

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

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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 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.

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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.

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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.

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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. 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.

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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

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	

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Statement of Trustees' Responsibilities

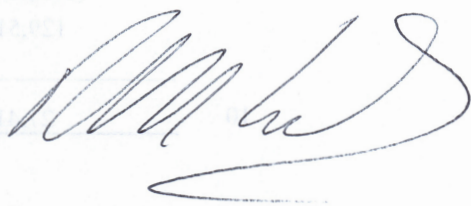
The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

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

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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 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

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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

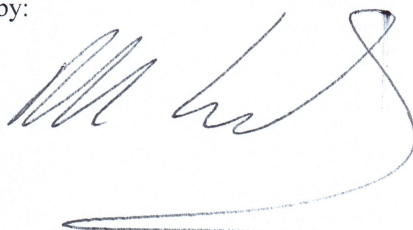
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Balance Sheet as at 31 March 2023

	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

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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

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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.

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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.

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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

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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.

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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.

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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
	403,531	564,620
<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)
	(519,568)	(608,988)
<i>Analysis by funds</i>		
Unrestricted funds	(7,304)	(6,547)
Restricted funds	(512,264)	(602,441)
	(519,568)	(608,988)