

ASSISTANCE SUPPORT AND SELF HELP IN SURVIVING TRAUMA

England & Wales · Charity number 1052219

Details

Other names	ASSIST POST TRAUMATIC STRESS SUPPORT, ASSIST TRAUMA CARE, ASSISTANCE SUPPORT AND SELF-HELP IN SURVIVING TRAUMA
Status	Registered
Legal form	Other
Registered	1996-01-23
Register	View on the Charity Commission register

Contact

Address	Unit 17 Clock Tower Shopping Centre Northway Rugby Warwickshire CV21 2JR
Phone	01788551919
Email	finance@assisttraumacare.org.uk
Website	www.assisttraumacare.org.uk

Activities

Objects: A. TO RELIEVE PERSONS AFFECTED BY POST TRAUMATIC STRESS DISORDER (P.T.S.D) IN ANY WAY CHARITABLE IN LAW AND ALSO TO RELIEVE MEMBERS OF THE SUFFERERS FAMILIES, WHO MAY BE SECONDARY VICTIMS OF THE DISORDER. B. TO ADVANCE THE EDUCATION OF THE PUBLIC IN PTSD AND TO OFFER TRAINING AND LEARNING OPPORTUNITIES WHERE APPROPRIATE.

Activities: ASSIST offers therapeutic and emotional support to individuals and their families/carers affected by Post Traumatic Stress (PTS) and Post Traumatic Stress Disorder (PTSD). PTS is defined as an illness or disorder that is triggered by an emotionally distressing event which is outside the range of normal human experience, e.g. traffic incidents; fires; attacks: rape; and traumatic bereavement.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED IN PRACTICE WARWICKSHIRE
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£491,336	£495,281	-	-
2024-03-31	£475,723	£417,730	-	-
2023-03-31	£403,531	£519,568	-	-
2022-03-31	£564,620	£608,988	£143,455	13
2021-03-31	£632,675	£558,243	£187,823	15

Trustees

Name	Role	Appointed
RICHARD WELLINGS	Chair	2019-12-12
Catherine Barnett		2020-11-26
Dr THOMAS GOODFELLOW		
KRISTIAN SHAW		2019-12-12

Accounts

Charity registration number: 1052219

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Assistance Support & Self-Help In Surviving Trauma

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Reference and Administrative Details

Trustees	Dr Thomas Goodfellow
	Dr Richard Wellings
	Kristian Shaw
	Catherine Barnett
Charity Registration Number	1052219
Independent Examiner	KDM Accountants Ltd
	38 Mapperley Drive
	Northampton
	NN3 9UF

Assistance Support & Self-Help In Surviving Trauma

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Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2025.

Both our Charity's projects, ASSIST Trauma Care and Guiding Young Minds, have been very busy this year.

ASSIST outreach therapists have worked across the UK with clients referred following experience of PTSD and trauma - face to face if distance allows but often providing services virtually.

- A new contract with Warwickshire Police has seen our local team support emergency service workers, their occupational team seeking our specialism in offering professional trauma therapy to fill a gap in their own service. This partnership is working well and has become a valuable part of helping the local community in Rugby.
- Our contract with Day One has significantly grown with increasing referral numbers, supporting those traumatised following major trauma incidents particularly in the north of England. The shared aim to help trauma patients through their recovery and provide support as they rebuild their lives has grown into discussions around data and research development. This contract further adds to the range of other contracts ASSIST holds with different organisations across the UK, both charitable and statutory, including:
 - Transport for London,
 - SANDS,
 - AAFDA
 - SAMM, to name a just few.

Together these contracts keep our outreach therapists very busy, supporting clients who have suffered a wide variety of traumatic experiences.

More locally, therapists are again seeing significant numbers of face-to-face clients, many of whom suffer from complex issues. Referrals of this type have also continued to increase since last year.

While most of these local clients self-refer, we have been grateful for the grant of £34,000 from the Heart of England Community Foundation to support victims of domestic violence, a very sad traumatic event that affects too many in today's society and shows no sign of decreasing in frequency. Domestic violence affects both adults and children, whether as victims or witnesses. For children the memories of what they have witnessed affects them deeply and often interferes with positive childhood development.

Happily, adult victims are now much more likely to seek help for the trauma they are experiencing, rather than suffering in silence as once was the case. They are also pro-active in seeking help for their children, so enabling us to support entire families together, which very much aids positive recovery, and enables family groups to move forward together.

Locally ASSIST also continues to be contracted by Voice, the Northamptonshire victim's service, which helps children across the county who have encountered traumatic experiences. Such experiences are wide ranging, from road traffic collisions to dog attacks, including both domestic violence at home and severe bullying at school. The children and young people we support can be as young as four through to teenagers, both boys and girls, and needs are naturally very different according to each client's developmental stage.

ASSIST therapists are experienced in working with children of every age group and are also trained to work with neuro-divergence, which has become an increasingly common part of our work. Many of the referrals we receive are for young people who are on the autistic spectrum or have ADHD, both issues further affecting their reaction to traumatic incidents. Still others suffer 'attachment disorder', which complicates both treatment and recovery. It is important therefore that our child therapists are both skilled and have a wealth of experience, as treatment via the NHS is extremely difficult to attain.

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In October 2024, our therapists enjoyed a weekend of training and peer support at Coombe Abbey where guest speakers from Connect Futures were invited to inform the team and further grow understanding of working with Autism in therapy.

Also at this training weekend, Barbara told the team of her decision to retire, having served ASSIST as Clinical Director for many years. Barbara plans to continue to work with GYM part time, as this fledgling service establishes further, but for ASSIST this means that we now need to plan for and appoint a replacement Clinical Director, to further develop the trauma service and lead it into the future. Alongside this planned new appointment, ASSIST has also been able to appoint a new Operations Manager who will supervise the organisation's performance, implement project plans and set long-term strategic goals.

While ASSIST continues to thrive, the Guiding Young Minds arm of the charity has also continued to be very busy over the past year.

GYM work now falls into four categories:

- One-to-one mentoring continues to be the core of the GYM service. Led and mostly delivered by Anton, other members of the team have also been trained and are growing as mentors, which enables us to work with greater numbers of young people. Most of our mentees are referred by the Coventry Youth Justice Service. These are often troubled and hard to reach young people who are involved in local gangs and frequently carry knives. They are usually already supported by Social Services, but find that individual mentoring by someone who understands their background and lifestyle can motivate them and help bring about change when other attempts have failed. We receive a great deal of positive feedback from the families of GYM mentees:
 - "There has been a big change in last few months since seeing the mentor – he is back to the old A. I am so happy!"
 - "The mentor has really helped us during a difficult time. We have really seen progress in I's behaviour and we are very pleased with the GYM mentor and the way he supported us."
 - "I am very grateful for all the work you have done with S. Up until you were part of the input into her behaviours she was going down the wrong path. I think you understood her better than we could. She is doing great now and has turned her life into a different path. I can never thank you enough."
 - "I'm grateful for the work you done with me and coming to visit me at school a lot of the time, I think you've changed me as a person and sent me down the right path when my life wasn't really going right. I feel like I could really talk to you about anything and you wouldn't sit there and judge me."

As well as the from the Coventry Youth Justice Service referrals for mentoring are now being received from other area police forces as well as from schools in Warwickshire, Northamptonshire and Leicestershire.

- Assertive Outreach is the second strand of the GYM service, and this part of our work is also continuing to grow. Mostly focussed around the GYM bus, outreach takes place most days of the week, sponsored by a range of different organisations, including the Coventry Violence Reduction Unit; Daventry Council and Orbit Housing, who fund us to work on their housing estates. The bus carries sport and other equipment, enabling it to function as a mobile youth club, and statistics collected show that there is much less anti-social behaviour and youth violence in general when the GYM bus is in the area. We are now receiving so many requests for the Outreach bus to visit that we have begun fundraising for a second bus.

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- The third service delivered by Guiding Young Minds is our schools' work. The GYM team visit both primary and secondary schools throughout the West Midlands, presenting in assemblies as well as leading classroom workshops. Topics focussed on are varied, as requested by the schools concerned, but usually centre around gangs and knife crime, aiming to educate young people about the dangers of involvement in street gangs and violence and to motivate them towards choosing a more positive way forward in life.

Some of the feedback received includes:

- "The students enjoyed the session, and this was evident through the engagement in each of the groups for their class-based presentations. It has opened the opportunity for discussion and misconceptions to be addressed; adding further weight to what is already in place to enhance safeguarding through PD and PSHE."
 - "It was great to see how well the students responded to the open session at the end of the day with the van. The students were so excited to play the games and said that they were more likely to approach the van if they saw it parked up in locations around their area. If there is a possibility to have you and the van return? Group 1 have been asking if they could have a lesson at the end of the day in it."
 - "It was a great session which targeted children at their own level, and I think they really engaged with the messages. We have been able to refer back to the session numerous times when reminding children that telling the truth about something that has happened is not snitching and is something that children are encouraged to do to keep them safe. "
 - "A huge thank-you to the amazing GYM mentors for joining us at the college today and delivering such inspirational sessions. Your insights and lived-experience of knife-crime and gang culture was really thought provoking. Speakers like you leave a lasting impact and encourage our students to think beyond the classroom. On behalf of myself and everyone who attended, we truly appreciate your time, wisdom and energy."
 - "I just wanted to say another big thank you, your talk really moved me, in a major way. Keep up the good work, you will be making so many people's lives better with everything you do."
- The fourth and final service GYM has delivered this year is the Step-Together Service, which is run in partnership with Sky Blues in the Community and Empowr-U. This project involves accompanying young people as they travel home from school, supervising the normal routes home and intervening if disagreements arise or fights and violence break out. The aim is to ensure that young people travel home safely and are not subject to bullying or victims of group violence, which can either be spontaneous or pre-planned. The impact of the Step-Together project has been carefully evaluated, with evidence showing that the streets are much calmer during after-school hours when the Step-Together team is present in the area.

In conclusion, Guiding Young Minds has continued to be very busy throughout the past year, working in partnership with other statutory and non-statutory groups to support young people in making changes when their lives have been drawn into violent and criminal behaviour.

Both the ASSIST and GYM parts of the service have successfully provided support as aspired to in our mission statements. Our aim for next year is to grow both services, develop further, and put together business plans for both parts of the service, seeking to expand on the very successful work already being delivered.

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Trustees' Report

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (the FRSSE) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to relieve persons affected by Post Traumatic Stress Disorder (P.T.S.D) in any way charitable in law and also to relieve members of the sufferer's families and carers who may be secondary victims of the disorder according to NICE guidelines.

A further object is to advance the education of the Public in P.T.S.D and to offer training and learning opportunities where appropriate.

P.T.S.D is defined as an illness or disorder that is triggered by an emotionally distressing event which is outside the range of normal human experience, e.g. Terrorist Incidents; Natural Disasters; Traffic Incidents; Fires; Attacks; Sexual Violence; Rape; Domestic Abuse; Traumatic Bereavement: and Complicated Grief.

A further ASSIST project – Guiding Young Minds (GYM) works specifically with teenagers and young adults who may have suffered traumatic or adverse experiences during childhood, who as young adults have been caught up in street gangs or violence, including knife crime. GYM seeks to reach out to these young people via assertive outreach and to mentor them, supporting them in moving away from negative lifestyles and in finding more positive ways forward in life.

The Trustees have due regard to the guidance published by the Charity Commission on Public Benefit.

The Trustees consider that the Charity aims are to provide specialist trauma therapy to the victims of traumatic incidents and also to print and publish information and material on trauma and Post-Traumatic Stress as appropriate. The Charity strives to be an organisation which will development in the light of experience and new knowledge, seeking to contribute to a wider field of interest whilst meeting acceptable and ethical standards. It aims to recognise the complexity of the field in which it works and seek to work in balanced and equal partnership with all who use and provide the service. It aims to work within the terms of its equal opportunity and code of practice policies and value everyone as an individual in their own right and be supportive, realistic and professional in approach and manner.

Significant activities

The charity provides specialist therapists and youth mentors who are trained and qualified to treat victims, witnesses and those affected by psychological after-effects of traumatic experiences and young people who are displaying negative behaviour as a result. The charity team works throughout England and Wales providing Outreach Practitioners in local areas as well as at the ASSIST Rugby base. The charity has become actively involved in treating victims residing or having been affected within the area of Northamptonshire addressing the needs of those who have been affected by Road Harm and children victimised by crime as well as victims of domestic abuse as well as individuals and families who have experienced major trauma following life-altering incidents.

Volunteers

The Charity had 9 volunteers during the year.

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Trustees' Report

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity's service during the year has been largely concentrated on those being referred through:

Northamptonshire Police Crime Commissioner's Office; Transport for London; Day One Trauma; Warwickshire Police; Children in Need; West Midlands Police Crime Commissioner's Office; Victim Support; Hope for Justice; Orbit Housing; West Northamptonshire Council, Heart of England Community Foundation, TESCO, Coventry City Council and the National Lottery Fund. 532 new clients started therapy during the year. 298 of these referrals were made on behalf of Children and Young People. These clients had all suffered trauma symptoms as a result of traumatic occurrences, and the organisation provided Specialist Therapeutic and Mentoring support to them using a different range of modalities (face-to-face, video, phone and outreach). So far over 222 have completed treatment and are now better able to cope with their trauma display. Barbara Goodfellow has been supported during the year by three local Trauma Therapists, seven Specialist Mentors and 13 (2024:14) Outreach Therapists across England and Wales.

The above are the non-financial Key performance indicators. The Financial key performance indicators are receiving funding and monitoring expenditure and cash in Bank.

ACHIEVEMENT AND PERFORMANCE

The Charity has worked in partnership with AAFDA (Advocacy After Fatal Domestic Abuse), The Alcohol Advisory Service, Big Local Impact, Bristol Children's Services, Cambridge Fire and Rescue Service, Children in Need, CIRV (Community Initiative Reducing Violence), the Compound Wellingborough, Coventry and Rugby CCG, Coventry City Council, Cruse, the Daniel Kennell Foundation, FLACSS (Family Liaison and Co-ordination of Support Services), Frank Bruno Foundation, Grenfell Hub, Jobs-22, Lisa Lashes School of Music, Lloyds Bank Foundation, The Ministry of Justice, Ministry of Housing and Communities, Murdered Abroad, National Probation Service, Northamptonshire Children's Trust, Northampton Saints Foundation, SAMM (Support After Murder or Manslaughter), the Sarah Hope Line, Solomon Theatre Company, St Giles Trust, Transport for London, University of Edinburgh, Victim Support, West Midlands Police Crime Commissioner Winston's Wish, Women's Aid, The Youth Endowment Fund (Home Office), Orbit Housing, SANDS, The Evelyn Foundation, CRUSE Bereavement and the Youth Offending Service. In addition, it has worked with statutory services and government departments.

FINANCIAL REVIEW

Principal funding sources

The principal funders were grants and contracted work with, Northamptonshire PCC, West Midlands PCC, Children in Need, Coventry City Council, Warwickshire PCC, Orbit Housing, Transport for London and Day One Trauma.

Reserves policy

The Trustees adhere to a policy of always maintaining sufficient Reserves (total of Unrestricted and Restricted Funds) for three months expenditure.

At the year-end there are unrestricted funds of £223,164 and restricted funds of (£141,698). This year the Charity's expenditure exceeded its income by £3,945.

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Trustees' Report

FUTURE PLANS

The charity will continue to deliver its services for Day One Trauma, Northamptonshire PCC, Coventry City Council, Warwickshire Police and the West Midlands Violence Reduction Unit. It is also intending to seek grow and expand via new funding streams and to use the skills and expertise of all its qualified team to help more individuals, families and young people affected by the debilitating effects of psychological trauma.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a constitution policy, and constitutes an unincorporated charity.

The Governing Document is dated 21st July 1995.

Recruitment and appointment of new trustees

In selecting individuals for appointment as trustees, the trustees have regard to skills, knowledge and experience needed for the effective administration of the Charity.

Organisational structure

The members of the Board have a diverse range of skills and experience including Clinical experience in working with patients, medical qualification and understanding of NHS policies and practice, NHS Management experience and expertise, Business Management experience and expertise, Project Management, Management within the Education Sector, work with statutory agencies, work with young people, personal experience of a traumatic occurrence.

Induction and training of new trustees

Trustees must make available to each new trustee on his or her first appointment: a copy of the constitution and any amendments made to it, a copy of the Charity's latest report and statement of accounts as well as safeguarding policies and proof of DBS. They should emphasise the Responsibilities of the Trustees detailed in the Report.

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Trustees' Report

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1052219

Principal address

Unit 17 Clock Tower Shopping Centre
Northway
Rugby
Warwickshire
CV21 2JR

Trustees

Dr T Goodfellow	Vice-Chair
Dr Richard Wellings	Chair
Kristian Shaw	Treasurer
David Pontin	Resigned 1 April 2024
Mike Hutton	Resigned 1 April 2024
Catherine Barnett	

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Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 29 January 2026 and signed on its behalf by:



Dr R Wellings
Trustee

Assistance Support & Self-Help In Surviving Trauma

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Independent Examiner's Report to the trustees of Assistance Support & Self-Help In Surviving Trauma

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2025 which are set out on pages 11 to 22.

Respective responsibilities of trustees and examiner

As the charity's trustees of Assistance Support & Self-Help In Surviving Trauma you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Assistance Support & Self-Help In Surviving Trauma's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since Assistance Support & Self-Help In Surviving Trauma's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Assistance Support & Self-Help In Surviving Trauma as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

KDM Accountants

KDM Accountants Ltd
38 Mapperley Drive
Northampton
NN3 9UF

Date: 30 January 2026

Assistance Support & Self-Help In Surviving Trauma

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Statement of Financial Activities for the Year Ended 31 March 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Income from:					
Charitable activities		54,985	436,351	491,336	475,723
Expenditure on:					
Charitable activities		(6,216)	(489,065)	(495,281)	(417,730)
Total expenditure		(6,216)	(489,065)	(495,281)	(417,730)
Net movement in funds		48,769	(52,714)	(3,945)	57,993
Reconciliation of funds					
Total funds brought forward		174,395	(88,984)	85,411	27,418
Total funds carried forward		223,164	(141,698)	81,466	85,411

All of the charity's activities derive from continuing operations during the above two periods.

The statements of financial activities include all gains and losses recognised in the year.

Assistance Support & Self-Help In Surviving Trauma

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Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	6	3,391	5,159
Current assets			
Debtors	7	104,283	86,334
Cash at bank and in hand		314	10,294
		104,597	96,628
Creditors: Amounts falling due within one year	8	(26,522)	(16,376)
Net current assets		78,075	80,252
Total assets less current liabilities		81,466	85,411
Creditors: Amounts falling due after more than one year	9	-	-
Net assets		81,466	85,411
Funds of the charity:			
Income funds			
Restricted funds		(141,698)	(88,984)
Unrestricted funds		223,164	174,395
Total funds	10	81,466	85,411

The financial statements were approved by the trustees, and authorised for issue on 29 January 2026 and signed on their behalf by:



Dr R Wellings
Trustee

Assistance Support & Self-Help In Surviving Trauma

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Cash Flow Statement for the Year Ended 31 March 2025

	Note	2025 £	2024 £
Cash flows from operating activities			
Net cash (expenditure)/income		(3,945)	57,993
Adjustments to cash flows from non-cash items			
Depreciation		1,768	2,764
		(2,177)	60,757
Working capital adjustments			
Decrease/(increase) in debtors	7	(17,949)	(55,614)
(Decrease)/increase in creditors	8	10,146	(4,709)
Net cash flows from operating activities		(7,803)	434
Cash flows from investing activities			
Purchase of tangible fixed assets	6	-	-
Net (decrease)/increase in cash and cash equivalents		(9,980)	434
Cash and cash equivalents at 1 April 2024		10,294	9,860
Cash and cash equivalents at 31 March 2025		314	10,295
Reconciliation of net cash flow to movement in net funds			
(Decrease)/increase in cash		(9,980)	434
Net funds at 1 April 2024		10,294	9,860
Net funds at 31 March 2025		314	10,294

All of the cash flows are derived from continuing operations during the above two periods.

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Notes to the Financial Statements for the Year Ended 31 March 2025

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Assistance Support & Self-Help In Surviving Trauma meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Assistance Support & Self-Help In Surviving Trauma

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Notes to the Financial Statements for the Year Ended 31 March 2025

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Tangible fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Fixtures and fittings	Straight line over 4 years
Computers	Straight line over 4 years
Motor vehicles	25% reducing balance

Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

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Notes to the Financial Statements for the Year Ended 31 March 2025

Fund structure

Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2025

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revision to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

4 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	233,914	347,733

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was 7 (2024 – 10).

No employee received emoluments of more than £60,000 during the year.

5 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2025

6 Tangible fixed assets

	Furniture and equipment £	Motor vehicles £	Total £
Cost			
At 1 April 2024	10,301	45,600	55,901
Additions	-	-	-
At 31 March 2025	10,301	45,600	55,901
Depreciation			
At 1 April 2024	9,200	41,542	50,742
Charge for the year	753	1,015	1,768
At 31 March 2025	9,953	42,557	52,510
Net book value			
At 31 March 2025	348	3,043	3,391
At 31 March 2024	1,101	4,058	5,159

7 Debtors

	2025 £	2024 £
Trade debtors	104,283	86,334
Prepayments	-	-
	104,283	86,334

Debtors includes £Nil (2024: £Nil) receivable after more than one year.

Assistance Support & Self-Help In Surviving Trauma

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Notes to the Financial Statements for the Year Ended 31 March 2025

8 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	18,807	8,191
Other taxation and social security	5,115	5,585
Accruals	2,600	2,600
	<u>26,522</u>	<u>16,376</u>

9 Creditors: amounts falling due after one year

	2025 £	2024 £
Accruals	-	-

10 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds General £	Total funds £
Tangible fixed assets	-	3,391	3,391
Current assets	223,164	(118,567)	104,597
Current liabilities	-	(26,522)	(26,522)
Creditors over 1 year	-	-	-
Total net assets	<u>223,164</u>	<u>(141,698)</u>	<u>81,466</u>

11 Related party transactions

There were no related party transactions in the year.

12 Charity information

Assistance Support & Self-Help In Surviving Trauma (Assist) is an unincorporated charity governed by its governing document.

The principle address of the charity is Unit 17 Clock Tower Shopping Centre, Northway, Rugby, Warwickshire, CV21 2JR.

The charitable activity is that of providing support and counselling for persons affected by Post Traumatic Stress Disorder.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	Total 2025 £	Total 2024 £
Income and Endowments from:		
Charitable activities (analysed below)	491,336	475,723
Total income	491,336	475,723
Expenditure on:		
Charitable activities (analysed below)	(495,281)	(417,730)
Total expenditure	(495,281)	(417,730)
Net (expenditure)/income	(3,945)	57,993
Net movement in funds	(3,945)	57,993
Reconciliation of funds		
Total funds brought forward	85,411	27,418
Total funds carried forward	81,446	85,411

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	Total 2025 £	Total 2024 £
<i>Donations and legacies</i>		
Restricted income	436,351	425,279
Unrestricted income	54,985	50,444
	<u>491,336</u>	<u>475,723</u>
<i>Charitable activities</i>		
Wages and salaries	(233,914)	(347,733)
Human resources	(8,357)	(2,667)
Supervision	(5,187)	(1,270)
Training - staff and volunteers	(10,165)	(4,488)
Outreach therapists and youth sessional contracts	(177,693)	(30,843)
Travel - staff and volunteer	(9,811)	(2,246)
Accountancy fees	(4,006)	(4,531)
Rent, electricity and service charges	-	-
Insurance	(1,435)	(1,354)
Telephone, postage and office supplies	(16,029)	(10,754)
Computer software and maintenance costs	(11,004)	(5,293)
Sundry expenses	(15,913)	(3,786)
Depreciation of motor vehicles	(1,015)	(1,353)
Depreciation of computer equipment	(753)	(1,412)
	<u>(495,281)</u>	<u>(417,730)</u>
<i>Analysis by funds</i>		
Unrestricted funds	(6,216)	(5,564)
Restricted funds	(489,065)	(412,166)
	<u>(495,281)</u>	<u>(417,730)</u>

Assistance Support & Self-Help In Surviving Trauma

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Activities relating to GYM included in the detailed Statement of Financial Activities for the Year Ended 31 March 2025

	Total 2025 £
<i>Donations and legacies</i>	
Restricted income	152,723
Unrestricted income	19,245
	171,968
<i>Charitable activities</i>	
Wages and salaries	(70,174)
Human resources	(2,089)
Supervision	(1,297)
Training - staff and volunteers	(1,525)
Outreach therapists and youth sessional contracts	(53,308)
Travel - staff and volunteer	(3,434)
Accountancy fees	(1,402)
Rent, electricity and service charges	-
Insurance	(502)
Telephone, postage and office supplies	(1,603)
Computer software and maintenance costs	(1,651)
Sundry expenses	(2,387)
Depreciation of motor vehicles	(355)
Depreciation of computer equipment	(264)
	(139,991)

Accounts

Charity registration number: 1052219

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Annual Report and Financial Statements

for the Year Ended 31 March 2024

Assistance Support & Self-Help In Surviving Trauma

ASSIST

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Assistance Support & Self-Help In Surviving Trauma

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Reference and Administrative Details

Trustees	Dr Thomas Goodfellow
	Dr Richard Wellings
	Kristian Shaw
	Catherine Barnett
Charity Registration Number	1052219
Independent Examiner	KDM Accountants Ltd
	38 Mapperley Drive
	Northampton
	NN3 9UF

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2024.

After last year being very much a year of rebuilding and consolidation following 'lockdown', this year has seen both ASSIST and Guiding Young Minds back on track and delivering successful services as per our mission statement.

ASSIST outreach therapists have all been fairly busy, working with clients across the UK, face to face if distance allows but often virtually, something which most clients are now fairly happy with after their experiences during 'lockdown'. A new contract with Day One Trauma has significantly increased referral numbers, particularly in the north of England. Day One is a fairly new and very active charity, established in Leeds Teaching Hospitals to support clients who have suffered severe physical trauma as a result of road traffic collisions or other incidents, accidental or otherwise. Its aim is to help trauma patients through their recovery and provide support as they rebuild their lives. Day One is a growing and very committed group, attracting support from MPs and other well-known figures, but is purely a support group therefore unable to provide professional psychological help. The Day One team have therefore contracted with ASSIST to fill this gap in their service by our offering professional therapy, and the partnership is working well. This contract further adds to the range of other contracts ASSIST holds with different organisations, both charitable and statutory, across the UK. Together these keep our outreach therapists busy supporting clients who have suffered a wide variety of traumatic experiences.

More locally, therapists are again seeing significant numbers of face-to-face clients, many of whom suffer from complex issues. Referrals of this type have also continued to increase since last year. While most of these local clients self-refer, we have been grateful for the grant of £21,000 from the lottery fund to support victims of domestic violence, a very sad traumatic event that affects too many in today's society and shows no sign of decreasing in frequency. Domestic violence affects both adults and children, the latter suffering as victims and also as witnesses, with the memories of what they have witnessed affecting them deeply and interfering with positive childhood development. Happily, adult victims are now much more likely to seek help for the trauma they are experiencing, rather than suffering in silence as once was the case. They are also pro-active in seeking help for their children, so enabling us to support entire families together, which very much aids positive recovery, and enables family groups to move forward together.

Locally ASSIST continues to be contracted by Voice, the Northamptonshire victim's service, to help children across the county who have encountered traumatic experiences. Such experiences are wide ranging, from road traffic collisions to dog attacks, including both domestic violence at home and severe bullying at school. The children and young people we support can be as young as four through to teenagers, both boys and girls, and needs are naturally very different according to each client's developmental stage. ASSIST therapists are experienced in working with children of every age group and are also trained to work with neuro-divergence, which has become an increasingly common part of our work. Many of the referrals we receive are for young people who are on the autistic spectrum or have ADHD, both issues further affecting their reaction to traumatic incidents. Still others suffer 'attachment disorder', which complicates both treatment and recovery. It is important therefore that our child therapists are both skilled and have a wealth of experience, as treatment via the NHS is extremely difficult to attain.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

In June this year ASSIST was successful in securing the planned office move. With 'lockdown' coming to an end and the country returning to work it had become increasingly clear that our large office, once full and busy, was now too big for the service's needs, given that service delivery had changed and so much was now either virtual or taking place in different locations. The cost of the previous office was also prohibitive, given that ASSIST needed to recover from the financial loss caused by 'lockdown'. An added issue was that this office had developed a badly leaking roof, which had significantly worsened during 'lockdown' when it was often left empty. We were therefore fortunate in being able to acquire small, unused premises in the town centre rent free. While these are not as smart as our previous office and are in need of maintenance work, the fact that they are rent free has made up for these disadvantages. We have needed to do some essential maintenance and have also had to build in a therapy room, but for the time being this new office is meeting our needs, as well as storage needs, and has the advantage of being in Rugby Town centre, so easily accessible to clients.

While ASSIST is once again thriving, our subsidiary Guiding Young Minds also continues to be busy, supporting troubled and disadvantaged young people across the region, particularly those involved or at risk of becoming involved in street gangs and knife crime. Much of current GYM work takes place in the city of Coventry, but GYM is also active across Northamptonshire and increasingly in both Rugby and Birmingham.

GYM has been able to make use of the new office, delivering drop-in centres for Rugby young people, both after school and during the holidays, supported by a grant from Rugby Borough Council. These sessions have been extremely well attended, young people telling us that such provision was previously lacking in the area. Many have used the drop-in opportunity to talk to the GYM team about issues that they face, which is encouraging, and shows us that we need to look at further development in the Rugby area.

The main focus of the GYM service continues to be one to one mentoring, which continues to go very well, now funded in Coventry by the Youth Offending Service and by schools in other areas, particularly Northamptonshire. GYM has now been mentoring troubled young people for several years, and it is encouraging to have recently come across some of our early clients who are now adults. Those we have recently met are all now doing extremely well. When we think back to the lives they were leading when we first met them, including gangs, drugs and criminality, we are very encouraged to know that the early changes they made with support from GYM have been maintained and that their lives really did change for the better.

As well as mentoring, the Guiding Young Minds team spend a great deal of time doing outreach work. This outreach falls into two categories – outreach with the GYM youth bus and the 'StepTogether' after school walking service. The GYM bus is out in different areas of Coventry, Northamptonshire and Warwickshire most weekdays and is in such demand that we frequently have to run a waiting list. The bus carries lots of sports equipment as it travels around, and it sets up in appropriate places, where it engages young people in positive activities as well as providing individual support. Both local authorities and housing associations sponsor this service, being aware that there is significantly less trouble in an area when the GYM bus is present. The police have collated data in this respect, which provides evidence as to just how effective this outreach service is.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

The 'StepTogether' walking service was initially a government initiative involving support workers being present on the streets around schools at the end of each school day. Initially we were unsure how effective such an initiative would be, but in fact it has proved to make a significant difference to the amount of violence breaking out as young people make their way home from school, so much so that the Violence Reduction Unit have now taken on the funding. GYM manages the Coventry 'StepTogether' service in partnership with two other local charities and several local schools. Our team is now well known among young people locally, who frequently alert us of trouble about to break out. This form of outreach is therefore now an important part of the service GYM delivers in Coventry.

A final new initiative this year has been the partnership GYM has developed with the Duke of Edinburgh Awards initiative. This is a new venture for GYM, and very much in its infancy, but viewed as an important way we can help young people to both achieve and gain wider experience in life. The Duke of Edinburgh team is keen to enrol young people who would not normally be involved in their project – those who live their lives on the streets and are not usually involved in positive activities. For this reason, they themselves approached GYM, and from our side we see this award as a further positive opportunity to offer the young people we support. We will report further as this new service progresses.

To conclude, both the ASSIST and GYM parts of the service have been busy this year, successfully providing the support as aspired to in our mission statements. Our aim for next year is to develop further, putting together business plans for both parts of the service and seeking to expand the very successful work already being delivered.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (the FRSSE) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to relieve persons affected by Post Traumatic Stress Disorder (P.T.S.D) in any way charitable in law and also to relieve members of the sufferer's families and carers who may be secondary victims of the disorder according to NICE guidelines.

A further object is to advance the education of the Public in P.T.S.D and to offer training and learning opportunities where appropriate.

P.T.S.D is defined as an illness or disorder that is triggered by an emotionally distressing event which is outside the range of normal human experience, e.g. Terrorist Incidents; Natural Disasters; Traffic Incidents; Fires; Attacks; Sexual Violence; Rape; Domestic Abuse; Traumatic Bereavement: and Complicated Grief.

The Trustees have due regard to the guidance published by the Charity Commission on Public Benefit.

The Trustees consider that the Charity aims are to provide specialist trauma therapy to the victims of traumatic incidents and also to print and publish information and material on trauma and Post-Traumatic Stress as appropriate. The Charity strives to be an organisation which will develop in the light of experience and new knowledge, seeking to contribute to a wider field of interest whilst meeting acceptable and ethical standards. It aims to recognise the complexity of the field in which it works and seek to work in balanced and equal partnership with all who use and provide the service. It aims to work within the terms of its equal opportunity and code of practice policies and value everyone as an individual in their own right and be supportive, realistic and professional in approach and manner.

Significant activities

The charity provides specialist therapists and youth workers trained and qualified to treat victims, witnesses and those affected by psychological after-effects of traumatic experiences. The charity team works throughout England and Wales providing Outreach Therapists in local areas as well as at the ASSIST Rugby base. The charity has become actively involved in treating victims residing or having been affected within the area of Northamptonshire addressing the needs of those who have been affected by Road Harm and children victimised by crime as well as victims of domestic abuse.

Volunteers

The Charity had 7 volunteers during the year.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity's service during the year has been largely concentrated on those being referred through: Northamptonshire Police Crime Commissioner's Office; Transport for London; Day One Trauma; Children in Need; West Midlands Police Crime Commissioner's Office; Victim Support; Hope for Justice; West Northamptonshire Council and the National Lottery Fund. 417 new clients started therapy during the year. 212 of these referrals were made on behalf of Children and Young People. These clients had all suffered trauma symptoms as a result of traumatic occurrences, and the organisation provided Specialist Therapeutic and Mentoring support to them using a different range of modalities (face-to-face, video, phone and outreach). So far over 196 have completed treatment and are now better able to cope with their trauma display.

Barbara Goodfellow has been supported during the year by four Trauma Therapists, five Specialist Mentors and 14 (2023:15) Outreach Therapists across England and Wales.

The above are the non-financial Key performance indicators. The Financial key performance indicators are receiving funding and monitoring expenditure and cash in Bank.

ACHIEVEMENT AND PERFORMANCE

The Charity has worked in partnership with AAFDA (Advocacy After Fatal Domestic Abuse), The Alcohol Advisory Service, Big Local Impact, Bristol Children's Services, Cambridge Fire and Rescue Service, Children in Need, CIRV (Community Initiative Reducing Violence), the Compound Wellingborough, Coventry and Rugby CCG, Coventry City Council, Cruse, the Daniel Kennell Foundation, FLACSS (Family Liaison and Co-ordination of Support Services), Frank Bruno Foundation, Grenfell Hub, Jobs-22, Lisa Lashes School of Music, Lloyds Bank Foundation, The Ministry of Justice, Ministry of Housing and Communities, Murdered Abroad, National Probation Service, Northamptonshire Children's Trust, Northampton Saints Foundation, SAMM (Support After Murder or Manslaughter), the Sarah Hope Line, Solomon Theatre Company, St Giles Trust, Transport for London, University of Edinburgh, Victim Support, West Midlands Police Crime Commissioner Winston's Wish, Women's Aid, The Youth Endowment Fund (Home Office) and the Youth Offending Service. In addition, it has worked with statutory services and government departments.

FINANCIAL REVIEW

Principal funding sources

The principal funders were grants and contracted work with the Youth Endowment Fund, Northamptonshire PCC, West Midlands PCC, Transport for London and Victim Support.

Reserves policy

The Trustees adhere to a policy of always maintaining sufficient Reserves (total of Unrestricted and Restricted Funds) for three months expenditure.

At the year-end there are unrestricted funds of £174,395 and restricted funds of (£88,984). This year the Charity's income exceeded its expenditure by £57,993.

FUTURE PLANS

The charity will continue to deliver its services for the Victim Support Homicide Service, Northamptonshire PCC, the Youth Endowment Fund and the West Midlands Violence Reduction Unit. It is also intending to seek new funding streams and to use the skills and expertise of all its qualified team to help more individuals, families and young people affected by the debilitating effects of psychological trauma.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

The Governing Document is dated 21st July 1995.

Recruitment and appointment of new trustees

In selecting individuals for appointment as trustees, the trustees have regard to skills, knowledge and experience needed for the effective administration of the Charity.

Organisational structure

The members of the Board have a diverse range of skills and experience including Clinical experience in working with patients, medical qualification and understanding of NHS policies and practice, NHS Management experience and expertise, Business Management experience and expertise, Project Management, Management within the Education Sector, work with statutory agencies, work with young people, personal experience of a traumatic occurrence.

Induction and training of new trustees

Trustees must make available to each new trustee on his or her first appointment: a copy of the Deed and any amendments made to it, a copy of the Charity's latest report and statement of accounts. They should emphasise the Responsibilities of the Trustees detailed in the Report.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1052219

Principal address

Unit 17 Clock Tower Shopping Centre
Northway
Rugby
Warwickshire
CV21 2JR

Trustees

Dr T Goodfellow	Vice-Chair
Dr Richard Wellings	Chair
Kristian Shaw	Treasurer
David Pontin	Resigned 1 April 2024
Mike Hutton	Resigned 1 April 2024
Catherine Barnett	

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 31 January 2025 and signed on its behalf by:



Dr R Wellings
Trustee

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Independent Examiner's Report to the trustees of Assistance Support & Self-Help In Surviving Trauma

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2024 which are set out on pages 10 to 20.

Respective responsibilities of trustees and examiner

As the charity's trustees of Assistance Support & Self-Help In Surviving Trauma you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Assistance Support & Self-Help In Surviving Trauma's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since Assistance Support & Self-Help In Surviving Trauma's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Assistance Support & Self-Help In Surviving Trauma as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

KDM Accountants

KDM Accountants Ltd
38 Mapperley Drive
Northampton
NN3 9UF

Date: 31 January 2025

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Statement of Financial Activities for the Year Ended 31 March 2024

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Income from:					
Charitable activities		50,444	425,279	475,723	403,531
Expenditure on:					
Charitable activities		(5,564)	(412,166)	(417,730)	(519,568)
Total expenditure		(5,564)	(412,166)	(417,730)	(519,568)
Net movement in funds		44,880	13,113	57,993	(116,037)
Reconciliation of funds					
Total funds brought forward		129,515	(102,097)	27,418	143,455
Total funds carried forward		174,395	(88,984)	85,411	27,418

All of the charity's activities derive from continuing operations during the above two periods.

The statements of financial activities include all gains and losses recognised in the year.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Balance Sheet as at 31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	6	5,159	7,924
Current assets			
Debtors	7	86,334	30,720
Cash at bank and in hand		10,294	9,860
		96,628	40,580
Creditors: Amounts falling due within one year	8	(16,376)	(21,086)
Net current assets		80,252	19,494
Total assets less current liabilities		85,411	27,418
Creditors: Amounts falling due after more than one year	9	-	-
Net assets		85,411	27,418
Funds of the charity:			
Income funds			
Restricted funds		(88,984)	(102,097)
Unrestricted funds		174,395	129,515
Total funds	10	85,411	27,418

The financial statements were approved by the trustees, and authorised for issue on 31 January 2025 and signed on their behalf by:

Dr R Wellings
Trustee



Assistance Support & Self-Help In Surviving Trauma

ASSIST

Cash Flow Statement for the Year Ended 31 March 2024

	Note	2024 £	2023 £
Cash flows from operating activities			
Net cash (expenditure)/income		57,993	(116,037)
Adjustments to cash flows from non-cash items			
Depreciation		2,764	2,740
		60,757	(113,297)
Working capital adjustments			
Decrease/(increase) in debtors	7	(55,614)	62,549
(Decrease)/increase in creditors	8	(4,709)	(5,863)
Net cash flows from operating activities		434	(56,611)
Cash flows from investing activities			
Purchase of tangible fixed assets	6	-	(1,390)
Net (decrease)/increase in cash and cash equivalents		434	(58,001)
Cash and cash equivalents at 1 April 2023		9,860	67,861
Cash and cash equivalents at 31 March 2024		10,294	9,860
Reconciliation of net cash flow to movement in net funds			
(Decrease)/increase in cash		434	(58,001)
Net funds at 1 April 2023		9,860	67,861
Net funds at 31 March 2024		10,294	9,860

All of the cash flows are derived from continuing operations during the above two periods.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2024

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Assistance Support & Self-Help In Surviving Trauma meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2024

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Tangible fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Fixtures and fittings	Straight line over 4 years
Computers	Straight line over 4 years
Motor vehicles	25% reducing balance

Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2024

Fund structure

Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2024

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revision to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

4 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	347,733	412,352

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was 10 (2023 – 12).

No employee received emoluments of more than £60,000 during the year.

5 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2024

6 Tangible fixed assets

	Furniture and equipment £	Motor vehicles £	Total £
Cost			
At 1 April 2023	10,301	45,600	55,901
Additions	-	-	-
At 31 March 2024	10,301	45,600	55,901
Depreciation			
At 1 April 2023	7,788	40,189	47,977
Charge for the year	1,412	1,353	2,765
At 31 March 2024	9,200	41,542	50,742
Net book value			
At 31 March 2024	1,101	4,058	5,159
At 31 March 2023	2,513	5,411	7,924

7 Debtors

	2024 £	2023 £
Trade debtors	86,334	30,720
Prepayments	-	-
	86,334	30,720

Debtors includes £Nil (2023: £Nil) receivable after more than one year.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2024

8 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	8,191	9,630
Other taxation and social security	5,585	8,856
Accruals	2,600	2,600
	<u>16,376</u>	<u>21,086</u>

9 Creditors: amounts falling due after one year

	2024 £	2023 £
Accruals	-	-

10 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds General £	Total funds £
Tangible fixed assets	-	5,159	5,159
Current assets	174,395	(77,766)	96,629
Current liabilities	-	(16,377)	(16,377)
Creditors over 1 year	-	-	-
Total net assets	<u>174,395</u>	<u>(88,984)</u>	<u>85,411</u>

11 Related party transactions

There were no related party transactions in the year.

12 Charity information

Assistance Support & Self-Help In Surviving Trauma (Assist) is an unincorporated charity governed by its governing document.

The principle address of the charity is Unit 17 Clock Tower Shopping Centre, Northway, Rugby, Warwickshire, CV21 2JR.

The charitable activity is that of providing support and counselling for persons affected by Post Traumatic Stress Disorder.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	Total 2024 £	Total 2023 £
Income and Endowments from:		
Charitable activities (analysed below)	<u>475,723</u>	<u>403,531</u>
Total income	<u>475,723</u>	<u>403,531</u>
Expenditure on:		
Charitable activities (analysed below)	<u>(417,730)</u>	<u>(519,568)</u>
Total expenditure	<u>(417,730)</u>	<u>(519,568)</u>
Net (expenditure)/income	<u>57,993</u>	<u>(116,037)</u>
Net movement in funds	57,993	(116,037)
Reconciliation of funds		
Total funds brought forward	<u>27,418</u>	<u>143,455</u>
Total funds carried forward	<u>85,411</u>	<u>27,418</u>

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	Total 2024 £	Total 2023 £
<i>Donations and legacies</i>		
Restricted income	425,279	367,516
Unrestricted income	50,444	36,015
	<u>475,723</u>	<u>403,531</u>
<i>Charitable activities</i>		
Wages and salaries	(347,733)	(412,352)
Human resources	(2,667)	(2,955)
Supervision	(1,270)	(4,584)
Training - staff and volunteers	(4,488)	(6,173)
Outreach therapists and sessional contracts	(30,843)	(32,722)
Travel - staff and volunteer	(2,246)	(13,422)
Accountancy fees	(4,531)	(4,342)
Rent, electricity and service charges	-	(9,360)
Insurance	(1,354)	(1,287)
Telephone, postage and office supplies	(10,754)	(15,438)
Computer software and maintenance costs	(5,293)	(6,280)
Sundry expenses	(3,786)	(7,914)
Depreciation of motor vehicles	(1,353)	(1,803)
Depreciation of computer equipment	(1,412)	(936)
	<u>(417,730)</u>	<u>(519,568)</u>
<i>Analysis by funds</i>		
Unrestricted funds	(5,564)	(7,304)
Restricted funds	(412,166)	(512,264)
	<u>(417,730)</u>	<u>(519,568)</u>

Accounts

Charity registration number: 1052219

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Annual Report and Financial Statements

for the Year Ended 31 March 2023

Assistance Support & Self-Help In Surviving Trauma

ASSIST

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Assistance Support & Self-Help In Surviving Trauma

ASSIST

Reference and Administrative Details

Trustees	Dr Thomas Goodfellow Dr Richard Wellings Kristian Shaw David Pontin Mike Hutton Catherine Barnett
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Charity Registration Number	1052219
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Independent Examiner	KDM Accountants Ltd 38 Mapperley Drive Northampton NN3 9UF
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Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2023.

The year 2022 - 2023, has been our first year living and working without covid restrictions. ASSIST has moved on from work under 'lockdown' to find that the world has changed and we have needed this year to decide how to adapt to these changes and the challenges they present in terms of both staff working practices and client needs.

During 'lockdown' home working, initiated as a necessity, became the norm. The expectations of our clients also changed. Two years ago, 95% of all therapy delivered was face to face, and most clients were resistant to the thought of therapy by telephone. During 'lockdown' of course there was no choice and video therapy, previously fairly rare, not only became the norm but was found to work extremely well, cutting out the need for time consuming travel to and from appointments.

The question we faced this year was *"Now that we are free from covid restrictions do we need or even want to go back to the way things were before?"* Certainly, we have been very pleased to be able to meet together again as a team without restrictions and many clients have been delighted to be able to return to face-to-face therapy.

However, others are now very used to therapy by video call and quite happy to continue this way, and this year 78% of therapeutic provision has been delivered virtually. Providing therapy this way of course both cuts down travelling time and also enables us to work with clients in wide geographical areas, so is working very well for our service. As a result, the ongoing ASSIST service is now different from how it was pre-lockdown and over the course of this year we have been able to develop this new model for the future.

Last year we were already beginning to ask whether we needed to continue to rent the large ASSIST office, which was unused during lockdown. It has now become clear that we don't need this large space anymore as many of the therapy rooms continue unused. We have therefore started to look for smaller premises, ideally still in Rugby, so that we can continue to manage the service more efficiently and at reduced cost.

All in all both ASSIST and Guiding Young Minds (GYM) have emerged from lockdown well. There has been reduced income, particularly on ASSIST's side and sadly some reduction in staff, but we are now poised to further develop both services to serve in their specialist areas. Both services continue to work independently but in close collaboration, with shared management in some areas.

ASSIST continues to offer specialist therapy to adults, children, young people and families who have suffered traumatic experiences. The service employs both local therapists (4) in Rugby and the surrounding area and 13 'outreach' therapists working in different areas across the U.K. We have ongoing contracts with:

- Voice for Victims and Witnesses (locally in Northamptonshire)
- Transport for London
- Victim Support Homicide Service
- Hope for Justice (support for victims of human trafficking and modern slavery)
- AAFDA (Advocacy after Fatal Domestic Abuse)
- Different schools nationwide

Over the year ASSIST has received referrals for and delivered therapy to 216 individuals (71% adults, 29% children and young people) including many who have self-referred.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

ASSIST also continues to second one of its therapists to the Grenfell Project three days per week, to provide specialist input to those seeking to support those traumatised by this tragic national disaster.

Now free from covid restrictions the organisation is poised for further development.

Guiding Young Minds continues to offer specialist mentoring and youth work services to young people caught up in gangs and knife crime or victims of gang activity, including 'County Lines'. The core of our work is specialist individual mentoring, which is becoming well known and respected for its success, with regular referrals received from:

- The Police
- Social Services
- Local schools

GYM works across Coventry and Northamptonshire with occasional work further afield in both the East and West Midlands. We have provided specialist training courses on the issues of gangs, knife crime and county lines to schools, colleges and prisons and continue to develop specific courses which can be delivered in the future. We also provide workshops in schools, which have been in great demand following the lifting of covid restrictions.

As well as specialist mentoring GYM delivers regular outreach sessions throughout the Midlands, utilising our youth bus, and also runs 3 different weekly youth clubs in different areas of Coventry. This year we also started to deliver the *Step Together* project, a government initiative aimed at preventing after school violence by patrolling the streets as young people make their way home from school. We have also developed a 12-week prison programme, *the Journey Out*, which is being delivered in Peterborough prison to young men preparing for release from jail and re-integration into the community.

Development and business planning led to a decision this year to separate admin for Guiding Young Minds. While the two services will continue to work under the same charity umbrella and submit combined annual accounts, separating the ASSIST and GYM bank accounts will enable a better understanding of income and outgoings and inform future business planning.

2022-23 has been a year of consolidation. Both ASSIST and GYM services are now starting to look forward and to plan for future development without the restrictions and cutbacks brought about as a result of 'lockdown' requirements.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (the FRSSE) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to relieve persons affected by Post Traumatic Stress Disorder (P.T.S.D) in any way charitable in law and also to relieve members of the sufferer's families and carers who may be secondary victims of the disorder according to NICE guidelines.

A further object is to advance the education of the Public in P.T.S.D and to offer training and learning opportunities where appropriate.

P.T.S.D is defined as an illness or disorder that is triggered by an emotionally distressing event which is outside the range of normal human experience, e.g. Terrorist Incidents; Natural Disasters; Traffic Incidents; Fires; Attacks; Sexual Violence; Rape; Domestic Abuse; Traumatic Bereavement: and Complicated Grief.

The Trustees have due regard to the guidance published by the Charity Commission on Public Benefit.

The Trustees consider that the Charity aims are to provide specialist trauma therapy to the victims of traumatic incidents and also to print and publish information and material on trauma and Post-Traumatic Stress as appropriate. The Charity strives to be an organisation which will develop in the light of experience and new knowledge, seeking to contribute to a wider field of interest whilst meeting acceptable and ethical standards. It aims to recognise the complexity of the field in which it works and seek to work in balanced and equal partnership with all who use and provide the service. It aims to work within the terms of its equal opportunity and code of practice policies and value everyone as an individual in their own right and be supportive, realistic and professional in approach and manner.

Significant activities

The charity provides specialist therapists and youth workers trained and qualified to treat victims, witnesses and those affected by psychological after-effects of traumatic experiences. The charity team works throughout England and Wales providing Outreach Therapists in local areas as well as at the ASSIST Rugby base. The charity has become actively involved in treating victims residing or having been affected within the area of Northamptonshire addressing the needs of those who have been affected by Road Harm and children victimised by crime as well as victims of domestic abuse.

Volunteers

The Charity had 9 volunteers during the year.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity's service during the year has been largely concentrated on those being referred through: the Youth Endowment Fund; Children in Need; Transport for London; Northamptonshire Police Crime Commissioner's Office and the West Midlands Police Crime Commissioner's Office. 388 new clients started therapy during the year. 170 of these referrals were made on behalf of Children and Young People. These clients had all suffered trauma symptoms as a result of traumatic occurrences, and the Charity provided therapy and support to them in their own homes. So far over 201 have completed treatment and are now better able to cope with their trauma display.

Barbara Goodfellow has been supported during the year by five Trauma Therapists, five Specialist Mentors and 15 (2022: 21) Outreach Therapists across England and Wales.

The above are the non-financial Key performance indicators. The Financial key performance indicators are receiving funding and monitoring expenditure and cash in Bank.

ACHIEVEMENT AND PERFORMANCE

The Charity has worked in partnership with AAFDA (Advocacy After Fatal Domestic Abuse), The Alcohol Advisory Service, Big Local Impact, Bristol Children's Services, Cambridge Fire and Rescue Service, Children in Need, CIRV (Community Initiative Reducing Violence), the Compound Wellingborough, Coventry and Rugby CCG, Coventry City Council, Cruse, the Daniel Kennell Foundation, FLACSS (Family Liaison and Co-ordination of Support Services), Frank Bruno Foundation, Grenfell Hub, Jobs-22, Lisa Lashes School of Music, Lloyds Bank Foundation, The Ministry of Justice, Ministry of Housing and Communities, Murdered Abroad, National Probation Service, Northamptonshire Children's Trust, Northampton Saints Foundation, SAMM (Support After Murder or Manslaughter), the Sarah Hope Line, Solomon Theatre Company, St Giles Trust, Transport for London, University of Edinburgh, Victim Support, West Midlands Police Crime Commissioner Winston's Wish, Women's Aid, The Youth Endowment Fund (Home Office) and the Youth Offending Service. In addition, it has worked with statutory services and government departments.

FINANCIAL REVIEW

Principal funding sources

The principal funders were grants and contracted work with the Youth Endowment Fund, Northamptonshire PCC, West Midlands PCC, Transport for London and Victim Support.

Reserves policy

The Trustees adhere to a policy of always maintaining sufficient Reserves (total of Unrestricted and Restricted Funds) for three months expenditure.

At the year-end there are unrestricted funds of £129,515 and restricted funds of (£102,097). This year the Charity's expenditure exceeded its income by £116,037.

FUTURE PLANS

The charity will continue to deliver its services for the Victim Support Homicide Service, Northamptonshire PCC, the Youth Endowment Fund and the West Midlands Violence Reduction Unit. It is also intending to seek new funding streams and to use the skills and expertise of all its qualified team to help more individuals, families and young people affected by the debilitating effects of psychological trauma.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

The Governing Document is dated 21st July 1995.

Recruitment and appointment of new trustees

In selecting individuals for appointment as trustees, the trustees have regard to skills, knowledge and experience needed for the effective administration of the Charity.

Organisational structure

The members of the Board have a diverse range of skills and experience including Clinical experience in working with patients, Medical qualification and understanding of NHS policies and practice, NHS Management experience and expertise, Business Management experience and expertise, Project Management, Management within the Education Sector, work with statutory agencies, work with young people, personal experience of a traumatic occurrence.

Induction and training of new trustees

Trustees must make available to each new trustee on his or her first appointment: a copy of the Deed and any amendments made to it, a copy of the Charity's latest report and statement of accounts. They should emphasise the Responsibilities of the Trustees detailed in the Report.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1052219

Principal address

Unit 17 Clock Tower Shopping Centre
Northway
Rugby
Warwickshire
CV21 2JR

Trustees

Dr T Goodfellow	Vice-Chair
Dr Richard Wellings	Chair
Kristian Shaw	Treasurer
David Pontin	
Mike Hutton	
Catherine Barnett	

Assistance Support & Self-Help In Surviving Trauma

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Statement of Trustees' Responsibilities

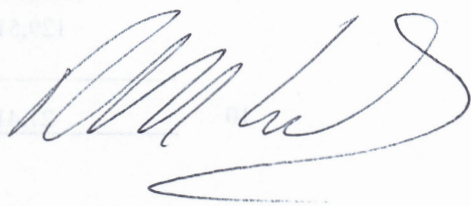
The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 30 January 2024 and signed on its behalf by:



Dr R Wellings
Trustee

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Independent Examiner's Report to the trustees of Assistance Support & Self-Help In Surviving Trauma

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023 which are set out on pages 12 to 19.

Respective responsibilities of trustees and examiner

As the charity's trustees of Assistance Support & Self-Help In Surviving Trauma you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Assistance Support & Self-Help In Surviving Trauma's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since Assistance Support & Self-Help In Surviving Trauma's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Assistance Support & Self-Help In Surviving Trauma as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

KDM Accountants

KDM Accountants Ltd
38 Mapperley Drive
Northampton
NN3 9UF

Date: 30 January 2024

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Statement of Financial Activities for the Year Ended 31 March 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Income from:					
Charitable activities		36,015	367,516	403,531	564,620
Expenditure on:					
Charitable activities		(7,304)	(512,264)	(519,568)	(608,988)
Total expenditure		(7,304)	(512,264)	(519,568)	(608,988)
Net movement in funds		28,711	(144,748)	(116,037)	(44,368)
Reconciliation of funds					
Total funds brought forward		100,804	42,651	143,455	187,823
Total funds carried forward		129,515	(102,097)	27,418	143,455

All of the charity's activities derive from continuing operations during the above two periods.

The statements of financial activities include all gains and losses recognised in the year.

Assistance Support & Self-Help In Surviving Trauma

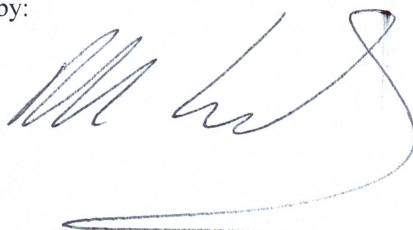
ASSIST

Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	6	7,924	9,273
Current assets			
Debtors	7	30,720	93,269
Cash at bank and in hand		9,860	67,861
		40,580	161,130
Creditors: Amounts falling due within one year	8	(21,086)	(26,948)
Net current assets		19,494	134,182
Total assets less current liabilities		27,418	143,455
Creditors: Amounts falling due after more than one year	9	-	-
Net assets		27,418	143,455
Funds of the charity:			
Income funds			
Restricted funds		(102,097)	42,651
Unrestricted funds		129,515	100,804
Total funds	10	27,418	143,455

The financial statements were approved by the trustees, and authorised for issue on 30 January 2024 and signed on their behalf by:

Dr R Wellings
Trustee



Assistance Support & Self-Help In Surviving Trauma

ASSIST

Cash Flow Statement for the Year Ended 31 March 2023

	Note	2023 £	2022 £
Cash flows from operating activities			
Net cash (expenditure)/income		(116,037)	(44,368)
Adjustments to cash flows from non-cash items			
Depreciation		2,740	5,696
		(113,297)	(38,672)
Working capital adjustments			
Decrease/(increase) in debtors	7	62,549	(68,886)
(Decrease)/increase in creditors	8	(5,863)	3,885
Net cash flows from operating activities		(56,611)	(103,673)
Cash flows from investing activities			
Purchase of tangible fixed assets	6	(1,390)	(1,624)
Net (decrease)/increase in cash and cash equivalents		(58,001)	(105,297)
Cash and cash equivalents at 1 April 2022		67,861	173,158
Cash and cash equivalents at 31 March 2023		9,860	67,861
Reconciliation of net cash flow to movement in net funds			
(Decrease)/increase in cash		(58,001)	(105,297)
Net funds at 1 April 2022		67,861	173,158
Net funds at 31 March 2023		9,860	67,861

All of the cash flows are derived from continuing operations during the above two periods.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2023

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Assistance Support & Self-Help In Surviving Trauma meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Assistance Support & Self-Help In Surviving Trauma

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Notes to the Financial Statements for the Year Ended 31 March 2023

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Tangible fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Fixtures and fittings	Straight line over 4 years
Computers	Straight line over 4 years
Motor vehicles	25% reducing balance

Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Assistance Support & Self-Help In Surviving Trauma

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Notes to the Financial Statements for the Year Ended 31 March 2023

Fund structure

Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2023

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revision to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

4 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	412,352	423,488

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was 12 (2022 – 13).

No employee received emoluments of more than £60,000 during the year.

5 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2023

6 Tangible fixed assets

	Furniture and equipment £	Motor vehicles £	Total £
Cost			
At 1 April 2022	8,911	45,600	54,511
Additions	1,390	-	1,390
At 31 March 2023	10,301	45,600	55,901
Depreciation			
At 1 April 2022	6,852	38,386	45,238
Charge for the year	936	1,803	2,739
At 31 March 2023	7,788	40,189	47,977
Net book value			
At 31 March 2023	2,513	5,411	7,924
At 31 March 2022	2,059	7,214	9,273

7 Debtors

	2023 £	2022 £
Trade debtors	30,720	93,269
Prepayments	-	-
	30,720	93,269

Debtors includes £Nil (2022: £Nil) receivable after more than one year.

Assistance Support & Self-Help In Surviving Trauma

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Notes to the Financial Statements for the Year Ended 31 March 2023

8 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	9,630	12,769
Other taxation and social security	8,856	11,579
Accruals	2,600	2,600
	<u>21,086</u>	<u>26,948</u>

9 Creditors: amounts falling due after one year

	2023 £	2022 £
Accruals	-	-

10 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds General £	Total funds £
Tangible fixed assets	-	7,924	7,924
Current assets	129,515	(88,935)	40,580
Current liabilities	-	(21,086)	(21,086)
Creditors over 1 year	-	-	-
Total net assets	<u>129,515</u>	<u>(102,097)</u>	<u>27,418</u>

11 Related party transactions

There were no related party transactions in the year.

12 Charity information

Assistance Support & Self-Help In Surviving Trauma (Assist) is an unincorporated charity governed by its governing document.

The principle address of the charity is Unit 17 Clock Tower Shopping Centre, Northway, Rugby, Warwickshire, CV21 2JR.

The charitable activity is that of providing support and counselling for persons affected by Post Traumatic Stress Disorder.

Assistance Support & Self-Help In Surviving Trauma

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Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Income and Endowments from:		
Charitable activities (analysed below)	403,531	564,620
Total income	403,531	564,620
Expenditure on:		
Charitable activities (analysed below)	(519,568)	(608,988)
Total expenditure	(519,568)	(608,988)
Net (expenditure)/income	(116,037)	(44,368)
Net movement in funds	(116,037)	(44,368)
Reconciliation of funds		
Total funds brought forward	143,455	187,823
Total funds carried forward	27,418	143,455

Assistance Support & Self-Help In Surviving Trauma

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Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
<i>Donations and legacies</i>		
Restricted income	367,516	533,435
Unrestricted income	36,015	31,185
	<u>403,531</u>	<u>564,620</u>
<i>Charitable activities</i>		
Wages and salaries	(412,352)	(423,488)
Human resources	(2,955)	(3,230)
Supervision	(4,584)	(7,363)
Training - staff and volunteers	(6,173)	(1,937)
Outreach therapists and sessional contracts	(32,722)	(77,089)
Travel - staff and volunteer	(13,422)	(21,840)
Accountancy fees	(4,342)	(5,088)
Rent, electricity and service charges	(9,360)	(25,438)
Insurance	(1,287)	(1,228)
Telephone, postage and office supplies	(15,438)	(24,615)
Computer software and maintenance costs	(6,280)	(6,730)
Sundry expenses	(7,914)	(5,246)
Depreciation of motor vehicles	(1,803)	(3,607)
Depreciation of computer equipment	(936)	(2,089)
	<u>(519,568)</u>	<u>(608,988)</u>
<i>Analysis by funds</i>		
Unrestricted funds	(7,304)	(6,547)
Restricted funds	(512,264)	(602,441)
	<u>(519,568)</u>	<u>(608,988)</u>

Accounts

Charity registration number: 1052219

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Annual Report and Financial Statements

for the Year Ended 31 March 2022

Assistance Support & Self-Help In Surviving Trauma

ASSIST

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Reference and Administrative Details

Trustees	Dr Thomas Goodfellow Dr Richard Wellings Kristian Shaw David Pontin Mike Hutton Catherine Barnett
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Charity Registration Number	1052219
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Independent Examiner	KDM Accountants Ltd 38 Mapperley Drive Northampton NN3 9UF
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Assistance Support & Self-Help In Surviving Trauma

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Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2022.

Looking back at last year's report, we were reflecting on continuing the work of ASSIST during "a year of covid". Little did we know at that time that we had another year to go, and that the world now looks back at two years of living under covid restrictions. This second year has not been so difficult for ASSIST and GYM, as being a priority organisation many of our activities have been able to continue without restrictions. However, in many ways the world has changed for us, as it has for most of our friends and colleagues. Our central office in Rugby, our hub for almost 20 years, has been very little used, and we are beginning to think that it may be time to say goodbye to it. Our therapist and mentors work has instead become mostly out on the road, meeting clients as we always have in homes, schools and on the street but with much less office-based work or use of our therapy rooms. During ongoing although reduced covid restrictions we have continued to practice social distancing as appropriate, being very mindful of clients' preferences and anxieties even if we have not shared these. Admin tasks have mostly been carried out in what is the new 'working from home' norm, and meeting with colleagues from other organisations is now all virtual. We have become experts at using Zoom and Microsoft Teams!

The other very important thing about this past year is that it has been the final year of ASSIST and GYM's work in partnership with the Youth Endowment Fund. This work with the YEF, which we have been privileged to be a part of, has very much shaped our direction for the future, as it has involved partnership working between ASSIST and GYM, with data collection and evaluation of outcomes being central to all that we have delivered. ASSIST is no stranger to outcome-focused work. We collected both quantitative and qualitative outcome data in our work with the National Homicide Service and were very fortunate to have this data evaluated later by the psychology department at the University of Utrecht, leading to articles published in several international journals. However, this new partnership with the YEF now took our evidence-based approach a step further, in that we were working closely with Hertford University throughout service delivery and data collection, outcome evaluation very much focusing our minds as we worked with needy and troubled young people. As this work has drawn to a close by the end of this year, all our focus has been on compiling final outcomes and collecting feedback from the young people and families we have worked with. As far as we can tell at this stage, service outcomes have been very positive.

The data has now been passed to Hertford University, for their research psychologists to independently analyse and compare a report. This report will then be subject to peer review by a second, independent university, who will in turn report back to the YEF. Sometime next year we will get to see the final evaluation of our two years of hard work. Feedback already received gives us cause to hope that this evaluation will be positive. Young people we have worked with have commented:

"thank you for everything you have help me out a massive amount with what gang life is really about and it's not what it's all crack up to be and that I don't want to be involved with people like that I have been doing so much better this past year its mad how so much can change in a year with the right people around you and support you. This experience has been amazing - I'm ready to go on to the next part in my life and seeing how far I have came."

"Thank you for all your support that you gave me and my family. I am in a much better place now and so is my family. You listen to me and you always took the time to understand me and that is what I call a good person. Also the therapy helped me because before I did not know how to control my emotions, now I have learnt this"

Assistance Support & Self-Help In Surviving Trauma

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Trustees' Report

“Thank you, bro, for all you have done for me. Understand reason not being in gang and how important it is to spend time with your family. I understand the street gang do not care about anyone and I am now in good place attending school and have good care home who looking after me. I am now in contact with my parents every week and spending good time with them and that all down to you giving me the correct value. “

We have also had feedback from parents:

“Thank you for all you have done to help my son and family. This service is what all children need, a service who can listen and do not judge. I will be promoting your service to other family that need your support. Mentors and therapist is a great combination.”

“I can only thank you for the grate support you gave A in such a challenging time in her life you built trust with her which enable to open up to u hopefully the input you put in her she will use it in her future”

“For me and my wife we can’t thank you enough for all the effort and support you give us all, but especially L you have been a strength that has been much needed in his life. You always go the bit extra to help! You’re constantly adapting to the needs that L throws our way and we are so glad you are with us with everything that has happened and whatever comes next. In a whole what you do is always on point your always at the end of the phone and always supporting. You are not just a person that works with L you are a friend and a massive part of this family.

I’d also like to add the support the therapist has given us and L has been brilliant as well. She was always there to help with advice and support.

Many thanks”

We have had feedback from Schools

“GYM had regular sessions with a young female student who was at significant risk of harm. Her mentor became involved following the case going to Child protection after the female had been arrested suspected to be involved with a serious violent incident. The mentor met with her regularly in school, guiding and being a positive influence on her to progress her forward. He worked with her on her self-confidence, relationships, friendships and future aspirations. From personal knowledge of this young lady I know that he was very much respected by her. She thrived as a result of his input and in doing so the Case was stepped down from Child protection, to Child in need and resulting in full closure during lockdown. He is an influential mentor, who can relate to the young people he supports and guide them in positive ways to make changes.”

“From our perspective we felt that the engagement you had with S was excellent. He reported to us that he valued the sessions he had and looked forward to them. We felt it gave S a focus and the opportunity to talk openly about the difficulties he had experienced and allowed him time to reflect and question some of the decisions he made. I firmly believe that the work carried out by yourself was invaluable and a crucial piece of work. Thank you very much and would welcome working with you again if ever we unfortunately had a pupil who was requiring such intervention.”

“Motivation towards his education very much improved since started support from mentor”

“CC has improved his behaviour in school immensely. CC now thinks before his actions and this has led to him successfully staying in the classroom for his lessons rather than ending up in Internal Inclusion, which sometimes was happening every day. He has also walked away from a fight and come over to see me when there has been an issue as he said he does not want to be in trouble or get involved. It is with no doubt that CC now really does think before he acts and thinks of long term consequences and outcomes to the choices he makes. This is down to your hard work so thank you!”

Assistance Support & Self-Help In Surviving Trauma

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Trustees' Report

“CC has improved his behaviour in school immensely. CC now thinks before his actions and this has led to him successfully staying in the classroom for his lessons rather than ending up in Internal Inclusion, which sometimes was happening every day. He has also walked away from a fight and come over to see me when there has been an issue as he said he does not want to be in trouble or get involved. It is with no doubt that CC now really does think before he acts and thinks of long term consequences and outcomes to the choices he makes. This is down to your hard work so thank you!”

We have also had feedback from Social Services:

“Following on from professionals interventions (School, Parents and GYM) your intense support to guide B in the right direction away from crime and gang related issues has been a huge success.”

“This is an excellent service for children to be able to get help and those they can relate to.”

Many thanks to you all for your help and support, this has really enabled A to move on and look positively towards her future.”

This feedback from so many different sources provides powerful evidence of the very good work the GYM and ASSIST teams have done with young people throughout the year.

As well as helping so many young people, the YEF project has been developmental for Guiding Young Minds, confirming to our mentors the huge value in being able to offer a specialist therapeutic and trauma service alongside mentoring. There are many mentoring services, but no others that we are aware of that recognise the need to offer trauma support to young people who have suffered a range of adverse childhood experiences while growing up. Over the past year we have developed a bespoke service offering both mentoring and trauma therapy, and the combination has proved extremely valuable. We are sad to see the YEF funded project coming to an end, but in January 2022 we were delighted to receive the first Children in Need grant, after many years of applying. This will enable us to continue delivering outcome-focussed mentoring, albeit in a much smaller way, over the next 3 years.

Alongside the important work described, we have also further developed our work in schools over the past year. Workshops and assemblies have been delivered in schools across Northamptonshire and Coventry and have proved extremely popular, as feedback demonstrates:

“Thanks again for today. One of the colleagues in the Hall today said the following

I thought the presentation today was really good and informative – worth having again and I would say especially year 9-11 is very useful.

I think he got across really well the fact that friends can get you into the situation and I think if he had more time he would have delved more into county lines in detail.

The pupils all seemed to like his style of delivery too and it was very interactive.

We would certainly like to have you back. When are you free?

Kind Regards

Mr A Williams

Assistant Headteacher “

Assistance Support & Self-Help In Surviving Trauma

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Trustees' Report

We have many other similar feedback responses from schools in Coventry and Northamptonshire. We are now gradually making the jump from relying on YEF funding to deliver this work to winning contracts from the schools themselves, who recognise the importance of the message we are delivering. We also now have established contracts with the West Midlands Violence Reduction Unit and the Coventry Youth Offending Service.

While working a great deal with young people this year, ASSIST has not neglected work with traumatised adults. Working with a range of different contracts, therapists have continued to deliver specialist therapy across the country, taking referrals from Transport for London, Voice, AAFDA and Jobs-22, (to support individuals suffering traumatic symptoms become better equipped to pursue stable employment), as well as still receiving referrals from Victim Support. Our partnership with the Grenfell community support project still continues positively and through this we have a very good relationship with the Home Office.

As we move into the coming financial year we recognise that there are challenges ahead, given the ending of the substantial YEF grant, but we are working hard to make new contacts and to secure new contracts. The entire team, both ASSIST therapists and staff and GYM mentors, are committed to continuing to deliver a positive service to all those who need it.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (the FRSSE) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to relieve persons affected by Post Traumatic Stress Disorder (P.T.S.D) in any way charitable in law and also to relieve members of the sufferer's families and carers who may be secondary victims of the disorder according to NICE guidelines.

A further object is to advance the education of the Public in P.T.S.D and to offer training and learning opportunities where appropriate.

P.T.S.D is defined as an illness or disorder that is triggered by an emotionally distressing event which is outside the range of normal human experience, e.g. Terrorist Incidents; Natural Disasters; Traffic Incidents; Fires; Attacks; Sexual Violence; Rape; Domestic Abuse; Traumatic Bereavement: and Complicated Grief.

The Trustees have due regard to the guidance published by the Charity Commission on Public Benefit.

The Trustees consider that the Charity aims are to provide specialist trauma therapy to the victims of traumatic incidents and also to print and publish information and material on trauma and Post-Traumatic Stress as appropriate. The Charity strives to be an organisation which will develop in the light of experience and new knowledge, seeking to contribute to a wider field of interest whilst meeting acceptable and ethical standards. It aims to recognise the complexity of the field in which it works and seek to work in balanced and equal partnership with all who use and provide the service. It aims to work within the terms of its equal opportunity and code of practice policies and value everyone as an individual in their own right and be supportive, realistic and professional in approach and manner.

Significant activities

The charity provides specialist therapists and youth workers trained and qualified to treat victims, witnesses and those affected by psychological after-effects of traumatic experiences. The charity team works throughout England and Wales providing Outreach Therapists in local areas as well as at the ASSIST Rugby base. The charity has become actively involved in treating victims residing or having been affected within the area of Northamptonshire addressing the needs of those who have been affected by Road Harm and children victimised by crime as well as victims of domestic abuse.

Volunteers

The Charity had 11 volunteers during the year.

Assistance Support & Self-Help In Surviving Trauma

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Trustees' Report

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity's service during the year has been largely concentrated on those being referred through: the Youth Endowment Fund; Children in Need; Transport for London; Northamptonshire Police Crime Commissioner's Office and the West Midlands Police Crime Commissioner's Office. 419 new clients started therapy during the year. 163 of these referrals were made on behalf of Children and Young People. These clients had all suffered trauma symptoms as a result of traumatic occurrences, and the Charity provided therapy and support to them in their own homes. So far over 230 have completed treatment and are now better able to cope with their trauma display.

Barbara Goodfellow has been supported during the year by five Trauma Therapists, five Specialist Mentors and 21 (2021: 28) Outreach Therapists across England and Wales.

The above are the non-financial Key performance indicators. The Financial key performance indicators are receiving funding and monitoring expenditure and cash in Bank.

ACHIEVEMENT AND PERFORMANCE

The Charity has worked in partnership with AAFDA (Advocacy After Fatal Domestic Abuse), The Alcohol Advisory Service, Big Local Impact, Bristol Children's Services, Cambridge Fire and Rescue Service, Children in Need, CIRV (Community Initiative Reducing Violence), the Compound Wellingborough, Coventry and Rugby CCG, Coventry City Council, Cruse, the Daniel Kennell Foundation, FLACSS (Family Liaison and Co-ordination of Support Services), Frank Bruno Foundation, Grenfell Hub, Jobs-22, Lisa Lashes School of Music, Lloyds Bank Foundation, The Ministry of Justice, Ministry of Housing and Communities, Murdered Abroad, National Probation Service, Northamptonshire Children's Trust, Northampton Saints Foundation, SAMM (Support After Murder or Manslaughter), the Sarah Hope Line, Solomon Theatre Company, St Giles Trust, Transport for London, University of Edinburgh, Victim Support, West Midlands Police Crime Commissioner Winston's Wish, Women's Aid, The Youth Endowment Fund (Home Office) and the Youth Offending Service. In addition, it has worked with statutory services and government departments.

FINANCIAL REVIEW

Principal funding sources

The principal funders were grants and contracted work with the Youth Endowment Fund, Northamptonshire PCC, West Midlands PCC, Transport for London and Victim Support.

Reserves policy

The Trustees adhere to a policy of always maintaining sufficient Reserves (total of Unrestricted and Restricted Funds) for three months expenditure.

At the year-end there are unrestricted funds of £100,804 and restricted funds of £42,651. This year the Charity's expenditure exceeded its income by £44,368.

FUTURE PLANS

The charity will continue to deliver its services for the Victim Support Homicide Service, Northamptonshire PCC, the Youth Endowment Fund and the West Midlands Violence Reduction Unit. It is also intending to seek new funding streams and to use the skills and expertise of all its qualified team to help more individuals, families and young people affected by the debilitating effects of psychological trauma.

Assistance Support & Self-Help In Surviving Trauma

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Trustees' Report

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

The Governing Document is dated 21st July 1995.

Recruitment and appointment of new trustees

In selecting individuals for appointment as trustees, the trustees have regard to skills, knowledge and experience needed for the effective administration of the Charity.

Organisational structure

The members of the Board have a diverse range of skills and experience including Clinical experience in working with patients, Medical qualification and understanding of NHS policies and practice, NHS Management experience and expertise, Business Management experience and expertise, Project Management, Management within the Education Sector, work with statutory agencies, work with young people, personal experience of a traumatic occurrence.

Induction and training of new trustees

Trustees must make available to each new trustee on his or her first appointment: a copy of the Deed and any amendments made to it, a copy of the Charity's latest report and statement of accounts. They should emphasise the Responsibilities of the Trustees detailed in the Report.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1052219

Principal address

11 Albert Street
Rugby
Warwickshire
CV21 2RX

Trustees

Dr T Goodfellow	Vice-Chair
Dr Richard Wellings	Chair
Kristian Shaw	Treasurer
David Pontin	
Mike Hutton	
Catherine Barnett	

Assistance Support & Self-Help In Surviving Trauma

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Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 30 January 2023 and signed on its behalf by:



Dr R Wellings
Trustee

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Independent Examiner's Report to the trustees of Assistance Support & Self-Help In Surviving Trauma

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2022 which are set out on pages 11 to 21.

Respective responsibilities of trustees and examiner

As the charity's trustees of Assistance Support & Self-Help In Surviving Trauma you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Assistance Support & Self-Help In Surviving Trauma's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since Assistance Support & Self-Help In Surviving Trauma's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Assistance Support & Self-Help In Surviving Trauma as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

KDM Accountants

KDM Accountants Ltd
38 Mapperley Drive
Northampton
NN3 9UF

Date: 30 January 2023

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Statement of Financial Activities for the Year Ended 31 March 2022

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Income from:					
Charitable activities		31,185	533,435	564,620	632,675
Expenditure on:					
Charitable activities		(6,547)	(602,441)	(608,988)	(558,243)
Total expenditure		(6,547)	(602,441)	(608,988)	(558,243)
Net movement in funds		24,638	(69,006)	(44,368)	74,432
Reconciliation of funds					
Total funds brought forward		76,166	111,657	187,823	113,391
Total funds carried forward		100,804	42,651	143,455	187,823

All of the charity's activities derive from continuing operations during the above two periods.

The statements of financial activities include all gains and losses recognised in the year.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	6	9,273	13,345
Current assets			
Debtors	7	93,269	24,383
Cash at bank and in hand		67,861	173,158
		161,130	197,541
Creditors: Amounts falling due within one year	8	(26,948)	(23,063)
Net current assets		134,182	174,478
Total assets less current liabilities		143,455	187,823
Creditors: Amounts falling due after more than one year	9	-	-
Net assets		143,455	187,823
Funds of the charity:			
Income funds			
Restricted funds		42,651	76,166
Unrestricted funds		100,804	111,657
Total funds	10	143,455	187,823

The financial statements were approved by the trustees, and authorised for issue on 30 January 2023 and signed on their behalf by:



Dr R Wellings
Trustee

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Cash Flow Statement for the Year Ended 31 March 2022

	Note	2022 £	2021 £
Cash flows from operating activities			
Net cash (expenditure)/income		(44,368)	74,432
Adjustments to cash flows from non-cash items			
Depreciation		5,696	5,290
		(38,672)	79,722
Working capital adjustments			
Decrease/(increase) in debtors	7	(68,886)	80,819
(Decrease)/increase in creditors	8	3,885	(18,958)
Net cash flows from operating activities		(103,673)	141,583
Cash flows from investing activities			
Purchase of tangible fixed assets	6	(1,624)	(2,633)
Net (decrease)/increase in cash and cash equivalents		(105,297)	138,950
Cash and cash equivalents at 1 April 2021		173,158	34,208
Cash and cash equivalents at 31 March 2022		67,861	173,158
Reconciliation of net cash flow to movement in net funds			
(Decrease)/increase in cash		(105,297)	138,950
Net funds at 1 April 2021		173,158	34,208
Net funds at 31 March 2022		67,861	173,158

All of the cash flows are derived from continuing operations during the above two periods.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2022

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Assistance Support & Self-Help In Surviving Trauma meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Assistance Support & Self-Help In Surviving Trauma

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Notes to the Financial Statements for the Year Ended 31 March 2022

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Tangible fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Fixtures and fittings	Straight line over 4 years
Computers	Straight line over 4 years
Motor vehicles	25% reducing balance

Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2022

Fund structure

Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2022

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revision to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

4 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
Staff costs during the year were:		
Wages and salaries	423,488	354,078

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was 13 (2021 – 15).

No employee received emoluments of more than £60,000 during the year.

5 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Assistance Support & Self-Help In Surviving Trauma

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Notes to the Financial Statements for the Year Ended 31 March 2022

6 Tangible fixed assets

	Furniture and equipment £	Motor vehicles £	Total £
Cost			
At 1 April 2021	7,287	45,600	52,887
Additions	1,624	-	1,624
At 31 March 2022	8,911	45,600	54,511
Depreciation			
At 1 April 2021	4,763	34,779	39,542
Charge for the year	2,089	3,607	5,696
At 31 March 2022	6,852	38,386	45,238
Net book value			
At 31 March 2022	2,059	7,214	9,273
At 31 March 2021	2,524	10,821	13,345

7 Debtors

	2022 £	2021 £
Trade debtors	93,269	24,383
Prepayments	-	-
	93,269	24,383

Debtors includes £Nil (2021: £Nil) receivable after more than one year.

Assistance Support & Self-Help In Surviving Trauma

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Notes to the Financial Statements for the Year Ended 31 March 2022

8 Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	12,769	9,691
Other taxation and social security	11,579	10,772
Accruals	2,600	2,600
	<u>26,948</u>	<u>23,063</u>

9 Creditors: amounts falling due after one year

	2022 £	2021 £
Accruals	-	-

10 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds General £	Total funds £
Tangible fixed assets	-	9,273	9,273
Current assets	100,804	60,326	161,130
Current liabilities	-	(26,948)	(26,948)
Creditors over 1 year	-	-	-
Total net assets	<u>100,804</u>	<u>42,651</u>	<u>143,455</u>

11 Related party transactions

There were no related party transactions in the year.

12 Charity information

Assistance Support & Self-Help In Surviving Trauma (Assist) is an unincorporated charity governed by its governing document.

The principle address of the charity is 11 Albert Street, Rugby, Warwickshire, CV21 2RX.

The charitable activity is that of providing support and counselling for persons affected by Post Traumatic Stress Disorder.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	Total 2022 £	Total 2021 £
Income and Endowments from:		
Charitable activities (analysed below)	564,620	632,675
Total income	564,620	632,675
Expenditure on:		
Charitable activities (analysed below)	(608,988)	(558,243)
Total expenditure	(608,988)	(558,243)
Net (expenditure)/income	(44,368)	74,432
Net movement in funds	(44,368)	74,432
Reconciliation of funds		
Total funds brought forward	187,823	113,391
Total funds carried forward	143,455	187,823

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	Total 2022 £	Total 2021 £
<i>Donations and legacies</i>		
Restricted income	533,435	609,493
Unrestricted income	31,185	23,182
	<u>564,620</u>	<u>632,675</u>
<i>Charitable activities</i>		
Wages and salaries	(423,488)	(354,078)
Human resources	(3,230)	(2,639)
Supervision	(7,363)	(4,155)
Training - staff and volunteers	(1,937)	(1,000)
Outreach therapists and sessional contracts	(77,089)	(94,031)
Travel - staff and volunteer	(21,840)	(22,025)
Accountancy fees	(5,088)	(4,944)
Rent, electricity and service charges	(25,438)	(26,429)
Insurance	(1,228)	(1,166)
Telephone, postage and office supplies	(24,615)	(27,770)
Computer software and maintenance costs	(6,730)	(7,378)
Sundry expenses	(5,246)	(7,338)
Depreciation of motor vehicles	(3,607)	(3,607)
Depreciation of computer equipment	(2,089)	(1,683)
	<u>(608,988)</u>	<u>(558,243)</u>
<i>Analysis by funds</i>		
Unrestricted funds	(6,547)	(7,395)
Restricted funds	(602,441)	(550,848)
	<u>(608,988)</u>	<u>(558,243)</u>

Accounts

Charity registration number: 1052219

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Annual Report and Financial Statements

for the Year Ended 31 March 2021

Assistance Support & Self-Help In Surviving Trauma

ASSIST

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Assistance Support & Self-Help In Surviving Trauma

ASSIST

Reference and Administrative Details

Trustees	Dr Thomas Goodfellow Dr Richard Wellings Kristian Shaw David Pontin Mike Hutton Catherine Barnett
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Charity Registration Number	1052219
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Independent Examiner	KDM Accountants Ltd 38 Mapperley Drive Northampton NN3 9UF
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Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2021.

People all over the world will look back on the year of covid in different ways, depending on the way it affected their lives and responsibilities. In April 2020 the pandemic had only just begun, and none of us had the slightest idea how long it was going to last, but as lockdown was announced we were very aware that it could have a major effect on ASSIST and the way we delivered our services.

For our therapy clients, particularly the adults, the way forward was clearly prescribed for us. Clients were not allowed to leave their homes, and neither were their therapists, so it was obvious that we would need to resort to some form of virtual communication, be that using audio or visual devices. In fact, what transpired was that clients were extremely grateful that their therapists would do all they could to continue to support them, and rather than needing to find time for therapy sessions they looked up to the interruption to their long days. Whether we made telephone calls or used one of the many available ways of visual calling we left entirely up to the client, and this too was very much appreciated and worked well. As spring moved into summer, gradually meeting face to face became more possible, but we found that many people preferred and felt safer continuing to engage virtually, and certainly therapists did not miss the many hours they had previously spent behind the wheel.

It would be wrong, however, to suggest that for ASSIST the pandemic presented no issues. While we continued to successfully support existing clients by virtual means, this was much more difficult in cases where there was no pre-existing relationship. Virtual engagement between strangers is much harder, and numbers of new clients did drop considerably. Referrals too dropped back quite a lot, because the referrers themselves were not making contact with as many needy people as previously. Another significant issue was home schooling. Whether the client or the therapist (or sometimes both) had children at home, this meant that fitting in sessions became much more difficult. As a result, our outreach clients have been much less busy this year.

The Guiding Young Minds service has been another matter entirely. Given that young people spend so many hours behind a computer screen, it might seem that virtual communication would come much more naturally with these clients, but not so. Our mentors found it almost impossible to engage young people in discussing difficult matters when not actually in the room with them. In addition, while most of the country was staying at home, troubled young people most certainly were not. When members of our team tried to contact the youngsters, their parents would simply say “they’ve gone out” and that was that. Meanwhile out on the streets and in the parks, which were empty of adults, gang recruitment and fights continued apace.

Two things happened to address this very concerning situation. Firstly, by late April both the YEF and the local police contacted us to ask if we could put together some sort of social media programme to engage youngsters. The YEF even supplied further funding to help set this up by enabling us to purchase electronic equipment. Our resourceful team were soon on the job, and within a week the GYM virtual outreach service was born. This was a very comprehensive programme of podcasts, discussions, guest speakers and competitions, run every day and quickly attracting very large audiences with hundreds, on some occasions thousands of young people tuning in. Interestingly our service was now no longer being delivered in just Northamptonshire and Coventry but across the West Midlands, to Birmingham, Wolverhampton and beyond.

The second thing didn’t happen quite so quickly, but by June the Home Office had picked up on the issue of gangs of young people out on the streets despite lockdown. The picture was much the same in every area – the police would chase groups of youths who would run away amid much hilarity and regroup in a pre-arranged place, until the police found them and gave chase again. It provided the young people with much amusement, the police not so much. It was at this point that ASSIST received a letter from the Home Office, informing us that we were considered an ‘essential service’ and that as such we could continue our outreach work.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

Our team didn't need telling twice. Within a matter of days, the ASSIST youth bus was out on the streets again, organising football and other sports for large groups of young people, while encouraging them to wear masks and to observe 'social distancing'.

At the same time as recommencing our outreach service, our one-to-one mentoring service was able to start again, albeit in people gardens or in the park. The young people were totally delighted to see their mentors again, often greeting them with hugs. Parents too were really welcoming, as shown by their setting chairs out in the garden (two metres apart!) along with a table and refreshments.

The final aspect of our work which the pandemic had halted was our school's work. Interestingly, as the new system became established with vulnerable young people and those from troubled families still able to attend school, it became clear that most of our young clients came into this category. Before long we found that our teams were able to attend schools once more, not initially to address large groups but certainly to meet with individuals. Not only were our mentors allowed in, but they were welcomed, as teachers appreciated their help with the troubled youth, and more positive school/GYM partnerships developed as a result of the pandemic.

By late summer, when we were called to a meeting with the YEF to discuss how the pandemic had affected our service, we were able to tell them that we were pretty much back to normal.

We can therefore look back on 2020/21 as a positive year. There were difficulties of course. The year was stressful in so many ways, and much fear was evoked. One of our difficulties was the loss of two valued members of staff. For some GYM staff the ability to carry on working normally rather than virtually within the safety of their homes was not totally desirable, and two chose to transfer to jobs where they were able to be more risk averse. However, we were able to recruit to fill the vacancies, welcoming Callum, and Deanne to the team as new mentors, and both have already started to make an outstanding contribution to the work of Guiding Young Minds.

As we reach the end of the year, we are aware that much has been accomplished and many lives changed. We have heard this from both individuals and families, as well as from schools and other professionals, and this feedback encourages us to continue the valuable service we are delivering. The following are examples:

From a young client:

"I'm grateful for the work you done with me and coming to visit me at school a lot of the time, I think you've changed me as a person and sent me down the right path when my life wasn't really going right. I feel like I could really talk to you about anything and you wouldn't sit there and judge me. Thank you for your help"

And from her mother:

"I am very grateful for all the work you have done with S. I feel up until you were part of her life and had input into her behaviours she was going down the wrong path. I think she knew that you understood her better than we could. I can never thank you enough. She is doing great now and has turned her life into a different path. Thank you again for all your help."

From a Social Worker:

"Both mum and the School have noticed the positive changes in his behaviour since you have been working with him. Your work has had a positive impact on him and mum reports that he is now communicating more with her which is brilliant."

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

From a school Headteacher:

"The fact they were able to challenge misconceptions that young people had/have in such a powerful way was amazing."

From Other Schools:

"The impact that it has had on both has been considerable already, not just in raising awareness but also in giving people strategies to keep themselves safe! Amazing job!!!"

"Kings Heath children learnt so much from you and have gained a deeper understanding of anti-social behaviour and how to make the right choices to achieve in life."

You are inspirational to the staff and the children, and you have inspired the children to be the best that they can possible be.

We have a year 6 boy that was on the cusp of joining a gang as he thought it was the only way. After your session and assembly, he was so in awe of you he has turned a corner and is now talking about the future and what he can achieve.

I cannot say thank you enough for your positive impact on the children and staff. Any school that you attend is lucky to have you."

From the Community Nursing Team

"Thank you so much for training us today in your speciality area. The real-life experience that you shared with us from your personal and professional involvement with gangs and how they operate was so valuable. I feel honoured to have listened to you this afternoon. I love how you explained to us to not open up a child and not help them close as well, with either our care or the care of another person."

"I also loved how you shared how you always let a child know they are unique, special, chosen and valuable with gifts to share which will allow them to follow their own dreams instead of being involved in crime, drug use and gang culture. I have made note of all the contact information you have shared and will share it with our team in Weston Favell."

From a School Nurse

"I learned a lot today and this can only improve my practise as a school nurse. You have so much knowledge and experience but what really struck me was your professional empathy and heart for the children and young people and families – which is the most important thing!"

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (the FRSSE) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to relieve persons affected by Post Traumatic Stress Disorder (P.T.S.D) in any way charitable in law and also to relieve members of the sufferer's families and carers who may be secondary victims of the disorder according to NICE guidelines.

A further object is to advance the education of the Public in P.T.S.D and to offer training and learning opportunities where appropriate.

P.T.S.D is defined as an illness or disorder that is triggered by an emotionally distressing event which is outside the range of normal human experience, e.g. Terrorist Incidents; Natural Disasters; Traffic Incidents; Fires; Attacks; Sexual Violence; Rape; Domestic Abuse; Traumatic Bereavement: and Complicated Grief.

The Trustees have due regard to the guidance published by the Charity Commission on Public Benefit.

The Trustees consider that the Charity aims are to provide specialist trauma therapy to the victims of traumatic incidents and also to print and publish information and material on trauma and Post-Traumatic Stress as appropriate. The Charity strives to be an organisation which will develop in the light of experience and new knowledge, seeking to contribute to a wider field of interest whilst meeting acceptable and ethical standards. It aims to recognise the complexity of the field in which it works and seek to work in balanced and equal partnership with all who use and provide the service. It aims to work within the terms of its equal opportunity and code of practice policies and value everyone as an individual in their own right and be supportive, realistic and professional in approach and manner.

Significant activities

The charity provides specialist therapists and youth workers trained and qualified to treat victims, witnesses and those affected by psychological after-effects of traumatic experiences. The charity team works throughout England and Wales providing Outreach Therapists in local areas as well as at the ASSIST Rugby base. The charity has become actively involved in treating victims residing or having been affected within the area of Northamptonshire addressing the needs of those who have been affected by Road Harm and children victimised by crime as well as victims of domestic abuse.

Volunteers

The Charity had 16 volunteers during the year.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Trustees' Report

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity's service during the year has been largely concentrated on those being referred through: the Youth Endowment Fund; the Victim Support Homicide Team; Northamptonshire Police Crime Commissioner's Office and the West Midlands Police Crime Commissioner's Office. 312 new clients started therapy during the year. 147 of these referrals were made on behalf of Children and Young People. These clients had all suffered trauma symptoms as a result of traumatic occurrences, and the Charity provided therapy and support to them in their own homes. So far over 200 have completed treatment and are now better able to cope with their trauma display.

Barbara Goodfellow has been supported during the year by five Trauma Therapists, five Specialist Mentors and 28 (2020: 30) Outreach Therapists.

The above are the non-financial Key performance indicators. The Financial key performance indicators are receiving funding and monitoring expenditure and cash in Bank.

ACHIEVEMENT AND PERFORMANCE

The Charity has worked in partnership with AAFDA (Advocacy After Fatal Domestic Abuse), The Alcohol Advisory Service, Big Local Impact, Bristol Children's Services, Cambridge Fire and Rescue Service, CIRV (Community Initiative Reducing Violence), the Compound Wellingborough, Coventry and Rugby CCG, Coventry City Council, Cruse, the Daniel Kennell Foundation, FLACSS (Family Liaison and Co-ordination of Support Services), Frank Bruno Foundation, Grenfell Hub, Lisa Lashes School of Music, Lloyds Bank Foundation, The Ministry of Justice, Ministry of Housing and Communities, Murdered Abroad, National Probation Service, Northamptonshire Children's Trust, Northampton Saints Foundation, SAMM (Support After Murder or Manslaughter), the Sarah Hope Line, Solomon Theatre Company, St Giles Trust, Transport for London, University of Edinburgh, Victim Support, West Midlands Police Crime Commissioner Winston's Wish, Women's Aid, The Youth Endowment Fund (Home Office) and the Youth Offending Service. In addition, it has worked with statutory services and government departments.

FINANCIAL REVIEW

Principal funding sources

The principal funders were grants and contracted work with the Youth Endowment Fund, Northamptonshire PCC, West Midlands PCC, Lloyds Bank Foundation and Victim Support.

Reserves policy

The Trustees adhere to a policy of always maintaining sufficient Reserves (total of Unrestricted and Restricted Funds) for three months expenditure.

At the year-end there are unrestricted funds of £76,166 and restricted funds of £111,657. This year the Charity's income exceeded its expenditure by £74,432.

FUTURE PLANS

The charity will continue to deliver its services for the Victim Support Homicide Service, Northamptonshire PCC, the Youth Endowment Fund and the West Midlands Violence Reduction Unit. It is also intending to seek new funding streams and to use the skills and expertise of all its qualified team to help more individuals, families and young people affected by the debilitating effects of psychological trauma.

Assistance Support & Self-Help In Surviving Trauma

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Trustees' Report

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

The Governing Document is dated 21st July 1995.

Recruitment and appointment of new trustees

In selecting individuals for appointment as trustees, the trustees have regard to skills, knowledge and experience needed for the effective administration of the Charity.

Organisational structure

The members of the Board have a diverse range of skills and experience including Clinical experience in working with patients, Medical qualification and understanding of NHS policies and practice, NHS Management experience and expertise, Business Management experience and expertise, Project Management, Management within the Education Sector, work with statutory agencies, work with young people, personal experience of a traumatic occurrence.

Induction and training of new trustees

Trustees must make available to each new trustee on his or her first appointment: a copy of the Deed and any amendments made to it, a copy of the Charity's latest report and statement of accounts. They should emphasise the Responsibilities of the Trustees detailed in the Report.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1052219

Principal address

11 Albert Street
Rugby
Warwickshire
CV21 2RX

Trustees

Dr T Goodfellow Vice-Chair

Dr Richard Wellings Chair

Kristian Shaw Treasurer

David Pontin

Mike Hutton - appointed 26 October 2020

Catherine Barnett - appointed 26 October 2020

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Statement of Trustees' Responsibilities

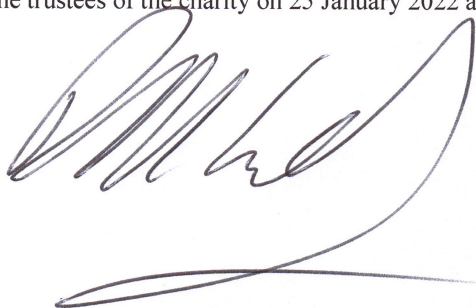
The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 25 January 2022 and signed on its behalf by:

A handwritten signature in dark ink, appearing to be 'Dr R Wellings', written over a horizontal line.

Dr R Wellings
Trustee

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Independent Examiner's Report to the trustees of Assistance Support & Self-Help In Surviving Trauma

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 10 to 20.

Respective responsibilities of trustees and examiner

As the charity's trustees of Assistance Support & Self-Help In Surviving Trauma you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Assistance Support & Self-Help In Surviving Trauma's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since Assistance Support & Self-Help In Surviving Trauma's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Assistance Support & Self-Help In Surviving Trauma as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

KDM Accountants

KDM Accountants Ltd
38 Mapperley Drive
Northampton
NN3 9UF

Date: 25 January 2022

Assistance Support & Self-Help In Surviving Trauma

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Statement of Financial Activities for the Year Ended 31 March 2021

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Income from:					
Charitable activities		23,182	609,493	632,675	672,654
Expenditure on:					
Charitable activities		(7,395)	(550,848)	(558,243)	(661,518)
Total expenditure		(7,395)	(550,848)	(558,243)	(661,518)
Net movement in funds		15,787	58,645	74,432	11,136
Reconciliation of funds					
Total funds brought forward		60,379	53,012	113,391	102,255
Total funds carried forward		76,166	111,657	187,823	113,391

All of the charity's activities derive from continuing operations during the above two periods.

The statements of financial activities include all gains and losses recognised in the year.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	6	13,345	16,002
Current assets			
Debtors	7	24,383	105,202
Cash at bank and in hand		173,158	34,208
		197,541	139,410
Creditors: Amounts falling due within one year	8	(23,063)	(42,021)
Net current assets		174,478	97,389
Total assets less current liabilities		187,823	113,391
Creditors: Amounts falling due after more than one year	9	-	-
Net assets		187,823	113,391
Funds of the charity:			
Income funds			
Restricted funds		76,166	53,012
Unrestricted funds		111,657	60,379
Total funds	10	187,823	113,391

The financial statements were approved by the trustees, and authorised for issue on 25 January 2022 and signed on their behalf by:

Dr R Wellings
Trustee



Assistance Support & Self-Help In Surviving Trauma

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Cash Flow Statement for the Year Ended 31 March 2021

	Note	2021 £	2020 £
Cash flows from operating activities			
Net cash (expenditure)/income		74,432	11,136
Adjustments to cash flows from non-cash items			
Depreciation		5,290	5,834
		79,722	16,970
Working capital adjustments			
Decrease/(increase) in debtors	7	80,819	(14,896)
(Decrease)/increase in creditors	8	(18,958)	24,246
Net cash flows from operating activities		141,583	26,320
Cash flows from investing activities			
Purchase of tangible fixed assets	6	(2,633)	(1,099)
Net (decrease)/increase in cash and cash equivalents		138,950	25,221
Cash and cash equivalents at 1 April 2020		34,208	8,987
Cash and cash equivalents at 31 March 2021		173,158	34,208
Reconciliation of net cash flow to movement in net funds			
(Decrease)/increase in cash		138,950	25,221
Net funds at 1 April 2020		34,208	8,987
Net funds at 31 March 2021		173,158	34,208

All of the cash flows are derived from continuing operations during the above two periods.

Assistance Support & Self-Help In Surviving Trauma

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Notes to the Financial Statements for the Year Ended 31 March 2021

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Assistance Support & Self-Help In Surviving Trauma meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2021

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Tangible fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Fixtures and fittings	Straight line over 4 years
Computers	Straight line over 4 years
Motor vehicles	25% reducing balance

Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2021

Fund structure

Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2021

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revision to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

4 Staff costs

The aggregate payroll costs were as follows:

	2021 £	2020 £
Staff costs during the year were:		
Wages and salaries	354,078	404,269

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was 15 (2020 – 13).

No employee received emoluments of more than £60,000 during the year.

5 Taxation

The charity is a registered charity and is therefore exempt from taxation.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2021

6 Tangible fixed assets

	Furniture and equipment £	Motor vehicles £	Total £
Cost			
At 1 April 2020	4,654	45,600	50,254
Additions	2,633	-	2,633
At 31 March 2021	7,287	45,600	52,887
Depreciation			
At 1 April 2020	3,080	31,172	34,252
Charge for the year	1,683	3,607	5,290
At 31 March 2021	4,763	34,779	39,542
Net book value			
At 31 March 2021	2,524	10,821	13,345
At 31 March 2020	1,574	14,428	16,002

7 Debtors

	2021 £	2020 £
Trade debtors	24,383	98,595
Prepayments	-	6,607
	24,383	105,202

Debtors includes £Nil (2020: £Nil) receivable after more than one year.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Notes to the Financial Statements for the Year Ended 31 March 2021

8 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	9,691	20,501
Other taxation and social security	10,772	18,920
Accruals	2,600	2,600
	<u>23,063</u>	<u>42,021</u>

9 Creditors: amounts falling due after one year

	2021 £	2020 £
Accruals	-	-

10 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds General £	Total funds £
Tangible fixed assets	-	13,345	13,345
Current assets	76,166	121,375	197,541
Current liabilities	-	(23,063)	(23,063)
Creditors over 1 year	-	-	-
Total net assets	<u>76,166</u>	<u>111,657</u>	<u>187,823</u>

11 Related party transactions

There were no related party transactions in the year.

12 Charity information

Assistance Support & Self-Help In Surviving Trauma (Assist) is an unincorporated charity governed by its governing document.

The principle address of the charity is 11 Albert Street, Rugby, Warwickshire, CV21 2RX.

The charitable activity is that of providing support and counselling for persons affected by Post Traumatic Stress Disorder.

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	Total 2021 £	Total 2020 £
Income and Endowments from:		
Charitable activities (analysed below)	632,675	672,654
Total income	632,675	672,654
Expenditure on:		
Charitable activities (analysed below)	(558,243)	(661,518)
Total expenditure	(558,243)	(661,518)
Net (expenditure)/income	74,432	11,136
Net movement in funds	74,432	11,136
Reconciliation of funds		
Total funds brought forward	113,391	102,255
Total funds carried forward	187,823	113,391

Assistance Support & Self-Help In Surviving Trauma

ASSIST

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	Total 2021 £	Total 2020 £
<i>Donations and legacies</i>		
Restricted income	609,493	653,656
Unrestricted income	23,182	18,998
	<u>632,675</u>	<u>672,654</u>
<i>Charitable activities</i>		
Wages and salaries	(354,078)	(404,269)
Human resources	(2,639)	(3,351)
Supervision	(4,155)	(7,859)
Training - staff and volunteers	(1,000)	(9,835)
Outreach therapists and sessional contracts	(94,031)	(129,318)
Travel - staff and volunteer	(22,025)	(34,456)
Accountancy fees	(4,944)	(3,380)
Rent, electricity and service charges	(26,429)	(26,429)
Insurance	(1,166)	(1,094)
Telephone, postage and office supplies	(27,770)	(16,299)
Computer software and maintenance costs	(7,378)	(6,964)
Sundry expenses	(7,338)	(12,430)
Depreciation of motor vehicles	(3,607)	(4,809)
Depreciation of computer equipment	(1,683)	(1,025)
	<u>(558,243)</u>	<u>(661,518)</u>
<i>Analysis by funds</i>		
Unrestricted funds	(7,395)	(10,020)
Restricted funds	(550,848)	(651,498)
	<u>(558,243)</u>	<u>(661,518)</u>