

ONE IN FOUR (LONDON)

England & Wales · Charity number 1081726

Details

Other names	ONE IN FOUR
Status	Registered
Legal form	Other
Registered	2000-07-25
Register	View on the Charity Commission register

Contact

Address	One In Four 219 Bromley Road London SE6 2PG
Phone	02086972112
Email	admin@oneinfour.org.uk
Website	www.oneinfour.org.uk

Activities

Objects: 1. THE RELIEF OF THE MENTAL AND PHYSICAL DISTRESS OF PEOPLE WHO HAVE EXPERIENCED SEXUAL ABUSE 2. THE ADVANCEMENT OF THE EDUCATION OF THE PUBLIC IN THE NATURE OF SEXUAL ABUSE AND ITS AFFECT ON THOSE WHO HAVE BEEN SUBJECT TO IT.

Activities: To provide support for the relief of the mental and physical distress of people who have experienced sexual abuse and to provide the advancement of education of the public in the nature of sexual abuse and its effect on those who have been subject to it. These services are mainly provided through therapeutic counselling, training and advocacy and collaborative work with relevant other agencies.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE GREATER LONDON.
- Kent
- Surrey
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£240,009	£240,727	-	-
2024-04-05	£292,912	£244,540	-	-
2023-04-05	£176,973	£241,330	-	-
2022-04-05	£266,523	£301,933	-	-
2021-04-05	£380,160	£304,354	-	-

Trustees

Name	Role	Appointed
CHRISTIANE SANDERSON		
Claire Louise Libbey		2025-01-01
Jamie Fairbank		2026-04-01
Laura Foster		2025-01-01
Seema Sharma		2023-09-21
Simon Silvester Cook		2020-05-28
Thomas Gordon McConnell		2025-01-01

ONE IN FOUR (LONDON)

England & Wales - Charity number 1081726

Accounts

Registered charity number: 1081726

One in Four (London)

Trustees' Report and Audited Financial Statements

For the year ended 5 April 2025



TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2025

Trustees

Simon Cook *Chair*
Diane Ovenden *Treasurer (to 31 March 2025)*
Laura Foster *Treasurer (appointed 1 January 2025)*
Linda Dominguez *Voluntary Director (to 31 March 2025)*
Christiane Sanderson
Julia Herd
Seema Sharma
Claire Libbey (appointed 1 January 2025)
Thomas McConnell (appointed 1 January 2025)
Nicole Burton (appointed 1 January 2025)

Principal and registered office

219 Bromley Road, Bellingham, London SE6 2PG

Independent auditors

Shaw Gibbs (Audit) Limited, Salatin House, 19 Cedar Road, Sutton, Surrey SM2 5DA

Bankers

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
National Westminster Bank plc, 13 Stratheden Parade, Old Dover Road, Blackheath, London SE3 7SY

Trustees personal message

The Trustees of One in Four (London) record their thanks to all the staff for the achievements of 2024/25 and are grateful for their continued and dedicated loyalty to their clients and the organisation.

The Trustees confirm that the financial statements of the charity comply with the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice, applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Method of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the constitution.

Organisational structure and decision making

The Trustees meet regularly to oversee and review the governance and business and to strengthen the management arrangements for the organisation. The charity seeks to move forward by building on and developing increased expertise whilst seeking to secure funding which will broaden its financial base and secure stability for the future.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2025 (*continued...*)

Risk management

The Trustees continually assess the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and believe that adequate procedures are in place to minimise exposure to these major risks.

Structure, governance and management constitution

The charity is constituted under a Charity Commission Scheme dated 25 July 1999, updated with a new constitution dated 2 November 2017 and is a registered charity number 1081726. The principal object of the charity is to provide support for the relief of the mental and physical distress of people who have experienced sexual abuse and to advance the education of the public in the nature of sexual abuse and its effect on those who have been subject to it. There have been no changes in the objects since the last annual report.

Subject to the overall governance and strategic direction of the Trustees, day-to-day delivery and coordination has continued to be provided by the effective cooperation and skilled services of all our volunteers, under the direction of a Volunteer Director.

Financial review

The charity relies on grants to fund its work which are liable to fluctuation from year to year. Principal financial management policies will be found in note one of the notes to the financial statements. Trustees regard the careful and responsible management of the charity's resources as a primary responsibility. A summary of the charity's performance will be found in the Statement of Financial Activities on succeeding pages.

Reserves policy

Our policy is to maintain sufficient reserves to cover the running costs of the organisation for three months.

Public benefit

The charity's work by definition is of considerable benefit to the public. A detailed account follows in the Trustees' report.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2025 (*continued*)

MESSAGE FROM THE CHAIR

It is with great pleasure following the departure of the Director Linda Dominguez and Treasurer Diane Ovenden in March 2025 that One in Four have successfully recruited to the Board of Trustees. We welcome:

- Laura Foster – Treasurer
- Alex Williams – Safeguarding
- Nicole Burley-Burton – People Resource Management
- Claire Libbey – Organisational Development
- Tom McConnell – Organisational Development

One in Four welcomes you.

- Chrissie Sanderson – Clinical Lead
- Jules Hurd – Media and Fundraising
- Seema Sharma – Media / Organisational Development

One in Four would also like to welcome Lucie Vybihalova (Clinical Services Manager – South London) and Shantel Noble (Administrator) who have both recently joined the charity as paid staff.

We hope within the next 18-months to recruit to the position of Director, funding permitting as it is felt by the existing Trustees that this is a critical position that needs to be filled.

The need for specialist support and resources has again increased. We continue to receive more referrals than we can allocate within and to that end the charity has made the challenging decision to concentrate on Child Sexual Abuse and Domestic violence cases and it is therefore hoped that we will have a noticeably reduced waiting list within the next 6-8 months as recruiting volunteer therapists is hoped to be a success. We believe our unique model of support continues to provide the best outcomes for our client group a big thank you to you all.

One in Four's counselling service is the core work; however, we also offer a holistic approach to therapy. Client workshops form part of our psychoeducational interventions continues to be proven that clients who attend these workshops often move forward with the process of therapy at a quicker rate.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2025 *(continued)*

We continue to be grateful to everyone who supports our vision and mission to help people become the best they can as survivors and ultimately supporters of the charity.

We continue to be extremely grateful to our funders: **The Henry Smith Charity, The National Lottery and Yellow Heart Trust** for supporting salaried posts, core costs, supervision costs, premises costs, staff counselling, IT support and DBS checks to name but a few.

Thank you also to Islay and Trudi who constantly look for funding opportunities on behalf of the charity.

Following a Trustee and Staff Group away day in June 2025 to look at our opportunities and challenges we have set up several workstreams with named leads in each subgroup and hope to have developed plans early in 2026 to share with the wider charity around, future funding and organisational change.

The Trustees and management would like to place on record their thanks for the valuable work our volunteers, our two Counselling Services Managers (CSMs) and our Office Manager (OM) for all their help, support and guidance as they make such an incredible difference to peoples' lives.

We would also like to thank the following for their ongoing support to the service:

- Survivors Trust
- Kylie and Daryl – Guess Design House (CRM and web design)
- Beazley (Ceded RI Team)
- Nine Rodgers – Media Design
- Alex Jones – COMMNET IT help and support
- Chris Tuck - C.L.E.A.N.E.R workshop
- Nick Sheffield and Family
- Individual Supporters of the 25th Campaign (you know who you are).

Thank you all: Your support has not gone unrecognised.

Simon Cook - Chair

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2025 (*continued*)

Why is One in Four needed?

Childhood sexual abuse is a major emotional and psychological trauma that impacts on an individual's mental and physical health and social wellbeing. Sexual abuse is not only about the sexual acts in the past: it sets off an internal process, which continues over many years. It is a crime affecting millions of people that largely remains hidden.

The cost of childhood sexual abuse has resulted in massive health and economic costs, both to survivors and society, but is often unrecorded in clinical or statistical data. For children, sexual abuse leads to fear, confusion and shame and most become ensnared in a web of deception, secrecy and silence. The trauma sets off a neurological response of fight, flight or freeze that becomes embedded in the child-survivor's nervous system and is susceptible to retriggering at any time. If untreated the trauma leads to significant and complex problems in adult life including mental health issues, difficulties with relationships, substance abuse, eating disorders, self-harm and suicidal behaviour. Trauma symptoms include flashbacks, recurrent nightmares, anxiety, panic attacks and dissociation. For some, sexual abuse is a life sentence making survivors more vulnerable to addictions, risky behaviour, and damaging and violent relationships.

Sexual abuse in childhood remains poorly understood and often undiagnosed in clinical services. Many survivors' experiences are dismissed and the links between the presenting symptoms underlying trauma overlooked. Trauma symptoms can result in survivors being diagnosed with psychological disorders, with the underlying trauma dismissed.

One in Four's work demonstrates the importance of processing the trauma of sexual abuse as a central life event, or events. Clients report improvements in mental health, reduction of depression, anxiety and symptoms of PTSD (post-traumatic stress disorder), in relationships and relationship choices and coping mechanisms such as disordered eating, substance abuse, self-harm and suicidal behaviour come under control.

Estimates of the scale of child sexual abuse in the UK vary from one in four children to one in fourteen. Evidence points to the higher figure, with more girls abused than boys. It is now widely reported that we are only seeing the tip of the iceberg of sexual abuse. Only one in eight children come to the attention of the authorities and 85% of all abuse is by someone known to the child.

Over two thirds of sexual abuse occurs in the family environment, a fact largely absent from the national conversation which focuses on abuse by celebrities, professionals or strangers. NHS England estimates nearly half a million men and women survivors are known to them at any one time with some presenting to services for support for sexual abuse each year, whilst many seek the support of specialist agencies in the voluntary sector or suffer for years without the support needed.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2025 (*continued*)

One in Four supports all survivors, including many who found a lack of appropriate support in statutory services.

Our mission and vision

One in Four is a charity committed to providing specialist support for people who have experienced sexual abuse or violence in childhood or as adults. We understand the long-term effects of sexual abuse and campaign for change to improve the professional and public understanding of sexual abuse.

One in Four enables people to overcome the trauma of abuse and move forward in their lives. We provide a safe, restorative environment to work through the effects of sexual abuse and aim to meet the needs of anyone irrespective of gender, ethnicity or sexual orientation.

One in Four improves public and professional understanding of the impact of sexual abuse through prevention programmes for young people in schools and training and resources for professionals.

Our history

One in Four is a London-based charity providing specialist trauma counselling and support for adults who experienced childhood sexual abuse. Founded 25 years ago, we have extensive experience working directly with survivors. Many clients find our service in a last attempt to seek help for their trauma of childhood abuse, often feeling misunderstood by other services, compounding their isolation and pain. We understand the personal and complex impact of sexual abuse and recognise how these traumatic experiences significantly affect people's lives. The charity is named One in Four based on the scale of sexual abuse of people under the 18 years of age.

One in Four puts survivors at the heart of its work. We offer a range of services including specialist counselling; groups and workshops; a national helpline; advocacy through the criminal justice system; emotional health and wellbeing in schools; training for professionals; a narrative project; and a wide range of resources for professionals, survivors and children.

One in Four is based in South East London, and also has a counselling base in North London. However, there are no geographical limitations, we will see anyone who can travel to us. We are run by a small group of part-time staff, specialist counsellors, professionals and volunteers comprising a growing team of dedicated counsellors and experts. Some of the people working with One in Four are survivors themselves. We continue to recruit new counsellors to offer trauma informed therapy for our ever growing waiting lists and we are grateful to every single person who volunteers for us.

Our publications and professional training ensure the reach of our work is national.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2025 (*continued*)

Specific services provided during this financial year

Counselling service

We have fully resumed face to face counselling and have kept supervision online, except for one face-to-face group. We have continued to offer face-to-face, and online counselling, supporting 118 clients across North London and South London delivering approximately 9,600 counselling hours (approx).

17% of allocated clients reported their abuse to the police and 100% of clients were offered additional support via workshops and One in Four resources. There were over 500 requests for support with 200 consultations booked; 100% of enquirers referred to partner agencies for support whilst waiting for their consultation appointment. We have delivered 3410 hours of counselling across the service. We continue to receive numerous enquiries for counselling with 32% of consultations booked were for both services combined, and 6% for online services as they fell outside of the London area. With new requirements of UKCP/BACP and training institutions for face-to-face counselling it has meant we have had to dramatically reduce the number of online slots that we offer. However, we have managed to increase the number of counsellors in the online team by 50% enabling us to support more online clients.

Supporting 55 volunteer counsellors and 13 supervisors with 3 trainee supervisors, through client work, supervision, and schools 'programmes, we have developed a comprehensive onboarding and training programme to provide continued and tailored support to our team. We continue to grow as a placement provider for supervisors in training, enabling us to put more support in place for our counsellors.

Feedback responses from clients said that they felt supported and contained and appreciated the knowledge of their counsellors, and that the support from the service has impacted their life and that of their loved ones, with some also being able to return to work and lead a fuller life. We continue to receive requests for group work, and a proposal was drafted by the North London Clinical Manager, this is awaiting approval in order for groups to start. We aim to deliver more Stabilisation Workshops in the new year to support more survivors in the community.

School groups

Weekly sessions were provided in 1 school, Conisborough College. We delivered 701 counselling sessions face to face in the school setting.

Advocacy Service

The One in Four advocacy service continues to provide high quality information and support to clients reporting or thinking about reporting the non-recent sexual offences committed against them when they were children to the police and associated issues.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2025 *(continued)*

The problems within the criminal justice system unfortunately continue and it's difficult to hear how many clients are dissatisfied with the service they receive after reporting. In fairness to all agencies involved, there are very many competent people trying their best for the victims/survivors. But the deterioration has been steadily happening for quite some years now as is evident in other aspects of public services. We had one client awaiting the trial of her abuser having to deal with the fact that the case was discontinued due to no prosecuting barrister being available. The Centre for Women's Justice took this case on, and it is still ongoing. This is not an isolated case and it was really shocking that the case should end in that way.

The Metropolitan Police have a serious shortage of detectives and recruitment has not yet reversed this. This impacts on the time that investigations take, with four or five years not being an unrealistic timespan for a case to get to court from the date of initial report. Of course the majority of cases don't reach court.

One client was very lucky to be within what seemed to be like a small pilot, where the case appeared to be fast tracked. The abuser was charged and appeared in court in just over a year from the date of the first report, and the trial took place in a Nightingale Court. This is most definitely unusual.

Amidst these barriers and hurdles, survivors still come forward to report and are met with the utmost respect from all at One in Four supporting them.

Going Concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. As in previous years, the charity's ability to continue as a going concern is dependent on its success in raising funds from the government, other public authorities and donations, none of which can be guaranteed. The Trustees remain in regular contact with sponsoring public authorities and government departments to secure ongoing financial support for the charity's operations going forward. Accordingly, the Trustees have determined there are no material uncertainties as to the charity's ability to continue as a going concern in the foreseeable future and therefore believe it remains appropriate to prepare the financial statements on a going concern basis.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2025 (*continued*)

Statement of Disclosure of Information to Auditors:

We, the Board of Trustees of the charity who held office at the date of the approval of these Financial Statements, as set out above, each confirm so far as we are aware, that:

- there is no relevant audit information, as defined by Charities Act 2011, being information needed by the auditor in connection with their reports, of which the charity's auditors are unaware; and
- we have taken all the steps that we ought to have taken as Board of Trustees in order to make ourselves aware of any relevant information and to establish that the charity's auditors are aware of that information.

Auditors

Shaw Gibbs (Audit) Limited were appointed to act as the charity's auditors. Shaw Gibbs (Audit) Limited are deemed to be reappointed by the Trustees at the next Annual General Meeting.

Approved by the Board of Trustees on 18 December 2025 and signed on their behalf by:



.....
Laura Foster
Treasurer, Board of Trustees

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS:

The charity Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity Trustees to prepare financial statements for each 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 the financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- 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 to 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 Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF ONE IN FOUR (LONDON)

OPINION

We have audited the financial statements of One in Four (London) ('the charity') for the year ended 5 April 2025 which comprise the Statement of Financial Activities, the Balance Sheet, and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 5 April 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
ONE IN FOUR (LONDON) (*continued...*)**

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF THE TRUSTEES

As explained more fully in the Statement of Trustees' Responsibilities (set out on page 10), the trustees (who are also the directors of the charity for the purposes of charity law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
ONE IN FOUR (LONDON) (*continued...*)**

**AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL
STATEMENTS**

We have been appointed as auditor under section 145 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

**EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING
IRREGULARITIES, INCLUDING FRAUD**

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- we identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We considered the nature of the charity's sector and its control environment, and reviewed the charity's documentation of their policies and procedures relating to fraud and compliance with laws and regulations. We also identified the laws and regulations applicable to the charity through discussions with the Trustees and other management, and from our cumulative audit, knowledge and experience of the charity.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
ONE IN FOUR (LONDON) (*continued...*)**

We obtained an understanding of the legal and regulatory framework that the charity operates in, and identified the key laws and regulations that:

- had a direct effect on the determination of material amounts and disclosures in the financial statements. These included the Companies Act 2006, the Charities Act 2011, the Charities SORP, and UK financial reporting standards as issued by the Financial Reporting Council; and
- do not have a direct effect on the financial statements but compliance with which may be fundamental to the charity's ability to operate or to avoid a material penalty. These included the charity's regulatory requirements, employment and taxation legislations.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls and policies in place to mitigate risks of fraud and non-compliance with laws and regulations.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- reviewing financial statement disclosures by testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- enquiring of the Trustee concerning actual and potential litigation and claims, and instances of non-compliance with laws and regulations; and
- reading minutes of Trustee meetings, reviewing internal audit reports and reviewing correspondence with the Charities Commission.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the Trustees and other management and the inspection of regulatory and legal correspondence, if any.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it. In addition, as with any audit, there remained a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
ONE IN FOUR (LONDON) (*continued...*)**

omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

USE OF OUR REPORT

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.



SHAW GIBBS (AUDIT) LIMITED
Chartered Accountants & Statutory auditors

Salatin House
19 Cedar Road
Sutton, Surrey
SM2 5DA

22 December 2025

STATEMENT OF FINANCIAL ACTIVITIES
(incorporating income and expenditure account)
for the year ended 5 April 2025

	Note	Restricted Funds 2025 £	Un- restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Incoming resources					
Income from:					
Donations and legacies	3	-	157,061	157,061	128,979
Charitable activities					
Grants receivable	4	31,112	-	31,112	101,197
Other income	4	<u>-</u>	<u>51,836</u>	<u>51,836</u>	<u>62,736</u>
Total income		<u>31,112</u>	<u>208,897</u>	<u>240,009</u>	<u>292,912</u>
Resources expended					
Charitable activities	5	57,890	175,337	233,227	241,812
Governance	6	<u>-</u>	<u>7,500</u>	<u>7,500</u>	<u>2,728</u>
Total resources expended		<u>57,890</u>	<u>182,837</u>	<u>240,727</u>	<u>244,540</u>
Net income/(expenditure) for the year		(26,778)	26,060	(718)	48,372
Reconciliation of Funds:					
Total funds at 6 April 2024		<u>37,083</u>	<u>69,735</u>	<u>106,818</u>	<u>58,446</u>
Total funds at 5 April 2025		<u>10,305</u>	<u>95,795</u>	<u>106,100</u>	<u>106,818</u>

All income and expenditure relates to continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

BALANCE SHEET AS AT 5 April 2025
(Charity No. 1081726)

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	11	13,121	234
Current assets			
Debtors	12	10,650	13,839
Cash at bank and in hand		<u>89,060</u>	<u>106,365</u>
Total current assets		<u>99,710</u>	<u>120,204</u>
Creditors: amounts falling due within one year	13	<u>(6,731)</u>	<u>(13,620)</u>
Net current assets		<u>92,979</u>	<u>106,584</u>
Total assets less liabilities		<u>106,100</u>	<u>106,818</u>
Charity funds			
Restricted funds	15	10,305	37,083
General Unrestricted funds	16	<u>95,795</u>	<u>69,735</u>
Total funds		<u>106,100</u>	<u>106,818</u>

The Trustees have elected to have the financial statements of the charity audited in accordance with section 145 of the Charities Act 2011.

The financial statements were authorised for issue and approved by the Trustees on 18 December 2025 and signed on their behalf by:



.....
Laura Foster
Treasurer, Board of Trustees

The notes on pages 18 to 27 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2025

1 Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation or uncertainty in the preparation of the financial statements are as follows:

a) Going concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. As in previous years, the charity's ability to continue as a going concern is dependent on its success in raising funds from the government, other public authorities and donations, none of which can be guaranteed. The Trustees remain in regular contact with sponsoring public authorities and government departments to secure ongoing financial support for the charity's operations going forward. Accordingly, the Trustees have determined there are no material uncertainties as to the charity's ability to continue as a going concern in the foreseeable future and therefore believe it remains appropriate to prepare the financial statements on a going concern basis.

b) Basis of accounting

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 - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

One in Four (London) 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 note(s).

The functional currency of the charity is considered to be pounds sterling (£) because that is the currency of the primary economic environment in which it operates. The financial statements are presented in pounds sterling (£).

c) Exemption from preparing a cash flow statement

The accounts do not include a cash flow statement because the charity, as a small reporting entity (with incoming resources of less than £500,000), is exempt from the requirements to prepare such a statement under Charities SORP FRS 102.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2025 (*continued...*)

d) Incoming resources

Items of income are recognized and included in the accounts when all of the following criteria are met:

- The charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity.
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Donations

Donations are credited in the year in which they are received.

Grant income

Grant income is credited in the year to which it relates. Any unspent balances are carried forward on the appropriate fund.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

e) Resources expended

Expenditure is recognized when a liability is incurred. Funding provided through contractual agreements is recognised as services are supplied and when a constructive obligation arises that results in the payment being unavoidable.

Costs of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

f) Fund accounting

The funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds – these are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

g) VAT

The charity is not registered for VAT and accordingly expenditure includes VAT where appropriate.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2025 (*continued...*)

h) Tangible fixed assets and depreciation

Tangible fixed assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses. The cost of tangible fixed assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation has been charged so as to write off each asset over its anticipated economic useful life. The following rates have been used:

Computers, office equipment	- 25% straight line
Improvements to leasehold property	- over 5 years straight line

i) Leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Payments made under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

j) Debtors

Other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2 Legal status of the charity

The charity is a Charitable Incorporated Organisation and has no share capital. In the event of the charity being wound up, the members have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2025 (*continued...*)

3. Income from Donations and Legacies

	Restricted Funds 2025 £	Unrestricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Donations/gifts	-	39,851	39,851	23,469
South London donations	-	44,892	44,892	48,470
North London donations	-	<u>72,318</u>	<u>72,318</u>	<u>57,040</u>
	-	<u>157,061</u>	<u>157,061</u>	<u>128,979</u>

Income from donations and legacies during 2024 were all unrestricted

4. Income from Charitable Activities

	Restricted Funds 2025 £	Unrestricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Grants				
Bromley Trust	-	-	-	15,000
City Bridge Trust	-	-	-	39,910
Yellow Heart Trust	3,612	-	3,612	2,250
Henry Smith	27,500	-	27,500	25,000
National Lottery	-	-	-	20,000
Coop Community Fund	-	-	-	<u>2,037</u>
	<u>31,112</u>	<u>-</u>	<u>31,112</u>	<u>101,197</u>
Other Income				
Book sales	-	4,564	4,564	5,548
Work in schools	-	26,665	26,665	45,072
Room rental	-	2,820	2,820	2,768
Paypal Giving Fund	-	9,269	9,269	1,070
Workshops	-	5,430	5,430	3,315
Counselling services	-	1,810	1,810	3,950
Bank interest	-	1,250	1,250	347
Sundry Income	-	<u>28</u>	<u>28</u>	
Publishers License	-	-	-	666
	<u>-</u>	<u>51,836</u>	<u>51,836</u>	<u>62,736</u>
Total income from charitable activities	<u>31,112</u>	<u>51,836</u>	<u>82,948</u>	<u>163,933</u>

Income from charitable activities in 2024 were made up of £83,610 in restricted funds and £209,302 in unrestricted funds.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2025 (*continued...*)

5. Expenditure on Charitable Activities

	Restricted Funds 2025 £	Unrestricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Direct costs				
Counselling	17,695	14,075	31,770	34,900
Work in Schools	-	19,025	19,025	30,415
North London	3,500	14,520	18,020	18,078
Advocacy	-	6,720	6,720	6,720
Supervision	27,500	179	27,679	28,126
Workshops	2,695	4,860	7,555	1,895
Counselling Services	-	-	-	1,960
	<u>51,390</u>	<u>59,379</u>	<u>110,769</u>	<u>122,094</u>
Support costs				
Rent	3,500	29,500	33,000	33,000
Rates	-	-	-	-
Utilities	-	1,978	1,978	6,666
Printing, postage and stationery	-	1,190	1,190	1,981
Repairs and maintenance	-	5,890	5,890	3,684
Telephone	-	1,665	1,665	3,450
Insurance	-	2,544	2,544	1,981
Marketing	-	3,900	3,900	4,395
Fundraising	-	1,879	1,879	-
Social Media	-	4,500	4,500	4,233
Administration support	-	48,702	48,702	45,044
Website	1,175	5,926	7,101	4,574
Professional fees	-	672	672	3,913
DBS Checks	1,250	34	1,284	-
Office equipment	-	991	991	1,299
Sundry	575	2,588	3,133	3,619
Depreciation	-	4,029	4,029	1,879
	<u>6,500</u>	<u>115,958</u>	<u>122,458</u>	<u>119,718</u>
Total Spend				
Charitable Activities	<u>57,890</u>	<u>175,337</u>	<u>233,227</u>	<u>241,812</u>

Expenditure on charitable activities in 2024 were made up of £65,107 from restricted funds and £179,433 from unrestricted funds.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2025 (*continued...*)

6. Governance costs

	Restricted Funds 2025 £	Unrestricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Bookkeeping and accountancy	-	3,000	3,000	2,728
Book production	-	<u>4,500</u>	<u>4,500</u>	-
	-	<u>7,500</u>	<u>7,500</u>	<u>2,728</u>

7. Staff Costs

	2025 £	2024 £
Wages and salaries	63,922	59,353
Social and security costs	1,623	668
Pension costs, defined contribution scheme	<u>1,971</u>	<u>1,403</u>
Wages and salaries	<u>67,516</u>	<u>61,424</u>

The charity had 2 paid employees during the year and two in the previous year.
Fees/expenses are charged by some Counsellors, Supervisors and Volunteers.
One Trustee provided 3 workshops for Counsellors and was paid £1,800
Other Trustees received no remuneration or reimbursement of expenses during the year.

8. Net income resources

This is stated after charging:

	2025 £	2024 £
Depreciation	4,029	1,879
Auditors' remuneration – Audit fee	3,000	2,728

9. Related party transactions

The charity enjoys a close working relationship with entities which provide funding to enable the charity to carry out its charitable objectives.

There were no related party transactions during the year or amounts outstanding as at the year end.

10. Corporation Tax

As a charity, One in Four (London) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable activities. No tax charges have arisen in the charity.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2025 (*continued...*)

11. Tangible fixed assets

	Furniture, fittings and equipment £	Improvements leasehold premises £	Total £
Cost			
At 6 April 2024	21,630	10,760	32,390
Additions	8,242	8,674	16,916
Disposals	-	-	-
At 5 April 2025	<u>29,872</u>	<u>19,434</u>	<u>49,306</u>
Depreciation			
At 6 April 2024	21,396	10,760	32,156
Charge for year	<u>2,294</u>	<u>1,735</u>	<u>4,029</u>
At 5 April 2025	<u>23,690</u>	<u>12,495</u>	<u>36,185</u>
Net book value			
At 5 April 2024	<u>234</u>	-	<u>234</u>
At 5 April 2025	<u>6,182</u>	<u>6,939</u>	<u>13,121</u>

12. Debtors

	2025 £	2024 £
Prepayments and accrued income	7,174	9,324
Other debtors	<u>3,476</u>	<u>4,515</u>
	<u>10,650</u>	<u>13,839</u>

13. Creditors:

Amounts falling due within one year

	2025 £	2024 £
Other creditors	5,780	12,727
Other tax and social security	951	893
	<u>6,731</u>	<u>13,620</u>

14. Pension Scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £1,971 (2024: £1,403). Outstanding contributions due to the Scheme as at the year end were £302 (2024: £280).

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2025 (continued...)

15. Analysis of movements in restricted funds

	Brought Forward 6/4/2024 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2025 £
City Bridge Trust	14,083	-	(14,083)	-	-
QBE Foundation	3,000	-	(2,695)	-	305
Henry Smith Charity	-	27,500	(27,500)	-	-
National Lottery	20,000	-	(10,000)	-	10,000
Yellow Heart Trust	-	3,612	(3,612)	-	-
	<u>37,083</u>	<u>31,112</u>	<u>(57,890)</u>	-	<u>10,305</u>
Previous year	Brought Forward 6/4/2023 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2024 £
City Bridge Trust	12,317	36,360	(34,594)	-	14,083
QBE Foundation	3,000	-	-	-	3,000
NCIL(LB Lewisham)	3,263	-	(3,263)	-	-
Henry Smith Charity	-	25,000	(25,000)	-	-
National Lottery	-	20,000	-	-	20,000
Yellow Heart Trust	-	2,250	(2,250)	-	-
	<u>18,580</u>	<u>83,610</u>	<u>(65,107)</u>	-	<u>37,083</u>

City Bridge Trust provided funding for the salary costs for the post of the Counselling Services Manager

QBE Foundation provided funding for stabilization workshops for those people who had been on the waiting list for some time, awaiting their counselling therapy to begin.

Neighbourhood Community Infrastructure Levy (NCIL) provided funding to provide specialist support to Lewisham residents who have survived domestic and/or sexual violence.

The Henry Smith Charity provided funding for running costs of providing our core services, particularly supervision costs.

National Lottery provided funding for costs of rental of our South and North London premises, IT support and DBS checks for counsellors, supervisors and Trustees.

Yellow Heart Trust provides funding for specific named clients towards their therapy.

Unrestricted funds are raised in a number of different ways, including collection of donations from clients, and are used to fund the general operations and administration of the charity.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2025 (*continued...*)

16. Analysis of movements in unrestricted funds

	Brought Forward 6/4/2024	Incoming Resources	Resources Expended	Carried Forward 5/4/2025
	£	£	£	£
General funds	<u>69,735</u>	<u>208,897</u>	<u>(182,837)</u>	<u>95,795</u>
	<u>69,735</u>	<u>208,897</u>	<u>(182,837)</u>	<u>95,795</u>
Previous year	Brought Forward 6/4/2024	Incoming Resources	Resources Expended	Carried Forward 5/4/2024
	£	£	£	£
General funds	39,866	191,715	(161,846)	69,735
Bromley Trust	-	15,000	(15,000)	-
Coop Local Community fund	-	2,037	(2,037)	-
City Bridge Trust	<u>-</u>	<u>550</u>	<u>(550)</u>	<u>-</u>
	<u>39,866</u>	<u>209,302</u>	<u>(179,433)</u>	<u>69,735</u>

17. Analysis of net assets between funds

	Restricted Funds	Unrestricted Funds	Total Funds
	£	£	£
Fixed assets	-	13,121	13,121
Current assets	10,650	89,060	99,710
Current liabilities	<u>-</u>	<u>(6,731)</u>	<u>(6,731)</u>
	<u>10,650</u>	<u>95,450</u>	<u>106,100</u>
Previous year	Restricted Funds	Unrestricted Funds	Total Funds
	£	£	£
Fixed assets	-	234	234
Current assets	44,632	75,572	120,204
Current liabilities	<u>(7,549)</u>	<u>(6,071)</u>	<u>(13,620)</u>
	<u>37,083</u>	<u>69,735</u>	<u>106,818</u>

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2025 (*continued...*)

18. Lease Commitments

The charity's total of future minimum lease payments under non – cancellable operating leases at 5 April 2025 is as follows:

	2025	2024
	£	£
Payable:		
Within one year	33,000	33,000
Later than one year and not later than five years	39,690	72,690
More than five years	-	-
	<u>72,690</u>	<u>105,690</u>

The amount of non – cancellable operating lease payments recognized as an expense during the year was £33,000 (2024 £33,000)

19. Events after the Reporting Period

There have been no significant events between the year end and the date of approval of these financial statements which would require a change to, or disclosure in, the financial statements.

ONE IN FOUR (LONDON)

England & Wales - Charity number 1081726

Accounts

Registered charity number: 1081726

One in Four (London)

Trustees' Report and Audited Financial Statements

For the year ended 5 April 2024



TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2024

Trustees

Simon Cook *Chair*
Diane Ovenden *Treasurer*
Linda Dominguez *Voluntary Director*
Christiane Sanderson
Julia Herd (appointed 21 September 2023)
Seema Sharma (appointed 21 September 2023)
Nichole Burley-Burton (appointed 1 January 2025)
Laura Foster (appointed 1 January 2025)
Claire Libbey (appointed 1 January 2025)
Thomas McConnell (appointed 1 January 2025)

Principal and registered office

219 Bromley Road, Bellingham, London SE6 2PG

Independent auditors

Shaw Gibbs (Audit) Limited, Salatin House, 19 Cedar Road, Sutton, Surrey SM2 5DA

Bankers

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
National Westminster Bank plc, 13 Stratheden Parade, Old Dover Road, Blackheath, London SE3 7SY

Trustees personal message

The Trustees of One in Four (London) record their thanks to all the staff for the achievements of 2023/24 and are grateful for their continued and dedicated loyalty to their clients and the organisation.

The Trustees confirm that the financial statements of the charity comply with the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice, applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Method of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the constitution.

Organisational structure and decision making

The Trustees meet regularly to oversee and review the governance and business and to strengthen the management arrangements for the organisation. The charity seeks to move forward by building on and developing increased expertise whilst seeking to secure funding which will broaden its financial base and secure stability for the future.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2024 *(continued)*

Risk management

The Trustees continually assess the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and believe that adequate procedures are in place to minimise exposure to these major risks.

Structure, governance and management constitution

The charity is constituted under a Charity Commission Scheme dated 25 July 1999, updated with a new constitution dated 2 November 2017 and is a registered charity number 1081726. The principal object of the charity is to provide support for the relief of the mental and physical distress of people who have experienced sexual abuse and to advance the education of the public in the nature of sexual abuse and its effect on those who have been subject to it. There have been no changes in the objects since the last annual report.

Subject to the overall governance and strategic direction of the Trustees, day-to-day delivery and coordination has continued to be provided by the effective cooperation and skilled services of all our volunteers, under the direction of a Volunteer Director.

Financial review

The charity relies on grants to fund its work which are liable to fluctuation from year to year. Principal financial management policies will be found in note one of the notes to the financial statements. Trustees regard the careful and responsible management of the charity's resources as a primary responsibility. A summary of the charity's performance will be found in the Statement of Financial Activities on succeeding pages.

Reserves policy

Our policy is to maintain sufficient reserves to cover the running costs of the organisation for three months.

Public benefit

The charity's work by definition is of considerable benefit to the public. A detailed account follows in the Trustees' report.

A SUMMARY OF OUR SERVICES

Chair's message

It is with great sadness, that, at the end of this year, we will be saying goodbye to Linda Dominguez – Director One in Four after 20 years of dedicated service to the Charity, and also a fond farewell to Diane Ovenden – Treasurer One in Four for 13 years – both have given immense guidance and support to the charity for a combined 33 years and will be sorely missed, not only by me but by the whole of the Charity that they have in the main developed and supported throughout the years – Good-bye to you both and please do not be strangers: We have recruited 4 new Trustees with a wide variety of skills to complement others on the Board and to continue with the direction of travel for One in Four throughout 2025 and beyond.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2024 (*continued*)

The need for specialist support and resources has again increased. We continue to receive more referrals than we can allocate within a 3 month timescale but we believe our unique model of support continues to provide the best outcomes for our client group and to that end we continue to recruit volunteers to help with the increasing demand; a big thank you to you all.

Post pandemic we continue to offer a mix of face to face and online support, a model that is welcomed by both our counsellors and clients alike: As we move back to our business as usual format we are grateful to everyone who supports our vision and mission to help people become the best they can as survivors and ultimately supporters of the charity.

One in Four's counselling service is the core work; however, we also offer a holistic approach to therapy. Client workshops form part of our psychoeducational interventions and it has been proven that clients who attend these workshops often move forward with the process of therapy at a quicker rate.

We are extremely grateful to our funders: the **City Bridge Trust**, for supporting the salaried post of Counselling Services Manager for five years; **The Bromley Trust**, who have continued to support funding some of our core costs; **The Henry Smith Charity** who have provided funding towards core costs , in particular supervision costs; **National Lottery** who have given funding towards our premises rental costs, IT support and DBS checks; **LB Lewisham Neighbourhood Community Infrastructure Levy (NCIL)** who have given funding to provide specialist support to Lewisham residents who have survived domestic and/or sexual violence and **Coop Community Foundation** and **Yellow Heart Trust** for supporting counselling.

Our Challenge now is to look at our Short, Medium and Long-Term plans throughout the forthcoming year with the aim of having a clear 1- 10 year service development plan, with clear aims, direction, visions and outcomes.

Our SE London offices have undergone a refurbishment during the summer and we would like to thank our Landlord and FS Builders for the professionalism and support to our organisation.

The Trustees and management would like to place on record their thanks for the valuable work our volunteers, our Counselling Services Manager (CSM) and our Office Manager (OM) for all their help, support and guidance as they make such an incredible difference to peoples' lives.

We would also like to thank the following for their ongoing support to the service:

- Survivors Trust
- Louise Galizia – Media Trust - Director of Broken Pieces
- Helen Bashford – Yoga Programme
- Kylie and Daryl – Guest web Design House
- Nine Rodgers – Media Design (One in Four 25-year Design Logo)
- Alex Jones – COMMNET IT help and support

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2024 (*continued*)

- Chris Tuck - C.L.E.A.N.E.R workshop
- Chantelle Welsh – Office Domestic Services

Thank you all: Your support has not gone unrecognised

Simon Cook - Chair

Why is One in Four needed?

Childhood sexual abuse is a major emotional and psychological trauma that impacts on an individual's mental and physical health and social wellbeing. Sexual abuse is not only about the sexual acts in the past: it sets off an internal process, which continues over many years. It is a crime affecting millions of people that largely remains hidden.

The cost of childhood sexual abuse has resulted in massive health and economic costs, both to survivors and society, but is often unrecorded in clinical or statistical data.

For children, sexual abuse leads to fear, confusion and shame and most become ensnared in a web of deception, secrecy and silence. The trauma sets off a neurological response of fight, flight or freeze that becomes embedded in the child-survivor's nervous system and is susceptible to retriggering at any time. If untreated the trauma leads to significant and complex problems in adult life including mental health issues, difficulties with relationships, substance abuse, eating disorders, self-harm and suicidal behaviour. Trauma symptoms include flashbacks, recurrent nightmares, anxiety, panic attacks and dissociation. For some, sexual abuse is a life sentence making survivors more vulnerable to addictions, risky behaviour, and damaging and violent relationships.

Sexual abuse in childhood remains poorly understood and often undiagnosed in clinical services. Many survivors' experiences are dismissed and the links between the presenting symptoms underlying trauma overlooked. Trauma symptoms can result in survivors being diagnosed with psychological disorders, with the underlying trauma dismissed.

One in Four's work demonstrates the importance of processing the trauma of sexual abuse as a central life event, or events. Clients report improvements in mental health, reduction of depression, anxiety and symptoms of PTSD (post-traumatic stress disorder), in relationships and relationship choices and coping mechanisms such as disordered eating, substance abuse, self-harm and suicidal behaviour come under control.

Estimates of the scale of child sexual abuse in the UK vary from one in four children to one in fourteen. Evidence points to the higher figure, with more girls abused than boys. It is now widely reported that we are only seeing the tip of the iceberg of sexual abuse. Only one in eight children come to the attention of the authorities and 85% of all abuse is by someone known to the child. Over two thirds of sexual abuse occurs in the family environment, a fact largely absent from the national conversation which focuses on abuse by celebrities, professionals or strangers.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2024 (*continued*)

NHS England estimates nearly half a million men and women survivors are known to them at any one time with some presenting to services for support for sexual abuse each year, whilst many seek the support of specialist agencies in the voluntary sector or suffer for years without the support needed.

One in Four supports all survivors, including many who found a lack of appropriate support in statutory services.

Our mission and vision

One in Four is a charity committed to providing specialist support for people who have experienced sexual abuse or violence in childhood or as adults. We understand the long-term effects of sexual abuse and campaign for change to improve the professional and public understanding of sexual abuse.

One in Four enables people to overcome the trauma of abuse and move forward in their lives. We provide a safe, restorative environment to work through the effects of sexual abuse and aim to meet the needs of anyone irrespective of gender, ethnicity or sexual orientation.

One in Four improves public and professional understanding of the impact of sexual abuse through prevention programmes for young people in schools and training and resources for professionals.

Our history

One in Four is a London-based charity providing specialist trauma counselling and support for adults who experienced childhood sexual abuse.

Founded 20 years ago, we have extensive experience working directly with survivors. Many clients find our service in a last attempt to seek help for their trauma of childhood abuse, often feeling misunderstood by other services, compounding their isolation and pain.

We understand the personal and complex impact of sexual abuse and recognise how these traumatic experiences significantly affect people's lives. The charity is named One in Four based on the scale of sexual abuse of people under the 18 years of age.

One in Four puts survivors at the heart of its work. We offer a range of services including specialist counselling; groups and workshops; a national helpline; advocacy through the criminal justice system; emotional health and wellbeing in schools; training for professionals; a narrative project; and a wide range of resources for professionals, survivors and children.

One in Four is based in south east London, and also has a counselling base in north London. However, there are no geographical limitations, we will see anyone who can travel to us. We are run by a small group of part-time staff, specialist counsellors, professionals and volunteers comprising a growing team of dedicated counsellors and experts. Some of the people working

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2024(continued)

with One in Four are survivors themselves. We continue to recruit new counsellors to offer trauma informed therapy for our ever growing waiting lists and we are grateful to every single person who volunteers for us.

Our publications and professional training ensure the reach of our work is national.

Specific services provided during this financial year

Counselling service

We have fully resumed face to face counselling and have kept supervision online, except for one face-to-face group. We have continued to offer face-to-face, and online counselling, supporting 215 clients across North London and South London delivering approximately 12,300 counselling hours.

22% of allocated clients reported their abuse to the police and 100% of clients were offered additional support via workshops and One in Four resources.

There were over 500 requests for support with 200 consultations booked; 100% of enquirers referred to partner agencies for support whilst waiting for their consultation appointment. 42% of consultations booked were for the South London service, 56% were for the North London service, and 2% for online services as they fell outside of the London area. With new requirements of UKCP/BACP and training institutions for face-to-face counselling it has meant we have had to dramatically reduce the number of online slots that we offer.

Supporting 91 volunteer counsellors, through client work, supervision, and schools' programmes, we have developed a comprehensive onboarding and training programme to provide continued and tailored support to our team. We have now become a placement provider for supervisors in training, enabling us to put more support in place for our counsellors.

Feedback responses from clients said that they felt they were very much heard and listened to, and that the support from the service has had a very positive impact on their quality of life, which has been noticed by family and friends. There were more requests for group work, which has become an objective for the organisation, as well as opportunities for them to take part in social events. As a result we now offer a trauma informed yoga programme three times a year.

School groups

Weekly sessions were provided in 1 school, Conisborough College.
We delivered 744 counselling sessions face to face in the school setting.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2024 *(continued)*

Advocacy Service

The One in Four advocacy service continues to provide high quality information and support to clients reporting or thinking about reporting the non-recent sexual offences committed against them when they were children to the police and associated issues.

The problems within the criminal justice system unfortunately continue and it's difficult to hear how many clients are dissatisfied with the service they receive after reporting. In fairness to all agencies involved, there are very many competent people trying their best for the victims/survivors. But the deterioration has been steadily happening for quite some years now as is evident in other aspects of public services. We had one client awaiting the trial of her abuser having to deal with the fact that the case was discontinued due to no prosecuting barrister being available. The Centre for Women's Justice took this case on, and it is still ongoing. This is not an isolated case and it was really shocking that the case should end in that way.

The Metropolitan Police have a serious shortage of detectives and recruitment has not yet reversed this. This impacts on the time that investigations take, with four or five years not being an unrealistic timespan for a case to get to court from the date of initial report. Of course the majority of cases don't reach court.

One client was very lucky to be within what seemed to be like a small pilot, where the case appeared to be fast tracked. The abuser was charged and appeared in court in just over a year from the date of the first report, and the trial took place in a Nightingale Court. This is most definitely unusual.

Amidst these barriers and hurdles, survivors still come forward to report and are met with the utmost respect from all at One in Four supporting them.

Going Concern

The Trustees have considered the charity's financial position, liquidity and future performance together with financial projections over the foreseeable future. The Trustees have made this consideration for a period of at least one year from the date of the approval of these financial statements. After making enquiries, the Trustees are satisfied that the charity will have sufficient financial resources to continue in operation for the foreseeable future, being at least twelve months from the date of the approval of the financial statements.

One in Four (London)
Year ended 5 April 2024
Registered charity number: 1081726

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2024 (continued)

Statement of Disclosure of Information to Auditors:

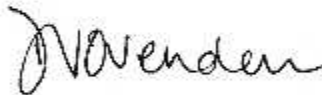
We, the Board of Trustees of the charity who held office at the date of the approval of these Financial Statements, as set out above, each confirm so far as we are aware, that:

- there is no relevant audit information, as defined by Charities Act 2011, being information needed by the auditor in connection with their reports, of which the charity's auditors are unaware; and
- we have taken all the steps that we ought to have taken as Board of Trustees in order to make ourselves aware of any relevant information and to establish that the charity's auditors are aware of that information.

Auditors

Following the acquisition of Harmer Slater Limited by Shaw Gibbs (Audit) Limited in November 2023, Harmer Slater resigned as the auditors and Shaw Gibbs (Audit) Limited were appointed to act as the charity's auditors. Shaw Gibbs (Audit) Limited are deemed to be reappointed by the Trustees at the next Annual General Meeting.

Approved by the Board of Trustees on 21 January 2025 and signed on their behalf by:



.....
Diane Ovenden, Treasurer, Board of Trustees

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS:

The charity Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity Trustees to prepare financial statements for each 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 the financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- 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 to 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 Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF ONE IN FOUR (LONDON)

OPINION

We have audited the financial statements of One in Four (London) ('the charity') for the year ended 5 April 2024 which comprise the Statement of Financial Activities, the Balance Sheet, and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 5 April 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

MATERIAL UNCERTAINTIES RELATING TO GOING CONCERN

We draw attention to Note 1. in the financial statements, which indicates that there are no secured funding from grant providers as at the date of approval of the financial statements which could impact the charity's financial stability. Whilst the Trustees are confident that the charity has adequate resources to continue operations in the foreseeable future, there are no guarantees. As stated in Note 1, these conditions indicate a material uncertainty exists that may cast significant doubt on the charity's ability to continue as a going concern. Our opinion is not modified in respect of this matter.

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate. Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF THE TRUSTEES

As explained more fully in the Statement of Trustees' Responsibilities (set out on page 9), the trustees (who are also the directors of the charity for the purposes of charity law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

We have been appointed as auditor under section 145 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

One in Four (London)**Year ended 5 April 2024****Registered charity number: 1081726**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- we identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We considered the nature of the charity's sector and its control environment, and reviewed the charity's documentation of their policies and procedures relating to fraud and compliance with laws and regulations. We also identified the laws and regulations applicable to the charity through discussions with the Trustees and other management, and from our cumulative audit, knowledge and experience of the charity.

We obtained an understanding of the legal and regulatory framework that the charity operates in, and identified the key laws and regulations that:

- had a direct effect on the determination of material amounts and disclosures in the financial statements. These included the Companies Act 2006, the Charities Act 2011, the Charities SORP, and UK financial reporting standards as issued by the Financial Reporting Council; and
- do not have a direct effect on the financial statements but compliance with which may be fundamental to the charity's ability to operate or to avoid a material penalty. These included the charity's regulatory requirements, employment and taxation legislations.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and

One in Four (London)

Year ended 5 April 2024

Registered charity number: 1081726

- considering the internal controls and policies in place to mitigate risks of fraud and non-compliance with laws and regulations.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- reviewing financial statement disclosures by testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- enquiring of the Trustee concerning actual and potential litigation and claims, and instances of non-compliance with laws and regulations; and
- reading minutes of Trustee meetings, reviewing internal audit reports and reviewing correspondence with the Charities Commission.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the Trustees and other management and the inspection of regulatory and legal correspondence, if any.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it. In addition, as with any audit, there remained a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

One in Four (London)
Year ended 5 April 2024
Registered charity number: 1081726

USE OF OUR REPORT

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

A handwritten signature in dark ink that reads "Shaw Gibbs". The signature is written in a cursive, flowing style. Below the signature is a horizontal dashed line.

SHAW GIBBS (AUDIT) LIMITED
Statutory auditors

Salatin House
19 Cedar Road
Sutton, Surrey
SM2 5DA

21 January 2025

STATEMENT OF FINANCIAL ACTIVITIES
(incorporating income and expenditure account)
for the year ended 5 April 2024

		Restricted Funds 2024 £	Unrestricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
	Note				
Incoming resources					
Income from:					
Donations and legacies	3	-	128,979	128,979	66,922
Charitable activities					
Grants receivable	4	83,610	17,587	101,197	62,457
Other income	4	<u>-</u>	<u>62,736</u>	<u>62,736</u>	<u>47,594</u>
Total income		<u>83,610</u>	<u>209,302</u>	<u>292,912</u>	<u>176,973</u>
Resources expended					
Charitable activities	5	65,107	176,705	241,812	229,349
Governance	6	<u>-</u>	<u>2,728</u>	<u>2,728</u>	<u>11,981</u>
Total resources expended		<u>65,107</u>	<u>179,433</u>	<u>244,540</u>	<u>241,330</u>
Net income/(expenditure) for the year		18,503	29,869	48,372	(64,357)
Reconciliation of Funds:					
Total funds at 6 April 2023		<u>18,580</u>	<u>39,866</u>	<u>58,446</u>	<u>122,803</u>
Total funds at 5 April 2024		<u>37,083</u>	<u>69,735</u>	<u>106,818</u>	<u>58,446</u>

All income and expenditure relates to continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

One in Four (London)
Year ended 5 April 2024
Registered charity number: 1081726

BALANCE SHEET AS AT 5 April 2024
(Charity No. 1081726)

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	11	234	2,113
Current assets			
Debtors	12	13,839	13,556
Cash at bank and in hand		<u>106,365</u>	<u>55,285</u>
Total current assets		<u>120,204</u>	<u>68,841</u>
Creditors: amounts falling due within one year	13	<u>(13,620)</u>	<u>(12,508)</u>
Net current assets		<u>106,584</u>	<u>56,333</u>
Total assets less liabilities		<u>106,818</u>	<u>58,446</u>
Charity funds			
Restricted funds	15	37,083	18,580
General Unrestricted funds	16	<u>69,735</u>	<u>39,866</u>
Total funds		<u>106,818</u>	<u>58,446</u>

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



.....
Diane Ovenden – Treasurer, Board of Trustees

The notes on pages 17 to 27 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2024

1 Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation or uncertainty in the preparation of the financial statements are as follows:

a) Going concern

The Trustees have considered the charity's financial position, liquidity and future performance together with financial projections over the foreseeable future. The Trustees have made this consideration for a period of at least one year from the date of the approval of these financial statements. After making enquiries, the Trustees are satisfied that the charity will have sufficient financial resources to continue in operation for the foreseeable future, being at least twelve months from the date of the approval of the financial statements.

However, a majority of the funding from current grant providers has come to an end as at the year end. As at the date of approval of these financial statements, no future funding from these grant providers or any other grants have been secured going forward which presents risk and uncertainty that could affect the financial stability of the charity. The Trustees have mitigated this by remaining in regular contact with sponsoring public authorities and government departments to secure ongoing financial support for the charity's operations. The charity has also recruited a new fundraising manager.

Basis of accounting

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 - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

One in Four (London) 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 note(s).

The functional currency of the charity is considered to be pounds sterling (£) because that is the currency of the primary economic environment in which it operates. The financial statements are presented in pounds sterling (£).

b) Exemption from preparing a cash flow statement

The accounts do not include a cash flow statement because the charity, as a small reporting entity (with incoming resources of less than £500,000), is exempt from the requirements to prepare such a statement under Charities SORP FRS 102.

c) Incoming resources

Items of income are recognized and included in the accounts when all of the following criteria are met:

- the charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity.
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Donations

Donations are credited in the year in which they are received.

Grant income

Grant income is credited in the year to which it relates. Any unspent balances are carried forward on the appropriate fund.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

d) Resources expended

Expenditure is recognized when a liability is incurred. Funding provided through contractual agreements is recognised as services are supplied and when a constructive obligation arises that results in the payment being unavoidable.

Costs of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

e) Fund accounting

The funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds – these are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

f) VAT

The charity is not registered for VAT and accordingly expenditure includes VAT where appropriate.

h) Tangible fixed assets and depreciation

Tangible fixed assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses. The cost of tangible fixed assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation has been charged so as to write off each asset over its anticipated economic useful life. The following rates have been used:

Computers, office equipment	- 25% straight line
Improvements to leasehold property	- over 5 years straight line

i) Leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Payments made under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

j) Debtors

Other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2 Legal status of the charity

The charity is a Charitable Incorporated Organisation and has no share capital. In the event of the charity being wound up, the members have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

3. Income from Donations and Legacies

	Restricted Funds 2024 £	Unrestricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Donations/gifts	-	23,469	23,469	5,352
South London donations	-	48,470	48,470	23,932
North London donations	-	57,040	57,040	35,783
Kent donations	-	-	-	1,855
	-	<u>128,979</u>	<u>128,979</u>	<u>66,922</u>

Income from donations and legacies during 2023 was all unrestricted

4. Income from Charitable Activities

	Restricted Funds 2024 £	Unrestricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Grants				
Bromley Trust	-	15,000	15,000	15,000
City Bridge Trust	36,360	550	36,910	39,901
Yellow Heart Trust	2,250	-	2,250	1,500
Henry Smith	25,000	-	25,000	-
National Lottery	20,000	-	20,000	-
Coop Community Fund	-	2,037	2,037	-
LB Lewisham (NCIL)	-	-	-	6,056
	<u>83,610</u>	<u>17,587</u>	<u>101,197</u>	<u>62,457</u>
Other Income				
Book sales	-	5,548	5,548	4,037
Work in schools	-	45,072	45,072	31,568
Room rental	-	2,768	2,768	1,507
Paypal Giving Fund	-	1,070	1,070	5,027
Workshops	-	3,315	3,315	3,256
Counselling services	-	3,950	3,950	2,100
Bank interest	-	347	347	36
Publishers Licence	-	666	666	-
	-	<u>62,736</u>	<u>62,736</u>	<u>47,594</u>
Total income from charitable activities	<u>83,610</u>	<u>80,323</u>	<u>163,933</u>	<u>111,051</u>

Income from charitable activities in 2023 was made up of £42,796 in restricted funds and £67,255 in unrestricted funds.

5. Expenditure on Charitable Activities

	Restricted Funds 2024 £	Unrestricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Direct costs				
Counselling	34,900	-	34,900	23,706
Work in Schools	-	30,415	30,415	28,387
North London	865	17,213	18,078	18,264
Kent	-	-	-	7,681
Advocacy	-	6,720	6,720	6,720
Supervision	25,916	2,210	28,126	31,217
Workshops	1,250	645	1,895	8,840
Counselling Services	-	1,960	1,960	1,800
	<u>62,931</u>	<u>59,163</u>	<u>122,094</u>	<u>126,615</u>
Support costs				
Rent	-	33,000	33,000	32,981
Rates	-	-	-	1,737
Utilities	-	6,666	6,666	1,712
Printing, postage and stationery	-	1,981	1,981	3,646
Repairs and maintenance	-	3,684	3,684	2,737
Telephone	-	3,450	3,450	2,604
Insurance	-	1,981	1,981	1,545
Sundry	-	3,619	3,619	2,659
Marketing	-	4,395	4,395	3,046
Social Media	-	4,233	4,233	-
Administration support	2,176	42,868	45,044	42,951
Database	-	-	-	240
Website	-	4,574	4,574	1,800
Professional fees	-	3,913	3,913	3,197
Office equipment	-	1,299	1,299	-
Depreciation	-	1,879	1,879	1,879
	<u>2,176</u>	<u>117,542</u>	<u>119,718</u>	<u>102,734</u>
Total Spend				
Charitable Activities	<u>65,107</u>	<u>176,705</u>	<u>241,812</u>	<u>229,349</u>

Expenditure on charitable activities in 2023 was made up of £36,216 from restricted funds and £193,133 from unrestricted funds.

6. Governance costs

	Restricted Funds 2024 £	Unrestricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Bookkeeping and accountancy	-	2,728	2,728	2,400
Book production	-	-	-	9,581
	-	<u>2,728</u>	<u>2,728</u>	<u>11,981</u>

7. Staff Costs

	2024 £	2023 £
Wages and salaries	59,353	47,521
Social and security costs	668	-
Pension costs, defined contribution scheme	<u>1,403</u>	<u>1,016</u>
Wages and salaries	<u>61,424</u>	<u>48,537</u>

The charity had 2 paid employees during the year and two in the previous year.
Fees/expenses are charged by some Counsellors, Supervisors and Volunteers.
One Trustee provided 2 workshops for Counsellors and was paid £1,200
Other Trustees received no remuneration or reimbursement of expenses during the year.

8. Net income resources

This is stated after charging:

	2024 £	2023 £
Depreciation	1,879	1,879
Auditors' remuneration – Audit fee	2,728	2,400

9. Related party transactions

The charity enjoys a close working relationship with entities which provide funding to enable the charity to carry out its charitable objectives.

There were no related party transactions during the year or amounts outstanding as at the year end.

10. Corporation Tax

As a charity, One in Four (London) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable activities. No tax charges have arisen in the charity.

11. Tangible fixed assets

	Furniture, fittings and equipment	Improvements leasehold premises	Total
	£	£	£
Cost			
At 6 April 2023	21,630	10,760	32,390
Additions	-	-	-
Disposals	-	-	-
At 5 April 2024	<u>21,630</u>	<u>10,760</u>	<u>32,390</u>
Depreciation			
At 6 April 2023	19,517	10,760	30,277
Charge for year	<u>1,879</u>	-	<u>1,879</u>
At 5 April 2024	<u>21,396</u>	<u>10,760</u>	<u>32,156</u>
Net book value			
At 5 April 2024	<u>234</u>	-	<u>234</u>
At 5 April 2023	<u>2,113</u>	-	<u>2,113</u>

12. Debtors

	2024	2023
	£	£
Prepayments and accrued income	9,324	7,174
Other debtors	<u>4,515</u>	<u>6,382</u>
	<u>13,839</u>	<u>13,556</u>

13. Creditors:

Amounts falling due within one year

	2024	2023
	£	£
Other creditors	12,727	11,549
Other tax and social security	893	959
Deferred income	-	-
	<u>13,620</u>	<u>12,508</u>

14. Pension Scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £1,403 (2023: £1,016). Outstanding contributions due to the Scheme as at the year end were £280 (2023: £265).

15. Analysis of movements in restricted funds

	Brought Forward 6/4/2023 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2024 £
City Bridge Trust	12,317	36,360	(34,594)	-	14,083
QBE Foundation	3,000	-	-	-	3,000
NCIL(LB Lewisham)	3,263	-	(3,263)	-	-
Henry Smith Charity	-	25,000	(25,000)	-	-
National Lottery	-	20,000	-	-	20,000
Yellow Heart Trust	-	2,250	(2,250)	-	-
	<u>18,580</u>	<u>83,610</u>	<u>(65,107)</u>	-	<u>37,083</u>

Previous year

	Brought Forward 6/4/2022 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2023 £
City Bridge Trust	-	35,240	(22,923)	-	12,317
QBE Foundation	11,250	-	(8,250)	-	3,000
NCIL(LB Lewisham)	-	6,056	(2,793)	-	3,263
Yellow Heart Trust	750	1,500	(2,250)	-	-
	<u>12,000</u>	<u>42,796</u>	<u>(36,216)</u>	-	<u>18,580</u>

City Bridge Trust provided funding for the salary costs for the post of the Counselling Services Manager

QBE Foundation provided funding for stabilization workshops for those people who had been on the waiting list for some time, awaiting their counselling therapy to begin.

Neighbourhood Community Infrastructure Levy (NCIL) provided funding to provide specialist support to Lewisham residents who have survived domestic and/or sexual violence.

The Henry Smith Charity provided funding for running costs of providing our core services, particularly supervision costs.

National Lottery provided funding for costs of rental of our South and North London premises, IT support and DBS checks for counsellors, supervisors and Trustees.

Yellow Heart Trust provides funding for specific named clients towards their therapy.

Unrestricted funds are raised in a number of different ways, including collection of donations from clients, and are used to fund the general operations and administration of the charity.

16. Analysis of movements in unrestricted funds

	Brought Forward 6/4/2023 £	Incoming Resources £	Resources Expended £	Carried Forward 5/4/2024 £
General funds	39,866	191,715	(161,846)	69,735
Bromley Trust	-	15,000	(15,000)	-
Coop Local	-	2,037	(2,037)	-
Community fund				
City Bridge Trust	-	550	(550)	-
	<u>39,866</u>	<u>209,302</u>	<u>(179,433)</u>	<u>69,735</u>
Previous year	Brought Forward 6/4/2022 £	Incoming Resources £	Resources Expended £	Carried Forward 5/4/2023 £
General funds	110,803	114,516	(185,453)	39,866
Bromley Trust	-	15,000	(15,000)	-
City Bridge Trust	-	4,661	(4,661)	-
	<u>110,803</u>	<u>134,177</u>	<u>(205,114)</u>	<u>39,866</u>

17. Analysis of net assets between funds

	Restricted Funds £	Unrestricted Funds £	Total Funds £
Fixed assets	-	234	234
Current assets	44,632	75,572	120,204
Current liabilities	<u>(7,549)</u>	<u>(6,071)</u>	<u>(13,620)</u>
	<u>37,083</u>	<u>69,735</u>	<u>106,818</u>
Previous year	Restricted Funds £	Unrestricted Funds £	Total Funds £
Fixed assets	-	2,113	2,113
Current assets	26,129	42,712	68,841
Current liabilities	<u>(7,549)</u>	<u>(4,959)</u>	<u>(12,508)</u>
	<u>18,580</u>	<u>39,866</u>	<u>58,446</u>

18. Lease Commitments

The charity's total of future minimum lease payments under non – cancellable operating leases at 5 April 2024 is as follows:

	2024	2023
Payable:	£	£
Within one year	33,000	33,000
Later than one year and not later than five years	72,690	105,690
More than five years	-	-
	<u>105,690</u>	<u>138,690</u>

The amount of non – cancellable operating lease payments recognized as an expense during the year was £33,000 (2023 £32,981)

19. Events after the Reporting Period

There have been no significant events between the year end and the date of approval of these financial statements which would require a change to, or disclosure in, the financial statements.

ONE IN FOUR (LONDON)

England & Wales - Charity number 1081726

Accounts

Registered charity number: 1081726

One in Four (London)

Trustees' Report and Audited Financial Statements

For the year ended 5 April 2023



TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2023

Trustees

Diane Ovenden *Chair to 15 September, Treasurer*
Simon Cook (*appointed Chair 15 September 2022*)
Linda Dominguez *Voluntary Director*
Christiane Sanderson
Julia Herd (*appointed 21 September 2023*)
Seema Sharma (*appointed 21 September 2023*)
Anne Marie Dean (*resigned 31 March 2023*)

Principal and registered office

219 Bromley Road, Bellingham, London SE6 2PG

Independent auditors

Shaw Gibbs (Audit) Limited, Salatin House, 19 Cedar Road, Sutton, Surrey SM2 5DA

Bankers

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
National Westminster Bank plc, 13 Stratheden Parade, Old Dover Road, Blackheath, London SE3 7SY

Trustees personal message

The Trustees of One in Four (London) record their thanks to all the staff for the achievements of 2022/23 and are grateful for their continued and dedicated loyalty to their clients and the organisation.

The Trustees confirm that the financial statements of the charity comply with the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice, applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Method of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the constitution.

Organisational structure and decision making

The Trustees meet regularly to oversee and review the governance and business and to strengthen the management arrangements for the organisation. The charity seeks to move forward by building on and developing increased expertise whilst seeking to secure funding which will broaden its financial base and secure stability for the future.

Risk management

The Trustees continually assess the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and believe that adequate procedures are in place to minimise exposure to these major risks.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2023 *(continued)*

Structure, governance and management constitution

The charity is constituted under a Charity Commission Scheme dated 25 July 1999, updated with a new constitution dated 2 November 2017 and is a registered charity number 1081726. The principal object of the charity is to provide support for the relief of the mental and physical distress of people who have experienced sexual abuse and to advance the education of the public in the nature of sexual abuse and its effect on those who have been subject to it. There have been no changes in the objects since the last annual report.

Subject to the overall governance and strategic direction of the Trustees, day-to-day delivery and coordination has continued to be provided by the effective cooperation and skilled services of all our volunteers, under the direction of a Volunteer Director.

Financial review

The charity relies on grants to fund its work which are liable to fluctuation from year to year. Principal financial management policies will be found in note one of the notes to the financial statements. Trustees regard the careful and responsible management of the charity's resources as a primary responsibility. A summary of the charity's performance will be found in the Statement of Financial Activities on succeeding pages.

Reserves policy

Our policy is to maintain sufficient reserves to cover the running costs of the organisation for three months.

Public benefit

The charity's work by definition is of considerable benefit to the public. A detailed account follows in the Trustees' report.

A SUMMARY OF OUR SERVICES

Director's message

The need for specialist support and resources increases year by year, as the extent of childhood sexual abuse and violence is more understood.

The Pandemic highlighted this need as our helpline was flooded with calls. Several high profile cases in sport and people speaking up has provided permission for people to find their voice and raise this issue more widely. Finally, survivors are being heard and more focus on gathering statistics about this terrible crime is being gathered by a number of agencies. The Independent Inquiry in Childhood Sexual Abuse published its final Report in October 2022. The Report makes a number of powerful recommendations, based on separate investigations and a unique body of research. It also includes the voices of victims and survivors of child sexual abuse.

As we move back to our business as usual format we are grateful to everyone who supports our vision and mission to help people become the best they can as survivors and thrivers.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2023 (*continued*)

One in Four's counselling service is the core work; however, we also offer a holistic approach to therapy. Client workshops form part of our psychoeducational interventions and it has been proven that clients who attend these workshops often move forward with the process of therapy at a quicker rate. In the last year we had to suspend these workshops, but we are hopeful they can be reinstated in this current financial year.

We are extremely grateful to our funders: the **City Bridge Trust**, for supporting the salaried post of Clinical Co-ordinator for five years; **The Bromley Trust**, who have continued to support funding some of our core costs; **LB Lewisham Neighbourhood Community Infrastructure Levy (NCIL)** who have given funding to provide specialist support to Lewisham residents who have survived domestic and/or sexual violence and **Yellow Heart Trust** for supporting counseling.

The Trustees and management would like to place on record their thanks for the valuable work our volunteers do that makes such an incredible difference to peoples' lives.

Linda Dominguez

Why is One in Four needed?

Childhood sexual abuse is a major emotional and psychological trauma that impacts on an individual's mental and physical health and social wellbeing. Sexual abuse is not only about the sexual acts in the past: it sets off an internal process, which continues over many years. It is a crime affecting millions of people that largely remains hidden.

The cost of childhood sexual abuse has resulted in massive health and economic costs, both to survivors and society, but is often unrecorded in clinical or statistical data.

For children, sexual abuse leads to fear, confusion and shame and most become ensnared in a web of deception, secrecy and silence. The trauma sets off a neurological response of fight, flight or freeze that becomes embedded in the child-survivor's nervous system and is susceptible to retriggering at any time. If untreated the trauma leads to significant and complex problems in adult life including mental health issues, difficulties with relationships, substance abuse, eating disorders, self-harm and suicidal behaviour. Trauma symptoms include flashbacks, recurrent nightmares, anxiety, panic attacks and dissociation. For some, sexual abuse is a life sentence making survivors more vulnerable to addictions, risky behaviour, and damaging and violent relationships.

Sexual abuse in childhood remains poorly understood and often undiagnosed in clinical services. Many survivors' experiences are dismissed and the links between the presenting symptoms underlying trauma overlooked. Trauma symptoms can result in survivors being diagnosed with psychological disorders, with the underlying trauma dismissed.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2023 (*continued*)

One in Four's work demonstrates the importance of processing the trauma of sexual abuse as a central life event, or events. Clients report improvements in mental health, reduction of depression, anxiety and symptoms of PTSD (post-traumatic stress disorder), in relationships and relationship choices and coping mechanisms such as disordered eating, substance abuse, self-harm and suicidal behaviour come under control.

Estimates of the scale of child sexual abuse in the UK vary from one in four children to one in fourteen. Evidence points to the higher figure, with more girls abused than boys. It is now widely reported that we are only seeing the tip of the iceberg of sexual abuse. Only one in eight children come to the attention of the authorities and 85% of all abuse is by someone known to the child. Over two thirds of sexual abuse occurs in the family environment, a fact largely absent from the national conversation which focuses on abuse by celebrities, professionals or strangers. NHS England estimates nearly half a million men and women survivors are known to them at any one time with some presenting to services for support for sexual abuse each year, whilst many seek the support of specialist agencies in the voluntary sector or suffer for years without the support needed.

One in Four supports all survivors, including many who found a lack of appropriate support in statutory services.

Our mission and vision

One in Four is a charity committed to providing specialist support for people who have experienced sexual abuse or violence in childhood or as adults. We understand the long-term effects of sexual abuse and campaign for change to improve the professional and public understanding of sexual abuse.

One in Four enables people to overcome the trauma of abuse and move forward in their lives. We provide a safe, restorative environment to work through the effects of sexual abuse and aim to meet the needs of anyone irrespective of gender, ethnicity or sexual orientation.

One in Four improves public and professional understanding of the impact of sexual abuse through prevention programmes for young people in schools and training and resources for professionals.

Our history

One in Four is a London-based charity providing specialist trauma counselling and support for adults who experienced childhood sexual abuse.

Founded 20 years ago, we have extensive experience working directly with survivors. Many clients find our service in a last attempt to seek help for their trauma of childhood abuse, often feeling misunderstood by other services, compounding their isolation and pain.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2023 (*continued*)

We understand the personal and complex impact of sexual abuse and recognise how these traumatic experiences significantly affect people's lives. The charity is named One in Four based on the scale of sexual abuse of people under the 18 years of age.

One in Four puts survivors at the heart of its work. We offer a range of services including specialist counselling; groups and workshops; a national helpline; advocacy through the criminal justice system; emotional health and wellbeing in schools; training for professionals; a narrative project; and a wide range of resources for professionals, survivors and children.

One in Four is based in south east London, has a counselling base in north London, and a new base in Maidstone, Kent which was set up in 2020. However, there are no geographical limitations, we will see anyone who can travel to us. We are run by a small group of part-time staff, specialist counsellors, professionals and volunteers comprising a growing team of dedicated counsellors and experts. Some of the people working with One in Four are survivors themselves. We continue to recruit new counsellors to offer trauma informed therapy for our ever growing waiting lists and we are grateful to every single person who volunteers for us.

Our publications and professional training ensure the reach of our work is national.

Specific services provided during this financial year

Counselling service

We have increasingly resumed face to face counselling since May 2022 and have kept supervision online due to volunteers' request. We have continued to offer face-to-face, online and telephone counselling, supporting 135 clients across North London and South London delivering approximately 7020 counselling hours.

32% of allocated clients reported their abuse to the police and 100% of clients were offered additional support via workshops and One in Four resources.

There were 200 consultations booked, with 100% of enquirers referred to partner agencies for support whilst waiting for their consultation appointment. 32% of consultations booked were for the South London service, 64% were for the North London service, service and 4% for online services as they fell outside of London area and new requirements of UKCP/BACP and training institutions for face-to-face counselling mean we have had to dramatically reduce the number of online slots that we offer.

Supporting 65 volunteer counsellors, through client work, supervision, and schools' programmes, we continued to recruit as we said goodbye to some long-standing counsellors.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2023 (*continued*)

Feedback responses from clients said that they felt they were very much heard and listened to, and that the support from the service has had a very positive impact on their quality of life. There were more requests for group work, which has become an objective for the organisation, as well as opportunities for them to take part in social events.

School groups

Weekly sessions were provided in 1 school, Conisborough College.
We delivered counselling sessions face to face in the school setting.

We have agreed that once we are able to deliver group sessions in schools we will continue to do so. Young people desperately need support with issues related to emotional and mental health.

Advocacy Service

The One in Four advocacy service continues to provide high quality information and support to clients reporting or thinking about reporting the non-recent sexual offences committed against them when they were children to the police and associated issues.

This year we've seen an increase in clients choosing to report to the police with "no further action" (NFA). This means that the client will make a fairly brief statement to the police (usually submitted by us), but there will be no investigation and the alleged perpetrator will not be interviewed nor aware of the report. This allows a client to submit valuable intelligence to the police without going through the incredibly lengthy and wearing criminal justice process without any guarantee about the outcome. They can always return to this in the future for a full investigation should they wish to.

It can particularly help clients who have feelings of guilt or responsibility with regards to other children's protection. This is obviously not the responsibility of the victim/survivor, yet many experience this.

The challenges within the criminal justice process have been well publicised and continue and there's a notable effect on clients already part way through the process as well as those working within the system. Morale is low, satisfaction is low, charges and convictions are low, yet still clients display huge resolve and courage to report abusers. And the primary motivation is protection of others.

Scotland is in the process of piloting new courts for hearing sexual offences cases without juries. We will await the results with great interest as government and the various agencies grapple with trying to improve the process for vulnerable victims of serious crime and increase convictions.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2023 (*continued*)

Going Concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. As in previous years, the charity's ability to continue as a going concern is dependent on its success in raising funds from the government, other public authorities and donations, none of which can be guaranteed. The Trustees remain in regular contact with sponsoring public authorities and government departments to secure ongoing financial support for the charity's operations going forward. Accordingly, the Trustees have determined there are no material uncertainties as to the charity's ability to continue as a going concern in the foreseeable future and therefore believe it remains appropriate to prepare the financial statements on a going concern basis.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2023 (*continued*)

Statement of Disclosure of Information to Auditors:

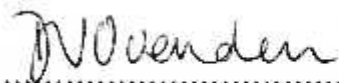
We, the Board of Trustees of the charity who held office at the date of the approval of these Financial Statements, as set out above, each confirm so far as we are aware, that:

- there is no relevant audit information, as defined by Charities Act 2011, being information needed by the auditor in connection with their reports, of which the charity's auditors are unaware; and
- we have taken all the steps that we ought to have taken as Board of Trustees in order to make ourselves aware of any relevant information and to establish that the charity's auditors are aware of that information.

Auditors

Following the acquisition of Harmer Slater Limited by Shaw Gibbs (Audit) Limited in November 2023, Harmer Slater resigned as the auditors and Shaw Gibbs (Audit) Limited were appointed to act as the charity's auditors. Shaw Gibbs (Audit) Limited are deemed to be reappointed by the Trustees at the next Annual General Meeting.

Approved by the Board of Trustees on 20th December 2023 and signed on their behalf by:



.....
Diane Ovenden – Treasurer, Board of Trustees

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS:

The charity Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity Trustees to prepare financial statements for each 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 the financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- 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 to 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 Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF ONE IN FOUR (LONDON)

OPINION

We have audited the financial statements of One in Four (London) ('the charity') for the year ended 5 April 2023 which comprise the Statement of Financial Activities, the Balance Sheet, and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 5 April 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF ONE IN FOUR (LONDON) Continued.....

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF THE TRUSTEES

As explained more fully in the Statement of Trustees' Responsibilities (set out on page 9), the trustees (who are also the directors of the charity for the purposes of charity law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF ONE IN FOUR (LONDON) Continued.....

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

We have been appointed as auditor under section 145 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- we identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We considered the nature of the charity's sector and its control environment, and reviewed the charity's documentation of their policies and procedures relating to fraud and compliance with laws and regulations. We also identified the laws and regulations applicable to the charity through discussions with the Trustees and other management, and from our cumulative audit, knowledge and experience of the charity.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF ONE IN FOUR (LONDON) Continued.....

We obtained an understanding of the legal and regulatory framework that the charity operates in, and identified the key laws and regulations that:

- had a direct effect on the determination of material amounts and disclosures in the financial statements. These included the Companies Act 2006, the Charities Act 2011, the Charities SORP, and UK financial reporting standards as issued by the Financial Reporting Council; and
- do not have a direct effect on the financial statements but compliance with which may be fundamental to the charity's ability to operate or to avoid a material penalty. These included the charity's regulatory requirements, employment and taxation legislations.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls and policies in place to mitigate risks of fraud and non-compliance with laws and regulations.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- reviewing financial statement disclosures by testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- enquiring of the Trustee concerning actual and potential litigation and claims, and instances of non-compliance with laws and regulations; and
- reading minutes of Trustee meetings, reviewing internal audit reports and reviewing correspondence with the Charities Commission.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the Trustees and other management and the inspection of regulatory and legal correspondence, if any.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it. In addition, as with any audit, there remained a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF ONE IN FOUR
(LONDON) Continued.....**

omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

USE OF OUR REPORT

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Shaw Gibbs

SHAW GIBBS (AUDIT) LIMITED
Chartered Accountants & Statutory auditors

Salatin House
19 Cedar Road
Sutton, Surrey
SM2 5DA

20th December 2023

STATEMENT OF FINANCIAL ACTIVITIES
(incorporating income and expenditure account)
for the year ended 5 April 2023

		Restricted Funds 2023 £	Unrestricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
	Note				
Incoming resources					
Income from:					
Donations and legacies	3	-	66,922	66,922	92,203
Charitable activities					
Grants receivable	4	42,796	19,661	62,457	106,285
Other income	4	-	47,594	47,594	68,035
Total income		42,796	134,177	176,973	266,523
Resources expended					
Charitable activities	5	36,216	193,133	229,349	299,133
Governance	6	-	11,981	11,981	2,800
Total resources expended		36,216	205,114	241,330	301,933
Net income/(expenditure) for the year		6,580	(70,937)	(64,357)	(35,410)
Reconciliation of Funds:					
Total funds at 6 April 2022		12,000	110,803	122,803	158,213
Total funds at 5 April 2023		18,580	39,866	58,446	122,803

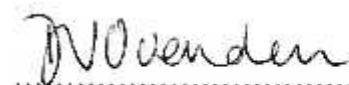
All income and expenditure relates to continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

BALANCE SHEET AS AT 5 April 2023
(Charity No. 1081726)

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	11	2,113	3,992
Current assets			
Debtors	12	13,556	12,496
Cash at bank and in hand		<u>55,285</u>	<u>125,814</u>
Total current assets		<u>68,841</u>	<u>138,310</u>
Creditors: amounts falling due within one year	13	<u>(12,508)</u>	<u>(19,499)</u>
Net current assets		<u>56,333</u>	<u>118,811</u>
Total assets less liabilities		<u>58,446</u>	<u>122,803</u>
Charity funds			
Restricted funds	15	18,580	12,000
General Unrestricted funds	16	<u>39,866</u>	<u>110,803</u>
Total funds		<u>58,446</u>	<u>122,803</u>

The financial statements were authorised for issue and approved by the Trustees on 20th December 2023 and signed on their behalf by:



.....
Diane Ovenden – Treasurer, Board of Trustees

The notes on pages 17 to 27 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2023

1 Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation or uncertainty in the preparation of the financial statements are as follows:

a) Going concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. As in previous years, the charity's ability to continue as a going concern is dependent on its success in raising funds from the government, other public authorities and donations, none of which can be guaranteed. The Trustees remain in regular contact with sponsoring public authorities and government departments to secure ongoing financial support for the charity's operations going forward. Accordingly, the Trustees have determined there are no material uncertainties as to the charity's ability to continue as a going concern in the foreseeable future and therefore believe it remains appropriate to prepare the financial statements on a going concern basis.

b) Basis of accounting

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 - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

One in Four (London) 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 note(s).

The functional currency of the charity is considered to be pounds sterling (£) because that is the currency of the primary economic environment in which it operates. The financial statements are presented in pounds sterling (£).

c) Exemption from preparing a cash flow statement

The accounts do not include a cash flow statement because the charity, as a small reporting entity (with incoming resources of less than £500,000), is exempt from the requirements to prepare such a statement under Charities SORP FRS 102.

One in Four (London)

Year ended 5 April 2023

Registered charity number: 1081726

d) Incoming resources

Items of income are recognized and included in the accounts when all of the following criteria are met:

- the charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity.
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Donations

Donations are credited in the year in which they are received.

Grant income

Grant income is credited in the year to which it relates. Any unspent balances are carried forward on the appropriate fund.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

e) Resources expended

Expenditure is recognized when a liability is incurred. Funding provided through contractual agreements is recognised as services are supplied and when a constructive obligation arises that results in the payment being unavoidable.

Costs of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

f) Fund accounting

The funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds – these are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

g) VAT

The charity is not registered for VAT and accordingly expenditure includes VAT where appropriate.

One in Four (London)

Year ended 5 April 2023

Registered charity number: 1081726

h) Tangible fixed assets and depreciation

Tangible fixed assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses. The cost of tangible fixed assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation has been charged so as to write off each asset over its anticipated economic useful life. The following rates have been used:

Computers, office equipment	- 25% straight line
Improvements to leasehold property	- over 5 years straight line

i) Leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Payments made under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

j) Debtors

Other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2 Legal status of the charity

The charity is a Charitable Incorporated Organisation and has no share capital. In the event of the charity being wound up, the members have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

3. Income from Donations and Legacies

	Restricted Funds 2023 £	Unrestricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Donations/gifts	-	29,284	29,284	45,303
North London donations	-	35,783	35,783	41,214
Kent donations	-	<u>1,855</u>	<u>1,855</u>	<u>5,686</u>
	-	<u>66,922</u>	<u>66,922</u>	<u>92,203</u>

Income from donations and legacies during 2022 was all unrestricted

4. Income from Charitable Activities

	Restricted Funds 2023 £	Unrestricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Grants				
Bromley Trust	-	15,000	15,000	15,000
City Bridge Trust	35,240	4,661	39,901	25,650
Yellow Heart Trust	1,500	-	1,500	4,290
MOPAC Victims Fund	-	-	-	37,550
MOPAC In Year Critical Support Fund	-	-	-	6,545
Kent Community Foundation	-	-	-	5,000
QBE Foundation	-	-	-	11,250
Arnold Clark Community Fund	-	-	-	1,000
LB Lewisham (NCIL)	<u>6,056</u>	<u>-</u>	<u>6,056</u>	<u>-</u>
	<u>42,796</u>	<u>19,661</u>	<u>62,457</u>	<u>106,285</u>
Other Income				
Book sales	-	4,037	4,037	6,499
Work in schools	-	31,568	31,568	41,225
Room rental	-	1,570	1,570	1,400
Paypal Giving Fund	-	5,027	5,027	13,182
Workshops	-	3,256	3,256	5,729
Counselling services	-	2,100	2,100	-
Bank interest	-	36	36	-
	<u>-</u>	<u>47,594</u>	<u>47,594</u>	<u>68,035</u>
Total income from charitable activities	<u>42,796</u>	<u>67,255</u>	<u>111,051</u>	<u>174,320</u>

Income from charitable activities in 2022 was made up of £90,285 in restricted funds and £84,035 in unrestricted funds.

5. Expenditure on Charitable Activities

	Restricted Funds 2023 £	Unrestricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Direct costs				
Counselling	23,673	33	23,706	36,923
Work in Schools	-	28,387	28,387	29,840
North London	1,500	16,764	18,264	23,899
Kent	-	7,681	7,681	14,376
Advocacy	-	6,720	6,720	10,230
Supervision	764	30,453	31,217	37,462
Workshops	7,240	1,600	8,840	5,368
Counselling Services	-	1,800	1,800	-
Telephone Helpline	-	-	-	31,067
	<u>33,177</u>	<u>93,438</u>	<u>126,615</u>	<u>189,165</u>
Support costs				
Rent	-	32,981	32,981	30,602
Rates	-	1,737	1,737	2,134
Utilities	-	1,712	1,712	2,948
Printing, postage and stationery	1,281	2,365	3,646	3,233
Repairs and maintenance	-	2,737	2,737	2,247
Telephone	-	2,604	2,604	2,835
Insurance	-	1,545	1,545	1,831
Sundry	-	2,659	2,659	5,270
Marketing	-	3,046	3,046	7,055
Administration support	1,758	41,193	42,951	33,322
Database	-	240	240	8,868
Website	-	1,800	1,800	1,500
Professional fees	-	3,197	3,197	2,878
Depreciation	-	1,879	1,879	4,345
Training	-	-	-	900
	<u>3,039</u>	<u>99,695</u>	<u>102,734</u>	<u>109,968</u>
Total Spend				
Charitable Activities	<u>36,216</u>	<u>193,133</u>	<u>229,349</u>	<u>299,133</u>

Expenditure on charitable activities in 2022 was made up of £89,558 from restricted funds and £209,575 from unrestricted funds.

6. Governance costs

	Restricted Funds 2023 £	Unrestricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Bookkeeping and accountancy	-	2,400	2,400	1,800
Book production	-	<u>9,581</u>	<u>9,581</u>	<u>1,000</u>
	-	<u>11,981</u>	<u>11,981</u>	<u>2,800</u>

7. Staff Costs

	2023 £	2022 £
Wages and salaries	47,521	46,773
Social and security costs	-	14
Pension costs, defined contribution scheme	<u>1,016</u>	<u>1,029</u>
Wages and salaries	<u>48,537</u>	<u>47,816</u>

The charity had 2 paid employees during the year and two in the previous year.
Fees/expenses are charged by some Counsellors, Supervisors and Volunteers
The Trustees received no remuneration or reimbursement of expenses during the year.

8. Net income resources

This is stated after charging:

	2023 £	2022 £
Depreciation	1,879	4,345
Auditors' remuneration – Audit fee	2,400	1,800

9. Related party transactions

The charity enjoys a close working relationship with entities which provide funding to enable the charity to carry out its charitable objectives.

There were no related party transactions during the year or amounts outstanding as at the year end.

10. Corporation Tax

As a charity, One in Four (London) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable activities. No tax charges have arisen in the charity.

11. Tangible fixed assets

	Furniture, fittings and equipment £	Improvements leasehold premises £	Total £
Cost			
At 6 April 2022	21,630	10,760	32,390
Additions	-	-	-
Disposals	-	-	-
At 5 April 2023	<u>21,630</u>	<u>10,760</u>	<u>32,390</u>
Depreciation			
At 6 April 2022	17,638	10,760	28,398
Charge for year	<u>1,879</u>	-	<u>1,879</u>
At 5 April 2023	<u>19,517</u>	<u>10,760</u>	<u>30,277</u>
Net book value			
At 5 April 2023	<u>2,113</u>	=	<u>2,113</u>
At 5 April 2022	<u>3,992</u>	=	<u>3,992</u>

12. Debtors

	2023 £	2022 £
Prepayments and accrued income	7,174	7,126
Other debtors	<u>6,382</u>	<u>5,370</u>
	<u>13,556</u>	<u>12,496</u>

13. Creditors:

Amounts falling due within one year

	2023 £	2022 £
Other creditors	11,549	19,113
Other tax and social security	959	386
Deferred income	-	-
	<u>12,508</u>	<u>19,499</u>

14. Pension Scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £1,016 (2022: £1,029). Outstanding contributions due to the Scheme as at the year end were £265 (2022: £117).

15. Analysis of movements in restricted funds

	Brought Forward 6/4/2022 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2023 £
City Bridge Trust	-	35,240	(22,923)	-	12,317
QBE Foundation	11,250	-	(8,250)	-	3,000
NCIL(LB Lewisham)	-	6,056	(2,793)	-	3,263
Yellow Heart Trust	750	1,500	(2,250)	=	-
	<u>12,000</u>	<u>42,796</u>	<u>(36,216)</u>	=	<u>18,580</u>

Previous year

	Brought Forward 6/4/2021 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2022 £
London Community Foundation(MOPAC)	-	37,550	(37,550)	-	-
City Bridge Trust	11,273	25,650	(36,923)	-	-
MOPAC in year Critical Support Fund	-	6,545	(6,545)	-	-
QBE Foundation	-	11,250	-	-	11,250
Kent Community Foundation	-	5,000	(5,000)	-	-
Yellow Heart Trust	-	4,290	(3,540)	=	750
	<u>11,273</u>	<u>90,285</u>	<u>(89,558)</u>	=	<u>12,000</u>

City Bridge Trust provided funding for the salary costs for the post of the Counselling Services Manager

QBE Foundation provided funding for stabilization workshops for those people who had been on the waiting list for some time, awaiting their counselling therapy to begin.

Neighbourhood Community Infrastructure Levy (NCIL) provided funding to provide specialist support to Lewisham residents who have survived domestic and/or sexual violence.

Yellow Heart Trust provides funding for specific named clients towards their therapy.

Unrestricted funds are raised in a number of different ways, including collection of donations from clients, and are used to fund the general operations and administration of the charity.

16. Analysis of movements in unrestricted funds

	Brought Forward 6/4/2022 £	Incoming Resources £	Resources Expended £	Carried Forward 5/4/2023 £
General funds	110,803	114,516	(185,453)	39,866
Bromley Trust	-	15,000	(15,000)	-
City Bridge Trust	-	4,661	(4,661)	-
	<u>110,803</u>	<u>134,177</u>	<u>(205,114)</u>	<u>39,866</u>
Previous year	Brought Forward 6/4/2021 £	Incoming Resources £	Resources Expended £	Carried Forward 5/4/2022 £
General funds	146,940	160,238	(196,375)	110,803
Bromley Trust	-	15,000	(15,000)	-
Arnold Clark Community Fund	-	1,000	(1,000)	-
	<u>146,940</u>	<u>176,238</u>	<u>(212,375)</u>	<u>110,803</u>

17. Analysis of net assets between funds

	Restricted Funds £	Unrestricted Funds £	Total Funds £
Fixed assets	-	2,113	2,113
Current assets	26,129	42,712	68,841
Current liabilities	<u>(7,549)</u>	<u>(4,959)</u>	<u>(12,508)</u>
	<u>18,580</u>	<u>39,866</u>	<u>58,446</u>
Previous year	Restricted Funds £	Unrestricted Funds £	Total Funds £
Fixed assets	-	3,992	3,992
Current assets	19,549	118,761	138,310
Current liabilities	<u>(7,549)</u>	<u>(11,950)</u>	<u>(19,499)</u>
	<u>12,000</u>	<u>110,803</u>	<u>122,803</u>

One in Four (London)**Year ended 5 April 2023****Registered charity number: 1081726****18. Lease Commitments**

The charity's total of future minimum lease payments under non – cancellable operating leases at 5 April 2023 is as follows:

	2023	2022
Payable:	£	£
Within one year	33,000	32,594
Later than one year and not later than five years	105,690	132,000
More than five years	-	6,690
	<u>138,690</u>	<u>171,284</u>

The amount of non – cancellable operating lease payments recognized as an expense during the year was £32,981 (2022 £30,602)

19. Events after the Reporting Period

There have been no significant events between the year end and the date of approval of these financial statements which would require a change to, or disclosure in, the financial statements.

ONE IN FOUR (LONDON)

England & Wales - Charity number 1081726

Accounts

Registered charity number: 1081726

One in Four (London)

Trustees' Report and Audited Financial Statements

For the year ended 5 April 2022



TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2022

Trustees

Diane Ovenden *Chair*
Linda Dominguez *Voluntary Director*
Christiane Sanderson
Anne Marie Dean (appointed 16 May 2019)
Simon Cook (appointed 28 May 2020)

Principal and registered office

219 Bromley Road, Bellingham, London SE6 2PG

Independent auditors

Harmer Slater Ltd, Salatin House, 19 Cedar Road, Sutton, Surrey SM2 5DA

Bankers

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
National Westminster Bank plc, 13 Stratheden Parade, Old Dover Road, Blackheath, London SE3 7SY

Trustees personal message

The Trustees of One in Four (London) record their thanks to all the staff for the achievements of 2021/22 and are grateful for their continued and dedicated loyalty to their clients and the organisation.

The Trustees confirm that the financial statements of the charity comply with the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice, applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Method of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the constitution.

Organisational structure and decision making

The Trustees meet regularly to oversee and review the governance and business and to strengthen the management arrangements for the organisation. The charity seeks to move forward by building on and developing increased expertise whilst seeking to secure funding which will broaden its financial base and secure stability for the future.

Risk management

The Trustees continually assess the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and believe that adequate procedures are in place to minimise exposure to these major risks.

One in Four (London)

Year ended 5 April 2022

Registered charity number: 1081726

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2022 (*continued*)

Structure, governance and management constitution

The charity is constituted under a Charity Commission Scheme dated 25 July 1999, updated with a new constitution dated 2 November 2017 and is a registered charity number 1081726. The principal object of the charity is to provide support for the relief of the mental and physical distress of people who have experienced sexual abuse and to advance the education of the public in the nature of sexual abuse and its effect on those who have been subject to it. There have been no changes in the objects since the last annual report.

Subject to the overall governance and strategic direction of the Trustees, day-to-day delivery and coordination has continued to be provided by the effective cooperation and skilled services of all our volunteers, under the direction of a Volunteer Director.

Financial review

The charity relies on grants to fund its work which are liable to fluctuation from year to year. Principal financial management policies will be found in note one of the notes to the financial statements. Trustees regard the careful and responsible management of the charity's resources as a primary responsibility. A summary of the charity's performance will be found in the Statement of Financial Activities on succeeding pages.

Reserves policy

Our policy is to maintain sufficient reserves to cover the running costs of the organisation for three months.

Public benefit

The charity's work by definition is of considerable benefit to the public. A detailed account follows in the Trustees' report.

A SUMMARY OF OUR SERVICES

Director's message

The need for specialist support and resources increases year by year, as the extent of childhood sexual abuse and violence is more understood. Finally, survivors are being heard and more focus on gathering statistics about this terrible crime is being gathered by a number of agencies.

The previous two financial years were dominated by the COVID-19 pandemic and a series of lockdowns. During that time all face-to-face support was suspended. The Trustees adapted operations to ensure continuing specialist support for victims and survivors of sexual abuse and sexual violence, offering a range of remote support to meet the needs of clients mainly by telephone and video calls.

The lifting of Covid related restrictions has resulted in face-to-face support being re-introduced, and we now offer a hybrid service so that those preferring support via telephone or video can use those communication methods.

We continued to work with under 18s in school settings, providing support to pupils, teachers, ancillary staff, parents and carers.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2022 (*continued*)

One in Four's counselling service is the core work; however, we also offer a holistic approach to therapy. Client workshops form part of our psychoeducational interventions and it has been proven that clients who attend these workshops often move forward with the process of therapy at a quicker rate. In the last year we had to suspend these workshops, but we are hopeful they can be reinstated in this current financial year.

We are extremely grateful to our funders: the **City Bridge Trust**, for supporting the salaried post of Clinical Co-ordinator for three years; **The Bromley Trust**, who have continued to support funding some of our core costs; **The London Community Foundation (MOPAC Victims Fund)**, for providing funding to expand our advocacy service; **MOPAC in year Critical Support Fund** for providing funding for the telephone helpline; **QBE Foundation** for providing funding to establish stabilisation workshops for clients on our waiting list; **Kent Community Foundation** for supporting the establishment of our hub in Maidstone and **Yellow Heart Trust** for supporting counselling

The Trustees and management would like to place on record their thanks for the valuable work our volunteers do that makes such an incredible difference to peoples' lives.

Linda Dominguez

Why is One in Four needed?

Childhood sexual abuse is a major emotional and psychological trauma that impacts on an individual's mental and physical health and social wellbeing. Sexual abuse is not only about the sexual acts in the past: it sets off an internal process, which continues over many years. It is a crime affecting millions of people that largely remains hidden.

The cost of childhood sexual abuse has resulted in massive health and economic costs, both to survivors and society, but is often unrecorded in clinical or statistical data.

For children, sexual abuse leads to fear, confusion and shame and most become ensnared in a web of deception, secrecy and silence. The trauma sets off a neurological response of fight, flight or freeze that becomes embedded in the child-survivor's nervous system and is susceptible to retriggering at any time. If untreated the trauma leads to significant and complex problems in adult life including mental health issues, difficulties with relationships, substance abuse, eating disorders, self-harm and suicidal behaviour. Trauma symptoms include flashbacks, recurrent nightmares, anxiety, panic attacks and dissociation. For some, sexual abuse is a life sentence making survivors more vulnerable to addictions, risky behaviour, and damaging and violent relationships.

Sexual abuse in childhood remains poorly understood and often undiagnosed in clinical services. Many survivors' experiences are dismissed and the links between the presenting symptoms underlying trauma overlooked. Trauma symptoms can result in survivors being diagnosed with psychological disorders, with the underlying trauma dismissed.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2022 (*continued*)

One in Four's work demonstrates the importance of processing the trauma of sexual abuse as a central life event, or events. Clients report improvements in mental health, reduction of depression, anxiety and symptoms of PTSD (post-traumatic stress disorder), in relationships and relationship choices and coping mechanisms such as disordered eating, substance abuse, self-harm and suicidal behaviour come under control.

Estimates of the scale of child sexual abuse in the UK vary from one in four children to one in fourteen. Evidence points to the higher figure, with more girls abused than boys. It is now widely reported that we are only seeing the tip of the iceberg of sexual abuse. Only one in eight children come to the attention of the authorities and 85% of all abuse is by someone known to the child. Over two thirds of sexual abuse occurs in the family environment, a fact largely absent from the national conversation which focuses on abuse by celebrities, professionals or strangers. NHS England estimates nearly half a million men and women survivors are known to them at any one time with some presenting to services for support for sexual abuse each year, whilst many seek the support of specialist agencies in the voluntary sector or suffer for years without the support needed.

One in Four supports all survivors, including many who found a lack of appropriate support in statutory services.

Our mission and vision

One in Four is a charity committed to providing specialist support for people who have experienced sexual abuse or violence in childhood or as adults. We understand the long-term effects of sexual abuse and campaign for change to improve the professional and public understanding of sexual abuse.

One in Four enables people to overcome the trauma of abuse and move forward in their lives. We provide a safe, restorative environment to work through the effects of sexual abuse and aim to meet the needs of anyone irrespective of gender, ethnicity or sexual orientation.

One in Four improves public and professional understanding of the impact of sexual abuse through prevention programmes for young people in schools and training and resources for professionals.

Our history

One in Four is a London-based charity providing specialist trauma counselling and support for adults who experienced childhood sexual abuse.

Founded 20 years ago, we have extensive experience working directly with survivors. Many clients find our service in a last attempt to seek help for their trauma of childhood abuse, often feeling misunderstood by other services, compounding their isolation and pain.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2022 (*continued*)

We understand the personal and complex impact of sexual abuse and recognise how these traumatic experiences significantly affect people's lives. The charity is named One in Four based on the scale of sexual abuse of people under the 18 years of age.

One in Four puts survivors at the heart of its work. We offer a range of services including specialist counselling; groups and workshops; a national helpline; advocacy through the criminal justice system; emotional health and wellbeing in schools; training for professionals; a narrative project; and a wide range of resources for professionals, survivors and children.

One in Four is based in south east London, has a counselling base in north London, and a new base in Maidstone, Kent which was set up in 2020. However, there are no geographical limitations, we will see anyone who can travel to us. We are run by a small group of part-time staff, specialist counsellors, professionals and volunteers comprising a growing team of dedicated counsellors and experts. Some of the people working with One in Four are survivors themselves. We continue to recruit new counsellors to offer trauma informed therapy for our ever growing waiting lists and we are grateful to every single person who volunteers for us.

Our publications and professional training ensure the reach of our work is national.

Specific services provided during this financial year

Counselling service

Having moved all our face-to-face counselling and supervision online in the previous financial year because of Covid restrictions, with the exception of our new Kent hub in Maidstone, in the financial year to 5 April 2022 we have continued to offer face to face, online and telephone counselling, supporting 174 clients across North London, South London, & Kent delivering approximately 8004 counselling hours.

52% of allocated clients reported their abuse to the police and 100% of clients were offered additional support via workshops and One in Four resources.

There were 542 consultations booked, with 100% of enquirers referred to partner agencies for support whilst waiting for their consultation appointment. 54% of consultations booked were for the South London service, 23% were for the North London service, 7 % for the Kent service and 16% for online services as they fell outside of London area.

Supporting 86 volunteer counsellors, through client work, supervision, and schools' programmes, we continued to recruit as we said goodbye to some long-standing counsellors.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2022 (*continued*)

Feedback responses from clients said that they felt they were very much heard and listened to, and that the support from the service has had a very positive impact on their quality of life. There were more requests for group work, which has become an objective for the organisation, as well as opportunities for them to take part in social events.

Telephone Helpline service

We received significant amounts of funding during the previous financial year to set up a telephone helpline to support both our own clients and others who struggled with being in lockdown, often with no respite or safe space, and often with their own abuser(s).

Although this funding ceased at the end of March 2021, we continued providing this service for the year to March 2022, receiving funding for the 3 months January 2022 to March 2022.

Sadly we were forced to close the helpline down at the end of March 2022 because of lack of any further funding.

School groups

Weekly sessions were provided in 4 schools, Conisborough College, Fulham Cross School, Sydenham Girls School and Chislehurst School.

We delivered counselling sessions via Zoom and face to face in the school setting.

We have agreed that once we are able to deliver group sessions in schools we will continue to do so. Young people desperately need support with issues related to emotional and mental health.

Advocacy Service

The advocacy service continues to provide high quality support to adult survivors of childhood sexual abuse who are considering reporting those non-recent offences to the police. Many clients who make contact with the advocacy service will not go on to report, but it's extremely important that they can access a service which will provide comprehensive and accurate information about the Criminal Justice Process (CJP). This will include information about possible routes to claiming compensation, and general support throughout a CJP.

In this financial year we have supported 132 clients. 38 are reporting and 6 are claiming criminal injuries compensation. The rest are 'one-offs', enquiries with an average of between one and three phone calls and/or emails.

The Covid pandemic has obviously had an effect on all public services. The agencies involved in the CJP were struggling prior to the pandemic following years of austerity. Staff cuts due to

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2022 (*continued*)

funding cuts would probably be the most damaging aspect, and particularly the more experienced (higher paid) officers.

Our clients have variable experiences. One client reported and the investigation took less than a year. The trial was held in a 'Nightingale Court' (a hotel used for the purpose) and the whole process was concluded (with a conviction) in under two years. With another client, the process is well into the fourth year. Both are extremes, with the more typical unfortunately the one with the lengthy process.

Coupled with the stress of the process is the truly abysmal statistics of outcomes.

Yet still our clients and others all over the country have the motivation and courage to proceed with a disclosure and report.

We have regular meetings in London with Independent Sexual Violence Advisors (ISVA) and the police and other CJP agencies. It helps each side to hear about the experiences that both clients and practitioners have and serves to improve practice. There has been a steady increase in reporting, both non-recent and current offences, and while there's some really good quality support out there, it's just not sufficient for the numbers of victims/survivors seeking assistance.

Our wish for the future with scandals a plenty around issues connected with sexual offending in the public eye is that the inquiries and consultations taken/taking place will result in some definite improvements to services to victims/survivors.

Going Concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. As in previous years, the charity's ability to continue as a going concern is dependent on its success in raising funds from the government, other public authorities and donations, none of which can be guaranteed. The Trustees remain in regular contact with sponsoring public authorities and government departments to secure ongoing financial support for the charity's operations going forward. Accordingly, the Trustees have determined there are no material uncertainties as to the charity's ability to continue as a going concern in the foreseeable future and therefore believe it remains appropriate to prepare the financial statements on a going concern basis.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2022 (*continued*)

Statement of Disclosure of Information to Auditors:

We, the Board of Trustees of the charity who held office at the date of the approval of these Financial Statements, as set out above, each confirm so far as we are aware, that:

- there is no relevant audit information, as defined by Charities Act 2011, being information needed by the auditor in connection with their reports, of which the charity's auditors are unaware; and
- we have taken all the steps that we ought to have taken as Board of Trustees in order to make ourselves aware of any relevant information and to establish that the charity's auditors are aware of that information.

Auditors

Harmer Slater Limited have expressed their willingness to continue in office. A resolution to reappoint Harmer Slater Limited will be approved at the forthcoming Annual General Meeting.

Approved by the Board of Trustees on 28th November 2022 and signed on their behalf by:


.....

Diane Ovenden, Chair, Board of Trustees

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS:

The charity Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity Trustees to prepare financial statements for each 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 the financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- 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 to 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 Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF ONE IN FOUR (LONDON)

OPINION

We have audited the financial statements of One in Four (London) ('the charity') for the year ended 5 April 2022 which comprise the Statement of Financial Activities, the Balance Sheet, and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 5 April 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

BASIS FOR OPINION

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder. We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF THE TRUSTEES

As explained more fully in the Statement of Trustees' Responsibilities (set out on page 9), the trustees (who are also the directors of the charity for the purposes of charity law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

We have been appointed as auditor under section 145 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- we identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We considered the nature of the charity's sector and its control environment, and reviewed the charity's documentation of their policies and procedures relating to fraud and compliance with laws and regulations. We also identified the laws and regulations applicable to the charity through discussions with the Trustees and other management, and from our cumulative audit, knowledge and experience of the charity.

One in Four (London)

Year ended 5 April 2022

Registered charity number: 1081726

We obtained an understanding of the legal and regulatory framework that the charity operates in, and identified the key laws and regulations that:

- had a direct effect on the determination of material amounts and disclosures in the financial statements. These included the Companies Act 2006, the Charities Act 2011, the Charities SORP, and UK financial reporting standards as issued by the Financial Reporting Council; and
- do not have a direct effect on the financial statements but compliance with which may be fundamental to the charity's ability to operate or to avoid a material penalty. These included the charity's regulatory requirements, employment and taxation legislations.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls and policies in place to mitigate risks of fraud and non-compliance with laws and regulations.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- reviewing financial statement disclosures by testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- enquiring of the Trustee concerning actual and potential litigation and claims, and instances of non-compliance with laws and regulations; and
- reading minutes of Trustee meetings, reviewing internal audit reports and reviewing correspondence with the Charities Commission.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the Trustees and other management and the inspection of regulatory and legal correspondence, if any.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it. In addition, as with any audit, there remained a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

One in Four (London)
Year ended 5 April 2022
Registered charity number: 1081726

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

USE OF OUR REPORT

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.



HARMER SLATER LIMITED
Chartered Accountants & Statutory auditors

Salatin House
19 Cedar Road
Sutton, Surrey
SM2 5DA

28th November 2022

STATEMENT OF FINANCIAL ACTIVITIES
(incorporating income and expenditure account)
for the year ended 5 April 2022

	Note	Restricted Funds 2022 £	Unrestricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Incoming resources					
Income from:					
Donations and legacies	3	-	92,203	92,203	74,728
Charitable activities					
Grants receivable	4	90,285	16,000	106,285	259,024
Other income	4	-	68,035	68,035	46,408
Total income		90,285	176,238	266,523	380,160
Resources expended					
Charitable activities	5	89,558	209,575	299,133	302,554
Governance	6	-	2,800	2,800	1,800
Total resources expended		89,558	212,375	301,933	304,354
Net income/(expenditure) for the year		727	(36,137)	(35,410)	75,806
Reconciliation of Funds:					
Total funds at 6 April 2021		11,273	146,940	158,213	82,407
Total funds at 5 April 2022		12,000	110,803	122,803	158,213

All income and expenditure relates to continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

BALANCE SHEET AS AT 5 April 2022
(Charity No. 1081726)

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	11	3,992	7,403
Current assets			
Debtors	12	12,496	23,309
Cash at bank and in hand		<u>125,814</u>	<u>157,889</u>
Total current assets		<u>138,310</u>	<u>181,198</u>
Creditors: amounts falling due within one year	13	<u>(19,499)</u>	<u>(30,388)</u>
Net current assets		<u>118,811</u>	<u>150,810</u>
Total assets less liabilities		<u>122,803</u>	<u>158,213</u>
Charity funds			
Restricted funds	15	12,000	11,273
General Unrestricted funds	16	<u>110,803</u>	<u>146,940</u>
Total funds		<u>122,803</u>	<u>158,213</u>

The financial statements were authorised for issue and approved by the Trustees on 28th November 2022 and signed on their behalf by:


.....
Diane Ovenden – Chair, Board of Trustees

The notes on pages 17 to 27 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2022

1 Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation or uncertainty in the preparation of the financial statements are as follows:

a) Going concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. As in previous years, the charity's ability to continue as a going concern is dependent on its success in raising funds from the government, other public authorities and donations, none of which can be guaranteed. The Trustees remain in regular contact with sponsoring public authorities and government departments to secure ongoing financial support for the charity's operations going forward. Accordingly, the Trustees have determined there are no material uncertainties as to the charity's ability to continue as a going concern in the foreseeable future and therefore believe it remains appropriate to prepare the financial statements on a going concern basis.

b) Basis of accounting

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 - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

One in Four (London) 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 note(s).

The functional currency of the charity is considered to be pounds sterling (£) because that is the currency of the primary economic environment in which it operates. The financial statements are presented in pounds sterling (£).

c) Exemption from preparing a cash flow statement

The accounts do not include a cash flow statement because the charity, as a small reporting entity (with incoming resources of less than £500,000), is exempt from the requirements to prepare such a statement under Charities SORP FRS 102.

One in Four (London)

Year ended 5 April 2022

Registered charity number: 1081726

d) Incoming resources

Items of income are recognized and included in the accounts when all of the following criteria are met:

- the charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity.
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Donations

Donations are credited in the year in which they are received.

Grant income

Grant income is credited in the year to which it relates. Any unspent balances are carried forward on the appropriate fund.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

e) Resources expended

Expenditure is recognized when a liability is incurred. Funding provided through contractual agreements is recognised as services are supplied and when a constructive obligation arises that results in the payment being unavoidable.

Costs of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

f) Fund accounting

The funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds – these are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

g) VAT

The charity is not registered for VAT and accordingly expenditure includes VAT where appropriate.

One in Four (London)

Year ended 5 April 2022

Registered charity number: 1081726

h) Tangible fixed assets and depreciation

Tangible fixed assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses. The cost of tangible fixed assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation has been charged so as to write off each asset over its anticipated economic useful life. The following rates have been used:

Computers, office equipment	- 25% straight line
Improvements to leasehold property	- over 5 years straight line

i) Leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Payments made under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

j) Debtors

Other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2 Legal status of the charity

The charity is a Charitable Incorporated Organisation and has no share capital. In the event of the charity being wound up, the members have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

3. Income from Donations and Legacies

	Restricted Funds 2022 £	Unrestricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Donations/gifts	-	45,303	45,303	46,665
North London donations	-	41,214	41,214	27,399
Kent donations	-	<u>5,686</u>	<u>5,686</u>	<u>664</u>
	-	<u>92,203</u>	<u>92,203</u>	<u>74,728</u>

Income from donations and legacies during 2021 was all unrestricted

4. Income from Charitable Activities

	Restricted Funds 2022 £	Unrestricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Grants				
Bromley Trust	-	15,000	15,000	20,000
City Bridge Trust	25,650	-	25,650	41,300
Yellow Heart Trust	4,290	-	4,290	750
MOPAC Victims Fund	37,550	-	37,550	-
MOPAC In Year Critical Support Fund	6,545	-	6,545	-
Kent Community Foundation	5,000	-	5,000	-
QBE Foundation	11,250	-	11,250	-
Arnold Clark Community Fund	-	1,000	1,000	-
City Bridge Trust Covid-19 Resp Fund	-	-	-	38,000
London Community Foundation	-	-	-	15,000
MOPAC/MoJ Covid 19 Funding	-	-	-	69,574
CAF Charities Aid Covid 19 Funding	-	-	-	10,000
National Lottery	-	-	-	56,000
LB Lewisham	-	-	-	5,000
Survivors Trust	-	-	-	2,400
First Give	-	-	-	1,000
	<u>90,285</u>	<u>16,000</u>	<u>106,285</u>	<u>259,024</u>
Other Income				
Book sales	-	6,499	6,499	8,113
Work in schools	-	41,225	41,225	37,685
Room rental	-	1,400	1,400	610
Paypal Giving Fund	-	13,182	13,182	-
Workshops	-	<u>5,729</u>	<u>5,729</u>	-
	-	<u>68,035</u>	<u>68,035</u>	<u>46,408</u>
Total income from charitable activities	<u>90,285</u>	<u>84,035</u>	<u>174,320</u>	<u>305,432</u>

Income from charitable activities in 2021 was made up of £222,699 in restricted funds and £82,733 in unrestricted funds.

5. Expenditure on Charitable Activities

	Restricted Funds 2022 £	Unrestricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Direct costs				
Counselling	36,923	-	36,923	29,899
Work in Schools	-	29,840	29,840	28,169
North London	6,435	17,464	23,899	16,809
Kent	5,435	8,941	14,376	6,143
Advocacy	10,230	-	10,230	6,620
Supervision	4,640	32,822	37,462	26,640
Telephone Helpline	4,680	26,387	31,067	94,069
Workshops	<u>1,600</u>	<u>3,768</u>	<u>5,368</u>	-
	<u>69,943</u>	<u>119,222</u>	<u>189,165</u>	<u>208,349</u>
Support costs				
Rent	4,649	25,953	30,602	27,098
Rates	320	1,814	2,134	2,142
Utilities	440	2,508	2,948	2,614
Printing, postage and stationery	906	2,327	3,233	1,749
Repairs and maintenance	337	1,910	2,247	412
Telephone	925	1,910	2,835	5,257
Insurance	275	1,556	1,831	1,714
Sundry	1,105	4,165	5,270	2,484
Office equipment	-	-	-	1,589
Marketing	-	7,055	7,055	3,296
Administration support	8,265	25,057	33,322	26,119
Database	1,326	7,542	8,868	140
Training		900	900	9,900
Website	225	1,275	1,500	3,840
Professional fees	842	2,036	2,878	1,244
Depreciation	<u>-</u>	<u>4,345</u>	<u>4,345</u>	<u>4,607</u>
	<u>19,615</u>	<u>90,353</u>	<u>109,968</u>	<u>94,205</u>
Total Spend				
Charitable Activities	<u>89,558</u>	<u>209,575</u>	<u>299,133</u>	<u>302,554</u>

Expenditure on charitable activities in 2021 was made up of £225,820 from restricted funds and £76,734 from unrestricted funds.

6. Governance costs

	Restricted Funds 2022 £	Unrestricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Bookkeeping and accountancy	-	1,800	1,800	1,800
Book production	-	<u>1,000</u>	<u>1,000</u>	-
	-	<u>2,800</u>	<u>2,800</u>	<u>1,800</u>

7. Staff Costs

	2022 £	2021 £
Wages and salaries	46,773	40,180
Social and security costs	14	188
Pension costs, defined contribution scheme	<u>1,029</u>	<u>909</u>
Wages and salaries	<u>47,816</u>	<u>41,277</u>

The charity had 2 paid employees during the year and two in the previous year.
Fees/expenses are charged by some Counsellors, Supervisors and Volunteers
The Trustees received no remuneration or reimbursement of expenses during the year.

8. Net income resources

This is stated after charging:

	2022 £	2021 £
Depreciation	4,345	4,607
Auditors' remuneration – Audit fee	1,800	1,800

9. Related party transactions

The charity enjoys a close working relationship with entities which provide funding to enable the charity to carry out its charitable objectives.

There were no related party transactions during the year or amounts outstanding as at the year end.

10. Corporation Tax

As a charity, One in Four (London) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable activities. No tax charges have arisen in the charity.

11. Tangible fixed assets

	Furniture, fittings and equipment £	Improvements leasehold premises £	Total £
Cost			
At 6 April 2021	20,696	10,760	31,456
Additions	934	-	934
Disposals	-	-	-
At 5 April 2022	<u>21,630</u>	<u>10,760</u>	<u>32,390</u>
Depreciation			
At 6 April 2021	15,402	8,651	24,053
Charge for year	<u>2,236</u>	<u>2,109</u>	<u>4,345</u>
At 5 April 2022	<u>17,638</u>	<u>10,760</u>	<u>28,398</u>
Net book value			
At 5 April 2022	<u>3,992</u>	=	<u>3,992</u>
At 5 April 2021	<u>5,294</u>	<u>2,109</u>	<u>7,403</u>

12. Debtors

	2022 £	2021 £
Prepayments and accrued income	7,126	6,728
Other debtors	<u>5,370</u>	<u>16,581</u>
	<u>12,496</u>	<u>23,309</u>

13. Creditors:

Amounts falling due within one year

	2022 £	2021 £
Other creditors	19,113	29,251
Other tax and social security	386	1,137
Deferred income	-	-
	<u>19,499</u>	<u>30,388</u>

14. Pension Scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £1,029 (2021: £909). Outstanding contributions due to the Scheme as at the year end were £117 (2021: £nil).

15. Analysis of movements in restricted funds

	Brought Forward 6/4/2021 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2022 £
City Bridge Trust	11,273	25,650	(36,923)	-	-
London Community Foundation (MOPAC)	-	37,550	(37,550)	-	-
MOPAC in year Critical Support Fund	-	6,545	(6,545)	-	-
QBE Foundation	-	11,250	-	-	11,250
Kent Community Foundation	-	5,000	(5,000)	-	-
Yellow Heart Trust	-	4,290	(3,540)	-	750
	<u>11,273</u>	<u>90,285</u>	<u>(89,558)</u>	<u>-</u>	<u>12,000</u>

Previous year

	Brought Forward 6/4/2020 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2021 £
London Community Foundation(MOPAC)	6,597	-	(6,597)	-	-
City Bridge Trust	7,797	33,375	(29,899)	-	11,273
City Bridge Trust TNLCF	-	38,000	(38,000)	-	-
Covid – 19 Response Fund					
London Community Foundation		15,000	(15,000)	-	-
MOPAC/MoJ Covid 19 Funding	-	69,574	(69,574)	-	-
National Lottery	-	56,000	(56,000)	-	-
CAF Charities Aid Covid 19 Funding	-	10,000	(10,000)	-	-
Yellow Heart Trust	-	750	(750)	-	-
	<u>14,394</u>	<u>222,699</u>	<u>(225,820)</u>	<u>-</u>	<u>11,273</u>

The London Community Foundation (MOPAC Victims Fund) provided funding to expand our advocacy services supporting survivors of child sexual abuse reporting to the police and seeking justice and redress.

City Bridge Trust provided funding for the salary costs for the post of Clinical Coordinator and Wellbeing lead.

MOPAC in year Critical Support Fund provided funding to enable the telephone helpline to continue operating for the 3 months January 2022 to March 2022.

QBE Foundation provided funding for stabilization workshops for those people who had been on the waiting list for some time, awaiting their counselling therapy to begin.

Kent Community Foundation provided funding for overhead costs for the Kent hub.

The Hardship Fund has been fully utilized in this financial year, necessitating a transfer between Restricted and Unrestricted Funds.

Yellow Heart Trust provides funding for specific named clients towards their therapy.

Unrestricted funds are raised in a number of different ways, including collection of donations from clients, and are used to fund the general operations and administration of the charity.

16. Analysis of movements in unrestricted funds

	Brought Forward 6/4/2021 £	Incoming Resources £	Resources Expended £	Carried Forward 5/4/2022 £
General funds	146,940	160,238	(196,375)	110,803
Bromley Trust	-	15,000	(15,000)	-
Arnold Clark				
Community Fund	-	1,000	(1,000)	-
	<u>146,940</u>	<u>176,238</u>	<u>(212,375)</u>	<u>110,803</u>
Previous year	Brought Forward 6/4/2020 £	Incoming Resources £	Resources Expended £	Carried Forward 5/4/2021 £
General funds	68,013	121,136	(42,209)	146,940
Bromley Trust	-	20,000	(20,000)	-
City Bridge Trust	-	7,925	(7,925)	-
LB Lewisham	-	5,000	(5,000)	-
Survivors Trust	-	2,400	(2,400)	-
First Give	-	1,000	(1,000)	-
	<u>68,013</u>	<u>157,461</u>	<u>(78,534)</u>	<u>146,940</u>

17. Analysis of net assets between funds

	Restricted Funds £	Unrestricted Funds £	Total Funds £
Fixed assets	-	3,992	3,992
Current assets	19,549	118,761	138,310
Current liabilities	<u>(7,549)</u>	<u>(11,950)</u>	<u>(19,499)</u>
	<u>12,000</u>	<u>110,803</u>	<u>122,803</u>

Previous year	Restricted Funds £	Unrestricted Funds £	Total Funds £
Fixed assets	-	7,403	7,403
Current assets	30,048	151,150	181,198
Current liabilities	<u>(18,775)</u>	<u>(11,613)</u>	<u>(30,388)</u>
	<u>11,273</u>	<u>146,940</u>	<u>158,213</u>

18. Lease Commitments

The charity's total of future minimum lease payments under non – cancellable operating leases at 5 April 2022 is as follows:

	2022 £	2021 £
Payable:		
Within one year	32,594	31,000
Later than one year and not later than five years	132,000	6,285
More than five years	<u>6,690</u>	<u>-</u>
	<u>171,284</u>	<u>37,285</u>

The amount of non – cancellable operating lease payments recognized as an expense during the year was £30,602 (2021 £27,098)

19. Events after the Reporting Period

There have been no significant events between the year end and the date of approval of these financial statements which would require a change to, or disclosure in, the financial statements.

ONE IN FOUR (LONDON)

England & Wales - Charity number 1081726

Accounts

Registered charity number: 1081726

One in Four (London)

Trustees' Report and Audited Financial Statements

For the year ended 5 April 2021



TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2021

Trustees

Diane Ovenden *Chair*
Linda Dominguez *Voluntary Director*
Christiane Sanderson
Anne Marie Dean (appointed 16 May 2019)
Simon Cook (appointed 28 May 2020)

Principal and registered office

219 Bromley Road, Bellingham, London SE6 2PG

Independent auditors

Harmer Slater Ltd, Salatin House, 19 Cedar Road, Sutton, Surrey SM2 5DA

Bankers

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
National Westminster Bank plc, 13 Stratheden Parade, Old Dover Road, Blackheath, London SE3 7SY

Trustees personal message

The Trustees of One in Four (London) record their thanks to all the staff for the achievements of 2020/21 and are grateful for their continued and dedicated loyalty to their clients and the organisation.

The Trustees confirm that the financial statements of the charity comply with the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice, applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Method of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the constitution.

Organisational structure and decision making

The Trustees meet regularly to oversee and review the governance and business and to strengthen the management arrangements for the organisation. The charity seeks to move forward by building on and developing increased expertise whilst seeking to secure funding which will broaden its financial base and secure stability for the future.

Risk management

The Trustees continually assess the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and believe that adequate procedures are in place to minimise exposure to these major risks.

One in Four (London)

Year ended 5 April 2021

Registered charity number: 1081726

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2021 (*continued*)

Structure, governance and management constitution

The charity is constituted under a Charity Commission Scheme dated 25 July 1999, updated with a new constitution dated 2 November 2017 and is a registered charity number 1081726. The principal object of the charity is to provide support for the relief of the mental and physical distress of people who have experienced sexual abuse and to advance the education of the public in the nature of sexual abuse and its effect on those who have been subject to it. There have been no changes in the objects since the last annual report.

Subject to the overall governance and strategic direction of the Trustees, day-to-day delivery and coordination has continued to be provided by the effective cooperation and skilled services of all our volunteers, under the direction of a Volunteer Director.

Financial review

The charity relies on grants to fund its work which are liable to fluctuation from year to year. Principal financial management policies will be found in note one of the notes to the financial statements. Trustees regard the careful and responsible management of the charity's resources as a primary responsibility. A summary of the charity's performance will be found in the Statement of Financial Activities on succeeding pages.

COVID – 19 & Going Concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. As in previous years, the charitable company's ability to continue as a going concern is dependent on its success in raising funds from the government, other public authorities and donations, none of which can be guaranteed. The Trustees remain in regular contact with sponsoring public authorities and government departments to secure ongoing financial support for the charitable company's operations going forward. The main funders have continued supporting the charity, and the charity has received significant additional funding to cover costs arising from the impact of COVID-19 and to make up for income shortfalls as workshops and work in schools were severely curtailed. Accordingly, the Trustees have determined there are no material uncertainties as to the charitable company's ability to continue as a going concern in the foreseeable future and therefore believe it remains appropriate to prepare the financial statements on a going concern basis.

Events after the Reporting Period

There have been no significant events between the year end and the date of approval of these financial statements which would require a change to, or disclosure in, the financial statements other than the ongoing effects of the outbreak of the contagious disease COVID-19. This remains an emerging global risk for all individuals and entities. It is not clear for how long the current outbreak will last or how much more extensive it will become, or the further

One in Four (London)

Year ended 5 April 2021

Registered charity number: 1081726

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2021 (*continued*)

measures that will be taken by governments and others to seek to control the outbreak and its impact. The Trustees continue to monitor this situation closely.

Reserves policy

Our policy is to maintain sufficient reserves to cover the running costs of the organisation for three months.

Public benefit

The charity's work by definition is of considerable benefit to the public. A detailed account follows in the Trustees' report.

A SUMMARY OF OUR SERVICES

Director's message

The need for specialist support and resources increases year by year, as the extent of childhood sexual abuse and violence is more understood. Finally, survivors are being heard and more focus on gathering statistics about this terrible crime is being gathered by a number of agencies.

This past financial year has been dominated by the COVID-19 pandemic and a series of lockdowns. In response to the initial lockdown announced on 16th March 2020, all face to face support was suspended. The Trustees adapted operations to ensure continuing specialist support for victims and survivors of sexual abuse and sexual violence, offering a range of remote support to meet the needs of clients mainly by telephone and video calls. The charity received significant funding during this period to set up a telephone helpline, which proved very successful. Funding was also received, in the form of a Hardship Grant, to enable clients who could no longer afford to make donations, to continue with therapy.

Despite COVID restrictions, we continued to work with under 18s in school settings, providing support to pupils, teachers, ancillary staff, parents and carers.

One in Four's counselling service is the core work; however, we also offer a holistic approach to therapy. Client workshops form part of our psychoeducational interventions and it has been proven that clients who attend these workshops often move forward with the process of therapy at a quicker rate. In the last year we had to suspend these workshops, but we are hopeful they can be reinstated in this current financial year.

We are extremely grateful to our funders: the **City Bridge Trust**, for supporting the salaried post of Clinical Co-ordinator for three years; **The Bromley Trust**, who have continued to support funding some of our core costs; **The London Community Foundation**, for providing funding to establish the telephone helpline; **City Bridge Trust TNLCF Covid-19 Response Fund** for advocacy support and a Hardship Fund; **MOPAC/MoJ(Covid Extraordinary Funding)** and **The National Lottery** for providing funding to enable the telephone helpline to continue operating throughout the year plus a contribution to the Hardship Fund; **CAF Charities Aid Coronavirus Emergency Fund** for supporting the salary costs of office admin staff and a contribution to the Hardship Fund; and **Yellow Heart Trust** for supporting counselling.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2021 (*continued*)

The Trustees and management would like to place on record their thanks for the valuable work our volunteers do that makes such an incredible difference to peoples' lives.

Linda Dominguez

Why is One in Four needed?

Childhood sexual abuse is a major emotional and psychological trauma that impacts on an individual's mental and physical health and social wellbeing. Sexual abuse is not only about the sexual acts in the past: it sets off an internal process, which continues over many years. It is a crime affecting millions of people that largely remains hidden.

The cost of childhood sexual abuse has resulted in massive health and economic costs, both to survivors and society, but is often unrecorded in clinical or statistical data.

For children, sexual abuse leads to fear, confusion and shame and most become ensnared in a web of deception, secrecy and silence. The trauma sets off a neurological response of fight, flight or freeze that becomes embedded in the child-survivor's nervous system and is susceptible to retriggering at any time. If untreated the trauma leads to significant and complex problems in adult life including mental health issues, difficulties with relationships, substance abuse, eating disorders, self-harm and suicidal behaviour. Trauma symptoms include flashbacks, recurrent nightmares, anxiety, panic attacks and dissociation. For some, sexual abuse is a life sentence making survivors more vulnerable to addictions, risky behaviour, and damaging and violent relationships.

Sexual abuse in childhood remains poorly understood and often undiagnosed in clinical services. Many survivors' experiences are dismissed and the links between the presenting symptoms underlying trauma overlooked. Trauma symptoms can result in survivors being diagnosed with psychological disorders, with the underlying trauma dismissed.

One in Four's work demonstrates the importance of processing the trauma of sexual abuse as a central life event, or events. Clients report improvements in mental health, reduction of depression, anxiety and symptoms of PTSD (post-traumatic stress disorder), in relationships and relationship choices and coping mechanisms such as disordered eating, substance abuse, self-harm and suicidal behaviour come under control.

Estimates of the scale of child sexual abuse in the UK vary from one in four children to one in fourteen. Evidence points to the higher figure, with more girls abused than boys. It is now widely reported that we are only seeing the tip of the iceberg of sexual abuse. Only one in eight children come to the attention of the authorities and 85% of all abuse is by someone known to the child. Over two thirds of sexual abuse occurs in the family environment, a fact largely absent from the national conversation which focuses on abuse by celebrities, professionals or strangers.

NHS England estimates nearly half a million men and women survivors are known to them at any one time with some presenting to services for support for sexual abuse each year, whilst many seek the support of specialist agencies in the voluntary sector or suffer for years without the support needed.

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2021 (*continued*)

One in Four supports all survivors, including many who found a lack of appropriate support in statutory services.

Our mission and vision

One in Four is a charity committed to providing specialist support for people who have experienced sexual abuse or violence in childhood or as adults. We understand the long-term effects of sexual abuse and campaign for change to improve the professional and public understanding of sexual abuse.

One in Four enables people to overcome the trauma of abuse and move forward in their lives. We provide a safe, restorative environment to work through the effects of sexual abuse and aim to meet the needs of anyone irrespective of gender, ethnicity or sexual orientation.

One in Four improves public and professional understanding of the impact of sexual abuse through prevention programmes for young people in schools and training and resources for professionals.

Our history

One in Four is a London-based charity providing specialist trauma counselling and support for adults who experienced childhood sexual abuse.

Founded 20 years ago, we have extensive experience working directly with survivors. Many clients find our service in a last attempt to seek help for their trauma of childhood abuse, often feeling misunderstood by other services, compounding their isolation and pain.

We understand the personal and complex impact of sexual abuse and recognise how these traumatic experiences significantly affect people's lives. The charity is named One in Four based on the scale of sexual abuse of people under the 18 years of age.

One in Four puts survivors at the heart of its work. We offer a range of services including specialist counselling; groups and workshops; a national helpline; advocacy through the criminal justice system; emotional health and wellbeing in schools; training for professionals; a narrative project; and a wide range of resources for professionals, survivors and children.

One in Four is based in south east London, has a counselling base in north London, and a new base in Maidstone, Kent which was set up in 2020. However, there are no geographical limitations, we will see anyone who can travel to us. We are run by a small group of part-time staff, specialist counsellors, professionals and volunteers comprising a growing team of dedicated counsellors and experts. Some of the people working with One in Four are survivors themselves. We continue to recruit new counsellors to offer trauma informed therapy for our ever growing waiting lists and we are grateful to every single person who volunteers for us.

One in Four (London)

Year ended 5 April 2021

Registered charity number: 1081726

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2021 (*continued*)

Our publications and professional training ensure the reach of our work is national.

Specific services provided during this financial year

Counselling service

In the financial year to 5 April 2021, all our face-to-face counselling and supervision was moved online with the exception of our new Kent hub in Maidstone, where the facilities allowed for face to face counselling sessions to continue within the Government Covid restrictions.

We provided over 18,000 counselling hours and offered over 80 placements to volunteer counsellors.

We continued to support over 95% of our current clients (over 350) and provided support to over 500 new clients. Some clients preferred to wait for face to face consultations to resume.

We cleared our waiting list and managed a 45% increase in referrals from our partners and statutory agencies.

We referred 575 survivors to other/additional support services as appropriate, and 128 survivors reported crimes to the police, that we are aware of.

Over 98% of our clients who gave us feedback said that, following our intervention, they felt better able to recover and cope with aspects of everyday life.

Telephone Helpline service

We received significant amounts of funding during the year to set up a telephone helpline to support both our own clients and others who struggled with being in lockdown, often with no respite or safe space, and often with their own abuser(s).

The helpline had 2 strands – a weekly 30 minute support session with a client who was on the waiting list, which lasted for 12 weeks, or a 30 minute one-off support session for a member of the public who contacted us via the freephone telephone support line.

In total during the year we had in excess of 70 experienced, trauma informed counsellors offering support through the helpline to over 1,700 callers. As a result of these calls, we have offered long term counselling to several callers, who are now our clients.

School groups

Weekly sessions were provided in 5 schools, Harris Academy and Conisborough College, Holy Trinity Primary School, Chislehurst Girls School and Sydenham Girls School. We delivered counselling sessions via Zoom and face to face in the school setting.

One in Four (London)

Year ended 5 April 2021

Registered charity number: 1081726

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2021 (*continued*)

Unfortunately due to COVID-19 we were unable to provide group sessions to the young people around health and wellbeing.

We have agreed that once we are able to deliver group sessions in schools we will continue to do so. Young people desperately need support with issues related to emotional and mental health.

Advocacy Service

The entire world has been extremely challenged throughout the pandemic, and all One in Four services, like so many others, have had to change and adapt to reflect the restrictions.

The Advocacy Service continued to support clients in a Covid compliant way, the main area of support being around clients reporting offences committed against them as children. Due to the increasingly lengthy nature of the criminal justice process, the number will rise and fall as some clients 'dip in and out' as and when they feel they need support. Support is very individual and bespoke to each client's needs. Our aim is to empower, so for some clients that will be very regular contact and others much less so.

Support throughout this process is key. Some clients have made contact with us after starting the process alone. It's such a courageous act, but it's not a process anyone should have to go through alone. Dissociation can be a particular issue which can lead to important information being misunderstood or completely unheard due to the stress of the process and dealing with the police. Having support can transform the process. It remains challenging, but the client can rely on us to support them as much or little as they need, and this is often a fluid relationship as there will commonly be long periods of silence from the police as investigations proceed very slowly. Whilst Covid-19 has affected the speed and progress of current and ongoing investigations, it has not affected the quality of service from One in Four. We remain available to our clients as before with the exception of face to face meetings at the current time.

The future of the criminal justice process will be hugely challenging as already lengthy backlogs increase. Convictions remain abysmally low, and the standard of service to the victims of crime has deteriorated. Part of this is simply the numbers. Not enough experienced officers trying to deal with escalating reports with less funding.

One in Four (London)

Year ended 5 April 2021

Registered charity number: 1081726

TRUSTEES' REPORT FOR THE YEAR ENDED 5 APRIL 2021 (continued)

Statement of Disclosure of Information to Auditors:

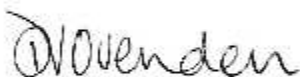
We, the Board of Trustees of the charity who held office at the date of the approval of these Financial Statements, as set out above, each confirm so far as we are aware, that:

- there is no relevant audit information, as defined by Charities Act 2011, being information needed by the auditor in connection with their reports, of which the company's auditors are unaware; and
- we have taken all the steps that we ought to have taken as Board of Trustees in order to make ourselves aware of any relevant information and to establish that the company's auditors are aware of that information.

Auditors

Harmer Slater Limited have expressed their willingness to continue in office. A resolution to reappoint Harmer Slater Limited will be approved at the forthcoming Annual General Meeting.

Approved by the Board of Trustees on 15th December 2021 and signed on their behalf by:



.....
Diane Ovenden, Chair, Board of Trustees

Trustees' Responsibilities in Relation to the Financial Statements:

The charity's Board of Trustees are responsible for preparing a Board of Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the charity Board of Trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including income and expenditure of the charity for that period. In preparing those financial statements, the Board of Trustees are required to:

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

The Board of Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Charities Act 2011. It is also their responsibility to safeguard the assets of the company and hence to take reasonable steps to prevent and detect fraud and other irregularities.

One in Four (London)

Year ended 5 April 2021

Registered charity number: 1081726

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF ONE IN FOUR (LONDON)

Opinion

We have audited the financial statements of One in Four (London) (the ‘charity’) for the year ended 5th April 2021 which comprise the Statement of Financial Activities, the Balance Sheet and Notes to the Financial Statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity’s affairs as 5th April 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland”; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor’s responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC’s Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the trustees’ use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity’s ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor’s report thereon. The trustees are responsible for the other

One in Four (London)**Year ended 5 April 2021****Registered charity number: 1081726**

information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF THE TRUSTEES

As explained more fully in the Statement of Trustees' Responsibilities (set out on page 9), the trustees (who are also the directors of the charity for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

We have been appointed as auditor under section 145 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material

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misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- we identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We considered the nature of the charity's sector and its control environment, and reviewed the charity's documentation of their policies and procedures relating to fraud and compliance with laws and regulations. We also identified the laws and regulations applicable to the charity through discussions with the Trustees and other management, and from our cumulative audit, knowledge and experience of the charity.

We obtained an understanding of the legal and regulatory framework that the Charity operates in, and identified the key laws and regulations that:

- had a direct effect on the determination of material amounts and disclosures in the financial statements. These included the Companies Act 2006, the Charities Act 2011, the Charities SORP, and UK financial reporting standards as issued by the Financial Reporting Council; and
- do not have a direct effect on the financial statements but compliance with which may be fundamental to the Charity's ability to operate or to avoid a material penalty. These included the Charity's regulatory requirements, employment and taxation legislations.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls and policies in place to mitigate risks of fraud and non-compliance with laws and regulations.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

One in Four (London)**Year ended 5 April 2021****Registered charity number: 1081726**

- reviewing financial statement disclosures by testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- enquiring of the Trustee concerning actual and potential litigation and claims, and instances of non-compliance with laws and regulations; and
- reading minutes of Trustee meetings, reviewing internal audit reports and reviewing correspondence with the Charities Commission.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the Trustees and other management and the inspection of regulatory and legal correspondence, if any.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it. In addition, as with any audit, there remained a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

USE OF OUR REPORT

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Records) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



HARMER SLATER LIMITED
Chartered Accountants & Statutory auditors

Salatin House
19 Cedar Road
Sutton, Surrey
SM2 5DA

Date: 15th December 2021

STATEMENT OF FINANCIAL ACTIVITIES
(incorporating income and expenditure account)
for the year ended 5 April 2021

	Note	Restricted Funds 2021 £	Unrestricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Incoming resources					
Income from:					
Donations and legacies	3	-	74,728	74,728	82,443
Charitable activities					
Grants receivable	4	222,699	36,325	259,024	81,355
Other income	4	-	46,408	46,408	51,329
Total income		222,699	157,461	380,160	215,127
Resources expended					
Charitable activities	5	225,820	76,734	302,554	187,084
Governance	6	-	1,800	1,800	2,328
Total resources expended		225,820	78,534	304,354	189,412
Net income/(expenditure) for the year		(3,121)	78,927	75,806	25,715
Reconciliation of Funds:					
Total funds at 6 April 2020		14,394	68,013	82,407	56,692
Total funds at 5 April 2021		11,273	146,940	158,213	82,407

All income and expenditure relates to continuing activities.

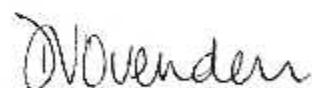
The statement of financial activities includes all gains and losses recognised in the year.

One in Four (London)
Year ended 5 April 2021
Registered charity number: 1081726

BALANCE SHEET AS AT 5 April 2021
(Charity No. 1081726)

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	11	7,403	5,428
Current assets			
Debtors	12	23,309	12,741
Cash at bank and in hand		<u>157,889</u>	<u>69,812</u>
Total current assets		<u>181,198</u>	<u>82,553</u>
Creditors: amounts falling due within one year	13	<u>(30,388)</u>	<u>(5,574)</u>
Net current assets		<u>150,810</u>	<u>76,979</u>
Total assets less liabilities		<u>158,213</u>	<u>82,407</u>
Charity funds			
Restricted funds	15	11,273	14,394
General Unrestricted funds	15	<u>146,940</u>	<u>68,013</u>
Total funds		<u>158,213</u>	<u>82,407</u>

The financial statements were authorised for issue and approved by the Trustees on ^m15 December 2021 and signed on their behalf by:



Diane Ovenden – Chair, Board of Trustees

The notes on pages 16 to 25 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 5 April 2021

1 Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation or uncertainty in the preparation of the financial statements are as follows:

a) Going concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. As in previous years, the charitable company's ability to continue as a going concern is dependent on its success in raising funds from the government, other public authorities and donations, none of which can be guaranteed. The Trustees remain in regular contact with sponsoring public authorities and government departments to secure ongoing financial support for the charitable company's operations going forward. The main funders have continued supporting the charity, and the charity has received significant additional funding to cover costs arising from the impact of COVID-19 and to make up for income shortfalls as workshops and work in schools were severely curtailed. Accordingly, the Trustees have determined there are no material uncertainties as to the charitable company's ability to continue as a going concern in the foreseeable future and therefore believe it remains appropriate to prepare the financial statements on a going concern basis.

b) Basis of accounting

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 - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

One in Four (London) 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 note(s).

The functional currency of the charity is considered to be pounds sterling (£) because that is the currency of the primary economic environment in which it operates. The financial statements are presented in pounds sterling (£).

c) Exemption from preparing a cash flow statement

The accounts do not include a cash flow statement because the charity, as a small reporting entity (with incoming resources of less than £500,000), is exempt from the requirements to prepare such a statement under Charities SORP FRS 102.

One in Four (London)

Year ended 5 April 2021

Registered charity number: 1081726

d) Incoming resources

Items of income are recognized and included in the accounts when all of the following criteria are met:

- the charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity.
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Donations

Donations are credited in the year in which they are received.

Grant income

Grant income is credited in the year to which it relates. Any unspent balances are carried forward on the appropriate fund.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

e) Resources expended

Expenditure is recognized when a liability is incurred. Funding provided through contractual agreements is recognised as services are supplied and when a constructive obligation arises that results in the payment being unavoidable.

Costs of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

f) Fund accounting

The funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds – these are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

g) VAT

The charity is not registered for VAT and accordingly expenditure includes VAT where appropriate.

One in Four (London)

Year ended 5 April 2021

Registered charity number: 1081726

h) Tangible fixed assets and depreciation

Tangible fixed assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses. The cost of tangible fixed assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation has been charged so as to write off each asset over its anticipated economic useful life. The following rates have been used:

Computers, office equipment	- 25% straight line
Improvements to leasehold property	- over 5 years straight line

i) Leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Payments made under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

j) Debtors

Other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2 Legal status of the charity

The charity is a Charitable Incorporated Organisation and has no share capital. In the event of the charity being wound up, the members have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

3. Income from Donations and Legacies

	Restricted Funds 2021 £	Unrestricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Donations/gifts	-	46,665	46,665	64,642
North London donations	-	27,399	27,399	17,801
Kent donations	-	<u>664</u>	<u>664</u>	-
	-	<u>74,728</u>	<u>74,728</u>	<u>82,443</u>

Income from donations and legacies during 2020 was all unrestricted

4. Income from Charitable Activities

	Restricted Funds 2021 £	Unrestricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Grants				
Bromley Trust	-	20,000	20,000	15,000
City Bridge Trust	33,375	7,925	41,300	32,050
Yellow Heart Trust	750	-	750	6,000
City Bridge Trust TNLCF Covid-19 Response Fund	38,000	-	38,000	-
London Community Foundation	15,000	-	15,000	28,305
MOPAC/MoJ Covid 19 Funding	69,574	-	69,574	-
CAF Charities Aid Covid 19 Funding	10,000	-	10,000	-
National Lottery	56,000	-	56,000	-
LB Lewisham	-	5,000	5,000	-
Survivors Trust	-	2,400	2,400	-
First Give	-	<u>1,000</u>	<u>1,000</u>	-
	<u>222,699</u>	<u>36,325</u>	<u>259,024</u>	<u>81,355</u>
Other Income				
Workshops	-	-	-	5,711
Book sales	-	8,113	8,113	7,864
Work in schools	-	37,685	37,685	30,055
Room rental	-	<u>610</u>	<u>610</u>	<u>7,699</u>
	-	<u>46,408</u>	<u>46,408</u>	<u>51,329</u>
Total income from charitable activities	<u>222,699</u>	<u>82,733</u>	<u>305,432</u>	<u>132,684</u>

Income from charitable activities in 2020 was made up of £66,355 in restricted funds and £66,329 in unrestricted funds.

5. Expenditure on Charitable Activities

	Restricted Funds 2021 £	Unrestricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Direct costs				
Counselling	29,899	-	29,899	28,669
Work in Schools	3,942	24,227	28,169	36,375
North London	7,489	9,320	16,809	17,415
Kent	-	6,143	6,143	-
Advocacy	6,620	-	6,620	4,500
Supervision	26,640	-	26,640	18,010
Telephone Helpline	94,069	-	94,069	-
Workshops	-	-	-	9,374
Survivors Voices project	-	-	-	4,276
	<u>168,659</u>	<u>39,690</u>	<u>208,349</u>	<u>118,619</u>
Support costs				
Rent	14,223	12,875	27,098	28,548
Rates	857	1,285	2,142	762
Utilities	1,046	1,568	2,614	2,924
Printing, postage and stationery	700	1,049	1,749	5,529
Repairs and maintenance	-	412	412	3,996
Telephone	2,967	2,290	5,257	3,135
Insurance	686	1,028	1,714	1,388
Sundry	1,166	1,318	2,484	3,184
Office equipment	636	953	1,589	535
Marketing	-	3,296	3,296	1,841
Administration support	20,642	5,477	26,119	12,292
Database	-	140	140	1,370
Training	9,900	-	9,900	-
Website	3,840	-	3,840	-
Professional fees	498	746	1,244	-
Depreciation	-	4,607	4,607	2,961
	<u>57,161</u>	<u>37,044</u>	<u>94,205</u>	<u>68,465</u>
Total Spend				
Charitable Activities	<u>225,820</u>	<u>76,734</u>	<u>302,554</u>	<u>187,084</u>

Expenditure on charitable activities in 2020 was made up of £60,450 from restricted funds and £126,634 from unrestricted funds.

6. Governance costs

	Restricted Funds 2021 £	Unrestricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Bookkeeping and accountancy	-	1,800	1,800	1,828
Book production	-	-	-	500
	-	<u>1,800</u>	<u>1,800</u>	<u>2,328</u>

7. Staff Costs

	2021 £	2020 £
Wages and salaries	40,180	28,425
Social and security costs	188	-
Pension costs, defined contribution scheme	909	668
Wages and salaries	<u>41,277</u>	<u>29,093</u>

The charity had 2 paid employees during the year and one in the previous year.
Fees/expenses are charged by some Counsellors, Supervisors and Volunteers
The Trustees received no remuneration or reimbursement of expenses during the year.

8. Net income resources

This is stated after charging:

	2021 £	2020 £
Depreciation	4,607	2,961
Auditors' remuneration – Audit fee	1,800	1,800

9. Related party transactions

The charity enjoys a close working relationship with entities which provide funding to enable the charity to carry out its charitable objectives.

There were no related party transactions during the year or amounts outstanding as at the year end.

10. Corporation Tax

As a charity, One in Four (London) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable activities. No tax charges have arisen in the charity.

11. Tangible fixed assets

	Furniture, fittings and equipment £	Improvements leasehold premises £	Total £
Cost			
At 6 April 2020	14,114	10,760	24,874
Additions	6,582	-	6,582
Disposals	-	-	-
At 5 April 2021	<u>20,696</u>	<u>10,760</u>	<u>31,456</u>
Depreciation			
At 6 April 2020	12,947	6,499	19,446
Charge for year	<u>2,455</u>	<u>2,152</u>	<u>4,607</u>
At 5 April 2021	<u>15,402</u>	<u>8,651</u>	<u>24,053</u>
Net book value			
At 5 April 2021	<u>5,294</u>	<u>2,109</u>	<u>7,403</u>
At 5 April 2020	<u>1,167</u>	<u>4,261</u>	<u>5,428</u>

12. Debtors

	2021 £	2020 £
Prepayments and accrued income	6,728	6,701
Other debtors	<u>16,581</u>	<u>6,040</u>
	<u>23,309</u>	<u>12,741</u>

13. Creditors: Amounts falling due within one year

	2021 £	2020 £
Other creditors	29,251	5,122
Other tax and social security	1,137	452
Deferred income	-	-
	<u>30,388</u>	<u>5,574</u>

14. Pension Scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £909 (2020: £668). There were no outstanding contributions due to the Scheme as at the year end (2020: £nil).

15. Analysis of movements in restricted funds

	Brought Forward 6/4/2020 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2021 £
London Community Foundation(MOPAC)	6,597	-	(6,597)	-	-
City Bridge Trust	7,797	33,375	(29,899)	-	11,273
City Bridge Trust TNLCF	-	38,000	(38,000)	-	-
Covid – 19 Response Fund					
London Community Foundation		15,000	(15,000)	-	-
MOPAC/MoJ Covid 19 Funding	-	69,574	(69,574)	-	-
National Lottery	-	56,000	(56,000)	-	-
CAF Charities Aid Covid 19 Funding	-	10,000	(10,000)	-	-
Yellow Heart Trust	-	750	(750)	=	-
	<u>14,394</u>	<u>222,699</u>	<u>(225,820)</u>	=	<u>11,273</u>
Previous year					
	Brought Forward 6/4/2019 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2020 £
London Community Foundation	3,323	28,305	(25,031)	-	6,597
City Bridge Trust	4,416	32,050	(28,669)	-	7,797
Yellow Heart Trust	<u>750</u>	<u>6,000</u>	<u>(6,750)</u>	=	<u>-</u>
	<u>8,489</u>	<u>66,355</u>	<u>(60,450)</u>	=	<u>14,394</u>

The London Community Foundation (MOPAC Victims Fund) provided funding to expand services supporting survivors of child sexual abuse, including workshops and counselling across London.

City Bridge Trust provided funding for the salary costs for the post of Clinical Coordinator and Wellbeing lead. An additional unrestricted grant was given because of the pandemic situation.

London Community Foundation provided funding to establish a telephone helpline, giving access to trauma support during lockdowns.

City Bridge Trust TNLCF Covid-19 Response Fund provided funding for advocacy support, supervision and a Hardship Fund, providing funding for those clients unable to afford the suggested donation for counselling sessions.

MOPAC/MoJ(Covid Extraordinary Funding),and The National Lottery provided funding to enable the telephone helpline to continue operating throughout the year. The National Lottery also contributed to the Hardship Fund

CAF Charities Aid Coronavirus Emergency Fund provided funding towards the salary costs of office admin staff and contributed to the Hardship Fund.

The Hardship Fund has been fully utilized in this financial year, necessitating a transfer between Restricted and Unrestricted Funds.

Yellow Heart Trust provides funding for specific named clients towards their treatment.

Unrestricted funds are raised in a number of different ways, including collection of donations from clients, and are used to fund the general operations and administration of the charity.

16. Analysis of movements in unrestricted funds

	Brought Forward 6/4/2020 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2021 £
General funds	68,013	121,136	(42,209)	-	146,940
Bromley Trust	-	20,000	(20,000)	-	-
City Bridge Trust	-	7,925	(7,925)	-	-
LB Lewisham	-	5,000	(5,000)	-	-
Survivors Trust	-	2,400	(2,400)	-	-
First Give	-	1,000	(1,000)	=	-
	<u>68,013</u>	<u>157,461</u>	<u>(78,534)</u>	=	<u>146,940</u>
Previous year	Brought Forward 6/4/2019 £	Incoming Resources £	Resources Expended £	Transfer Between Funds £	Carried Forward 5/4/2020 £
General funds	48,203	133,772	(113,962)	-	68,013
Bromley Trust	-	15,000	(15,000)	=	-
	<u>48,203</u>	<u>148,772</u>	<u>(128,962)</u>	=	<u>68,013</u>

17. Analysis of net assets between funds

	Restricted Funds	Unrestricted Funds	Total Funds
	£	£	£
Fixed assets	-	7,403	7,403
Current assets	30,048	151,150	181,198
Current liabilities	<u>(18,775)</u>	<u>(11,613)</u>	<u>(30,388)</u>
	<u>11,273</u>	<u>146,940</u>	<u>158,213</u>

Previous year	Restricted Funds	Unrestricted Funds	Total Funds
	£	£	£
Fixed assets	-	5,428	5,428
Current assets	14,394	68,159	82,553
Current liabilities	<u>-</u>	<u>(5,574)</u>	<u>(5,574)</u>
	<u>14,394</u>	<u>68,013</u>	<u>82,407</u>

18. Lease Commitments

The charity's total of future minimum lease payments under non – cancellable operating leases at 5 April 2021 is as follows:

	2021	2020
	£	£
Payable:		
Within one year	31,000	30,594
Later than one year and not later than five years	6,285	37,285
More than five years	<u>-</u>	<u>-</u>
	<u>37,285</u>	<u>67,879</u>

The amount of non – cancellable operating lease payments recognized as an expense during the year was £27,098 (2020 £28,548)

19. Events after the Reporting Period

There have been no significant events between the year end and the date of approval of these financial statements which would require a change to, or disclosure in, the financial statements other than the ongoing effects of the outbreak of the contagious disease COVID-19.

This remains an emerging global risk for all individuals and entities. It is not clear how long the current outbreak will last or how much more extensive it will become, or the further measures that will be taken by governments and others to seek to control the outbreak and its impact. The Trustees continue to monitor this situation closely.