



# 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)
1	Josie Wood	Chairperson Building		
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		
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 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 31<sup>st</sup> 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 15<sup>th</sup> 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**

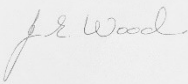
**Section G**

**Declaration**

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Josephine Wood

<b>Position (eg Secretary, Chair, etc)</b>	Chair	
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<b>Date</b>	25/10/2023
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Accounts for the Year Ended 30th June 2024

	<u>2024</u>		<u>2023</u>	
	£	£	£	£
<b>Income</b>				
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
<b>Expenses</b>				
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)
<b>Operating Surplus/(Deficit)</b>		<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>
<b>Balances as at 30th June:</b>				
Current Account		20,736.13		34,427.37
Reserve Account		25,952.24		13,612.97
Petty Cash		9.76		9.76
<b>Total</b>		<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

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Date: 29th November 2024

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