (45,493.46)</b>
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<b>Operating Surplus (deficit)</b>	<b>2023</b>	<b>2022</b>
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	£13,435.95	£14,111.79
B/fwd 1 <sup>st</sup> July 2022	£ 34,614.15	£20,502.36
C/Fwd 30 <sup>th</sup> June 2023	£48,050.10	£34,614.15

<b>Balances as at</b>	<b>30<sup>th</sup> June 2023</b>	<b>1<sup>st</sup> July 2022</b>
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Current Account	£ 34,427.37	£ 23,918.35
Reserve Account	£ 13,612.97	£ 10, 533.02
Petty Cash	£ 9.76	£ 162.78

<b>TOTALS</b>	<b>£ 48,050.10</b>	<b>£ 34,614.15</b>
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Accounts for the Year Ended 30th June 2023

	<u>2023</u>		<u>2022</u>	
	£	£	£	£
<b>Income</b>				
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
<b>Expenses</b>				
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)
<b>Operating Surplus/(Deficit)</b>		<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>
<b>Balances as at 30th June:</b>				
Current Account		34,427.37		23,918.35
Reserve Account		13,612.97		10,533.02
Petty Cash		9.76		162.78
<b>Total</b>		<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