

# S.H.E. UK (SUPPORTING, HEALING, EDUCATING)

England & Wales · Charity number 1086697

## Details

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|             |                                                                                                                            |
|-------------|----------------------------------------------------------------------------------------------------------------------------|
| Other names | SHE (SURVIVORS HELPING EACH OTHER), SHE UK (SUPPORTING, HEALING, EDUCATING), SURVIVORS HELPING EACH OTHER (S.H.E.), S.H.E. |
| Status      | Registered                                                                                                                 |
| Legal form  | Other                                                                                                                      |
| Registered  | 2001-05-22                                                                                                                 |
| Register    | <a href="#">View on the Charity Commission register</a>                                                                    |

## Contact

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|         |                                                            |
|---------|------------------------------------------------------------|
| Address | 1 Byron Street<br>Mansfield<br>NG18 5NX                    |
| Phone   | 01623 622 916                                              |
| Email   | <a href="mailto:info@she-uk.org.uk">info@she-uk.org.uk</a> |
| Website | <a href="http://www.she-uk.org.uk">www.she-uk.org.uk</a>   |

## Activities

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**Objects:** TO RELIEVE THE DISTRESS OF CHILD VICTIMS AND ADULTS SURVIVORS OF INCEST OR CHILDHOOD SEXUAL ABUSE, INCLUDING RAPE, THROUGH A RANGE OF SERVICES INCLUDING BUT NOT LIMITED TO A VARIETY OF THERAPEUTIC INTERVENTIONS, DROP-INS, ADULT LEARNING COURSES AND MENTORING SUPPORT. TO RELIEVE THE DISTRESS OF THE FAMILIES OF CHILD VICTIMS AND ADULT SURVIVORS OF INCEST OR CHILDHOOD ABUSE, INCLUDING RAPE, THROUGH A RANGE OF SERVICES INCLUDING BUT NOT LIMITED TO A VARIETY OF THERAPEUTIC INTERVENTIONS, SUPPORT SESSIONS AND BEFRIENDING SUPPORT. TO ADVANCE THE EDUCATION AND AWARENESS OF THE LONG-TERM PERSONAL AND SOCIAL IMPLICATIONS AND EFFECT OF INCEST AND CHILDHOOD SEXUAL ABUSE, THROUGH TRAINING AND CONFERENCE DELIVERY FOR HEALTH, SOCIAL CARE, WELLBEING AND EDUCATION PROVIDERS.

**Activities:** We offer a range of services for survivors of childhood sexual abuse, exploitation and rape, including support groups, drop-ins, facilitated creative therapy, 1-to-1 therapy & crisis therapy, digital support, personal development courses, & mentoring with 1-1 support. Drop in services are provided in Mansfield, with therapy delivered countywide. We also deliver specialised training and conferences.

## Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

## Geography

- Nottinghamshire

## Finances

| Period end | Income   | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-03-31 | £168,518 | £198,499    | -      | -         |
| 2024-03-31 | £215,167 | £186,992    | -      | -         |
| 2023-03-31 | £198,253 | £159,282    | -      | -         |
| 2022-03-31 | £162,113 | £152,806    | -      | -         |
| 2021-03-31 | £249,869 | £190,771    | -      | -         |

## Trustees

| Name                  | Role  | Appointed  |
|-----------------------|-------|------------|
| <b>Reena Pastakia</b> | Chair | 2024-08-15 |
| Corinna Del Debbio    |       | 2025-03-26 |
| Deborah Louise Porter |       | 2023-02-28 |
| JACQUELINE ANNE LEWIS |       |            |
| JENNIFER LEWIS        |       | 2012-07-24 |
| Radmila Evanics       |       | 2025-01-14 |

**S.H.E. UK (SUPPORTING, HEALING, EDUCATING)**

England & Wales - Charity number 1086697

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# Accounts

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**S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2025**

**S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

**CHARITY INFORMATION**

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|                                              |                                                                                                                                                                         |
|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Trustees</b>                              | Ms. Corinna Del Debbio<br>Ms. Radmila Evanics<br>Ms. Anna Farrell<br>Ms. Jacqueline Anne Lewis<br>Ms. Jennifer Lewis<br>Ms. Reena Pastakia<br>Ms. Deborah Louise Porter |
| <b>Charity Registration Number</b>           | 1086697                                                                                                                                                                 |
| <b>Registered Office</b>                     | 1 Byron Street<br>Mansfield<br>Nottinghamshire<br>NG18 5NX                                                                                                              |
| <b>Accountants and Independent Examiners</b> | Stopfords (Mansfield) Limited<br>Synergy House<br>7 Acorn Business Park<br>Commercial Gate<br>Mansfield<br>Notts<br>NG18 1EX                                            |
| <b>Bankers</b>                               | TSB Bank Plc<br>37 Castlegate<br>Newark<br>Nottinghamshire<br>NG24 1BD                                                                                                  |

## S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

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## S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

### CHAIR AND CEO REPORT FOR THE YEAR ENDED 31 MARCH 2025

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The Chair and CEO present their report and accounts for the year ended 31 March 2025.

#### Joint report 2024/25 – Reena Pastakia and Lisa Lenton

This past year has powerfully underscored the essential and growing role of S.H.E. UK in the lives of survivors of childhood sexual abuse and more recent sexual violence. The national statistics on this issue are staggering: approximately 3.1 million adults in England and Wales report experiencing sexual abuse before the age of 16, a number starkly reinforced by the 86,962 sexual offences against children recorded by police in 2022/23. These figures are a painful reminder of the trauma that silently affects millions and the critical, often hidden, nature of this crime.

At S.H.E. UK, we are seeing this crisis reflected in an unprecedented demand for our services. We are receiving more referrals than ever before, with our waiting list currently exceeding 100 people who are seeking a safe space to begin their healing journey. While they wait for essential 1:1 therapy, we are committed to providing continuity of tailored support through our regular telephone support service and the unique peer connection offered by our S.H.E.-roes Lounge.

#### Our Dedication to Growth and Resilience

In the face of this overwhelming need, S.H.E. UK has not stood still. We have dedicated the past year to strengthening our foundations, expanding our capacity, and ensuring the highest quality of support for every survivor.

#### Expanding Our Reach

**Securing Major Funding:** A significant highlight was securing the transformational National Lottery Reaching Communities fund - £300k over three years starting in December 2024. Furthermore, a crucial grant from the ROSA Fund's 'Stand with us Fund' allowed us to invest in organisational development, leading to the creation of a new Therapist Co-ordinator post. This role is already helping us review our service model, improve recruitment, and manage our growing team of trainees.

**Core Support:** We successfully attracted funding for core costs—the most competitive and vital area of charity funding—from the Severn Trent Community Fund.

**Community Connection:** Our successful Big Give campaign, hitting a £10k target, not only provided vital funds for our S.H.E.-roes Lounge but also powerfully connected our staff, volunteers, clients, and the wider public in a shared mission.

#### Investing in Our People

**Team Development:** We welcomed three highly skilled new Board members—Mila Evanics, Anna Farrell, and Corinna Del Debbio. They have significantly strengthened our governance in evaluation, finance, risk, and corporate fundraising.

**Increased Capacity:** Our commitment to the future of the sector is demonstrated by our high-quality trainee therapist placement programme, through which we welcomed 14 new trainees this year. The new Therapist Co-ordinator role is key to ensuring their in-house training and line management remain exceptional.

**Specialist Training:** We invested in staff training on 'Power, Privilege and Boundaries' and 'Working with Complex Trauma' – this ensures our team is equipped with the latest expertise and best practice to support our clients' complex needs.

#### Governance, Finance and Advocacy

**Strategic Direction:** We completed our final Pilotlight 360 meeting and engaged in a strategy review with the support of the Cranfield Trust, which is guiding our future business planning.

**Enhanced Governance:** Our Trustees participated in critical Governance training via the Lloyds Bank Foundation Enhance Programme, strengthening our processes and compliance.

**Financial position:** We ended the year in deficit (c.£30K) due to a tough funding climate, intense competition, and shifting grant maker priorities that reduced or redirected support. However, thanks to careful financial planning and efforts in previous years to build up unrestricted reserves, we were resilient enough to manage the shortfall without compromising core services.

**Survivor-Centred Communication:** To reduce anxiety for those on our waiting list, we introduced proactive catch-up calls every three months to reassure survivors of their importance to us and update them on their wait time.

**Amplify Our Voice:** We met with our newly elected MP, Steve Yemm, to stress the acute local demand and the need for government to implement the recommendations of the Independent Inquiry into Childhood Sexual Abuse (IICSA). We were also honoured to host the Deputy Police & Crime Commissioner, Angela Kandola, and Commissioning Officer Briony Verma, who heard directly from our clients about the life-changing difference S.H.E. UK makes.

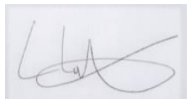
**S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

**CHAIR AND CEO REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 MARCH 2025**

And finally, it's important to acknowledge our achievements are powered by the resilience of our survivors, the dedication of our staff, volunteers, high-quality trainees and trustees along with the unwavering trust of our funders and partners. Every person mentioned here is a critical link in the chain of healing. Our mission is to meet growing demand and to work towards a future where every survivor can access the support they deserve to improve their life. Together, we strive to ensure no survivor of childhood sexual abuse in our community is left to face their journey alone. Looking forward, as the needs of survivors continue to emerge and develop, our resolve to meet them is stronger than ever.



**Reena Pastakia**  
**Chair**



**Lisa Lenton**  
**Chief Executive Officer**

## **S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

### **TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2025**

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#### **Governing Document**

The charity is governed by the rules contained within its constitution adopted 4 May 2001 and amended 6 February 2014 and 30 April 2019.

#### **Aims and Objectives**

S.H.E. UK is a Nottinghamshire based charity that has been serving victims of childhood sexual abuse, sexual violence, and rape since 1998. We are dedicated to the improvement of lives affected by these heinous crimes and provide a holistic range of support aimed at improving the physical, psychological, emotional, social health and wellbeing of survivors, and their non-abusing family, friends and support system. We address the wide range of devastating and long term effects of this abuse, and help successful re-integration into society; and provide a range of workshops, training courses, and conferences for professionals and the public.

The principal objectives of the charity are:

To relieve the distress of child victims and adult survivors of incest or childhood sexual abuse, including rape, through a range of services including but not limited to, a variety of therapeutic interventions, drop ins, adult learning courses and mentoring support.

To relieve the distress of the families of child victims and adult survivors of incest or childhood sexual abuse, through a range of services including but not limited to, a variety of therapeutic interventions, support sessions and befriending support.

To advance the education and awareness of the long term personal and social implications and effect of incest and childhood sexual abuse, through training and conference delivery for health, social care, wellbeing and education providers (not exhaustive list).

The key outcomes we work towards are:

- 1) Reduced isolation & increased engagement for survivors and victims.
- 2) Increased self-esteem & self-confidence.
- 3) Improvement in social, emotional, psychological health and wellbeing.
- 4) Increased number of survivors and victims entering work, college & volunteering opportunities.
- 5) Increased public understanding & knowledge, working towards reducing stigma, misconceptions, & prejudice.

#### **Summary of the main activities undertaken for the public benefit**

Our charity works for adult survivors of serious sexual assault and non recent childhood sexual abuse (CSA) victims. We deliver a wide variety of activities, groups and facilities identified by the needs of the survivors who come to us. Everything we deliver is free of charge and there is no limit to our support (although we aim for a two-year engagement plan). These include: Evaluative-need therapy delivered by fully qualified and trainee counsellors; a 'Lounge' peer group service; crisis support; adult learning courses; creative therapy; personal development courses; telephone support; signposting to support with childcare, transport, benefits, housing & advocacy; volunteering opportunities including working on our training and conference packages.

The approach of our organisation is unique in Nottinghamshire – we address the social, physical, psychological, and emotional needs of each survivor. Whilst most agencies focus on short term counselling, our holistic processes take into account the whole person. From the moment a survivor accesses our services, they are taken into a therapeutic community that builds around their individual need; they have the guidance and support of a therapist for the duration of their healing journey; and they have practical support in the other areas of their life in which they might be struggling. We work with victims who present as unable to sustain a therapeutic relationship, due to chaotic lifestyle and substance abuses. Through their engagement with our pre-therapy, crisis and trauma work, they stabilise and are able to access our evaluative-need therapy to fully address their past. We have an innovative and unique approach to the long term physical, mental, psychological and social health issues for adult survivors of CSA, sexual assault and rape, where interventions are client responsive and individually tailored to the needs of each survivor. Our services are utilised in a pioneering way to unpick the long term effects of these abuses, enabling the survivor to embark on their healing journey. The ultimate goal is for them to become a contributing member to the survivors' community and to wider society as a whole, having been equipped with the right tools to cope and move forward from their experiences.

#### **Risk statement**

Any major risks identified by the Trustees have been reviewed and systems established to mitigate those risks.

**S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

**TRUSTEES REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 MARCH 2025**

**Trustees**

Power to appoint and remove trustees rests with the trustees in general meeting. Trustees are elected through an application process; informal interview; board interview. Trustee recruitment is advertised through local CVS' – Mansfield, Newark and Sherwood, Bassetlaw; through social media channels, word of mouth, professional networks and charity recruitment platforms.

The trustees in office during the period under review were as follows:

|                           |                             |
|---------------------------|-----------------------------|
| Ms. Corinna Del Debbio    | (Appointed 26 March 2025)   |
| Ms. Radmila Evanics       | (Appointed 14 January 2025) |
| Ms. Anna Farrell          | (Appointed 4 March 2025)    |
| Ms. Jacqueline Anne Lewis |                             |
| Ms. Jennifer Lewis        |                             |
| Ms. Reena Pastakia        | (Appointed 15 August 2024)  |
| Ms. Maria Jane Peggs      | (Resigned 3 November 2024)  |
| Ms. Deborah Louise Porter |                             |
| Ms. Bijal Ruparelia       | (Resigned 2 January 2025)   |

**Summary of achievements during the period**

Achievements during the period are given in the Chair and Chief Executive's Report.

**Other information**

S.H.E. UK is supported by a number of trainee therapists and qualified volunteers and their contribution to delivering our work is invaluable. The Senior Management team and Trustees offer sincere thanks to those dedicated unpaid staff who have supported us to improve the lives of survivors of childhood sexual abuse, sexual violence and rape.

**The charity's policy on reserves**

S.H.E. UK will aim, as a minimum, to hold reserves of approximately three months' worth of operating expenses (currently c.£50,000), with an aspiration to reach six months of reserves. This will be held in a reserves account separate to the current account.

The trustees will monitor the value of reserves held at board meetings and will govern the use of reserves. Any use of reserve funds will therefore require a proposal for use including amount and rationale and approval of a minimum of two board members prior to funds being withdrawn from the reserve account.

Reserves may be used in the following situations (or other situations at the discretion of the trustees):

- a) The risk of unforeseen emergency or other unexpected need for funds, eg an unexpected large repair bill or finding 'seed-funding' for an urgent project.
- b) Covering unforeseen day-to-day operational costs, eg employing temporary staff to cover a long-term sick absence.
- c) A source of income, eg a grant, not being renewed. Funds might be needed to give the trustees time to take action if income falls below expectations.
- d) Planned commitments, or designations, that cannot be met by future income alone, eg plans for a major asset purchase or to a significant project that requires the charity to provide 'matched funding'.
- e) The need to fund short-term deficits in a cash budget, eg money may need to be spent before a funding grant is received.

The reserves policy will be reviewed annually at the start of each new financial year and updated as required.

**On Behalf of the Trustees:**



Chair

08.12.2025

Date

## S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

### TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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#### Activities & services delivered

| Activities & services                          | Number of sessions |
|------------------------------------------------|--------------------|
| Assessments for services                       | 76                 |
| Self-development course sessions               | 225                |
| Therapy sessions                               | 2,408              |
| Client progress reviews                        | 283                |
| Support sessions - group and telephone support | 2,062              |
| SHE-roes Lounge and peer group                 | 366                |

#### Nature of changes achieved

Of clients who have actively accessed the services for 6 months or more, our evaluation shows clear, positive outcomes:

| Cope and Recover Category                         | % showing positive change |
|---------------------------------------------------|---------------------------|
| Improved health & wellbeing                       | 84%                       |
| Better able to cope with aspects of everyday life | 83%                       |
| Increased feeling of safety                       | 64%                       |
| Better informed and empowered to act              | 95%                       |

#### Total service users to date

| Gender      | No.   |
|-------------|-------|
| Female      | 1,307 |
| Male        | 91    |
| Transgender | 6     |
| Non-Binary  | 2     |

#### Service usage data

|                                                          |     |
|----------------------------------------------------------|-----|
| Active service users in this period                      | 173 |
| New referrals in this period (2024 - 2025)               | 236 |
| Referrals who have had an assessment in this time period | 76  |
| Average age of service users in this period              | 42  |

#### Sexual violence by type in respect of active service users in period April 2024 – March 2025

| Referral reason | % Split     |
|-----------------|-------------|
| Survivor - CSA  | 99%         |
| Adult rape      | 1%          |
| <b>Total</b>    | <b>100%</b> |

#### Referral sources for Active service users

| Active service users referral source | % split     |
|--------------------------------------|-------------|
| Self-referral                        | 68%         |
| Domestic violence services           | 1%          |
| Drug & Alcohol services              | 1%          |
| Local Authority                      | 2%          |
| SARCS                                | 2%          |
| Housing                              | 1%          |
| NHS                                  | 15%         |
| Mental health trust                  | 5%          |
| Other voluntary services             | 5%          |
| <b>Total</b>                         | <b>100%</b> |

## S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

### TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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#### Religious background for active service users

| Religion      | % Split     |
|---------------|-------------|
| Agnostic      | 2%          |
| Atheist       | 60%         |
| Buddhism      | 1%          |
| Catholic      | 2%          |
| Christian     | 19%         |
| Hinduism      | 1%          |
| Islam/Muslim  | 1%          |
| Judaism       | 1%          |
| Spiritual     | 5%          |
| Not disclosed | 2%          |
| Other         | 6%          |
| <b>Total</b>  | <b>100%</b> |

#### Ethnicity for active service users

| Ethnicity         | % Split     |
|-------------------|-------------|
| White-British     | 87%         |
| White-Irish       | 1%          |
| White-Other       | 1%          |
| Black - Caribbean | 1%          |
| Black-British     | 1%          |
| Mixed - Caribbean | 1%          |
| Mixed - Asian     | 1%          |
| Mixed - African   | 1%          |
| Mixed - Other     | 2%          |
| Indian            | 1%          |
| Pakistani         | 1%          |
| Other             | 1%          |
| Not disclosed     | 1%          |
| <b>Total</b>      | <b>100%</b> |

#### Local Authority area for Active service users

| Local Authority area | Number of service users |
|----------------------|-------------------------|
| Ashfield             | 25                      |
| Bassetlaw            | 24                      |
| Bolsover             | 1                       |
| Broxtowe             | 12                      |
| Chesterfield         | 2                       |
| Derby                | 2                       |
| Doncaster            | 1                       |
| Erewash              | 1                       |
| Gedling              | 11                      |
| Lincolnshire         | 1                       |
| Mansfield            | 47                      |
| Newark & Sherwood    | 18                      |
| Nottingham           | 23                      |
| Rushcliffe           | 2                       |
| St Helena            | 3                       |
| <b>Total</b>         | <b>173</b>              |

# **INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

**FOR THE YEAR ENDED 31 MARCH 2025**

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I report on the accounts of the company for the year ended 31 March 2025 which are set out on pages 8 to 11.

## **Responsibilities and basis of report**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

## **Independent examiner's statement**

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

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



**Phillip Nicholson  
Stopfords (Mansfield) Ltd**

**Chartered Accountants  
Registered Auditors**

Date 10 December 2025

Synergy House  
7 Acorn Business Park  
Commercial Gate  
Mansfield  
Notts NG18 1EX

**S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

**RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2025**

|                                          | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2025<br>Total<br>£ | 2024<br>Total<br>£ |
|------------------------------------------|-------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Receipts</b>                          |       |                            |                          |                    |                    |
| Bank Interest                            |       | 461                        |                          | 461                | 352                |
| Consultancy fees                         |       |                            |                          |                    | 660                |
| Donations                                |       | 12,781                     |                          | 12,781             | 44,343             |
| Grants                                   | 2, 5  | 62,092                     | 89,519                   | 151,611            | 167,376            |
| Counselling fees                         |       | 3,410                      |                          | 3,410              | 1,485              |
| Sundry Income                            |       | 255                        |                          | 255                | 951                |
| <b>Total receipts</b>                    |       | <b>78,999</b>              | <b>89,519</b>            | <b>168,518</b>     | <b>215,167</b>     |
| <b>Payments</b>                          |       |                            |                          |                    |                    |
| Audit & Accountancy & Admin              |       | 6                          | 1,315                    | 1,321              | 1,207              |
| Insurance                                |       | 507                        | 1,330                    | 1,837              | 3,038              |
| Office equipment & Consumables           |       | 268                        | 571                      | 839                | 2,624              |
| Professional Fees                        |       | 4,048                      |                          | 4,048              | 895                |
| Publications & Subscriptions             |       |                            |                          |                    | 1,145              |
| Publicity & Fundraising Costs            |       | 709                        |                          | 709                |                    |
| Rent, rates & room hire                  |       | 1,131                      | 7,922                    | 9,053              | 11,819             |
| Salary & NI                              |       | 94,059                     | 68,786                   | 162,845            | 150,980            |
| Staff Expenses                           |       | 279                        | 25                       | 304                | 4,045              |
| Staff Training                           |       | 1,457                      | 250                      | 1,707              | 1,716              |
| Stationery and office supplies           |       |                            |                          |                    | 134                |
| Supervision                              |       | 2,330                      | 2,670                    | 5,000              | 3,775              |
| Telephone, Post & Internet               |       | 2,606                      | 2,639                    | 5,245              | 3,332              |
| Travel Expenses                          |       | 613                        | 806                      | 1,419              |                    |
| Trustee Expenses                         |       | 603                        |                          | 603                |                    |
| Utilities                                |       | 364                        | 3,205                    | 3,569              | 2,282              |
| <b>Total payments</b>                    |       | <b>108,980</b>             | <b>89,519</b>            | <b>198,499</b>     | <b>186,992</b>     |
| <b>Transfers between funds</b>           |       |                            |                          |                    |                    |
| <b>Net receipts/(payments)</b>           |       | <b>(29,981)</b>            |                          | <b>(29,981)</b>    | <b>28,175</b>      |
| <b>Cash resources at start of period</b> |       |                            |                          | <b>154,765</b>     | <b>126,590</b>     |
| <b>Cash resources at end of period</b>   |       |                            |                          | <b>124,784</b>     | <b>154,765</b>     |

# S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

## STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2025

| Notes              | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2025<br>Total<br>£ | 2024<br>Total<br>£ |
|--------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Cash assets</b> |                            |                          |                    |                    |
| Current account    | 92,912                     | 39,207                   | 132,119            | 161,265            |
| Deposit account    | 31,305                     |                          | 31,305             | 30,844             |
| Cash in hand       | 567                        |                          | 567                | 567                |
|                    | 124,784                    | 39,207                   | 163,991            | 192,676            |

### Reconciliation to Receipts and Payments account

|                 |   |          |          |
|-----------------|---|----------|----------|
| Cash assets     |   | 163,991  | 192,676  |
| Deferred income | 3 | (39,207) | (37,911) |

### Cash resources - Receipts and Payments account

|         |         |
|---------|---------|
| 124,784 | 154,765 |
|---------|---------|

### Designated funds

Unrestricted cash resources includes the following designated funds:

|                                               | 2025<br>Total<br>£ | 2024<br>Total<br>£ |
|-----------------------------------------------|--------------------|--------------------|
| Recruitment of a Therapy Co-ordinator         | 20,000             | 40,000             |
| Legal fees re change of legal status CIO      | 8,050              | 10,000             |
| Rebranding costs                              | 5,000              | 5,000              |
| IT equipment                                  | 2,000              | 5,000              |
| IT support costs                              | 2,500              | 2,500              |
| Implementation of safeguarding review actions |                    | 4,249              |
|                                               | 37,550             | 66,749             |

During the year, we successfully secured £20,000 in funding to cover the first-year costs of the Therapist Co-ordinator role. A portion of the legal fees associated with our conversion to a CIO has been paid, reducing the expected outstanding balance. Additionally, we have reviewed and adjusted the projected funding required for our IT equipment needs.

### Assets retained for the charity's own use

Various office equipment comprising desktop computers, laptops and office furniture purchased between 2009 and 2025 totalling £28,449 (2024 £28,099) at cost.

| Notes              | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2025<br>Total<br>£ | 2024<br>Total<br>£ |
|--------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Liabilities</b> |                            |                          |                    |                    |
| Creditors          | 3                          | 42,885                   | 42,885             | 41,697             |

The financial statements were approved by the trustees on:



Chair

Date: 08.12.2025

## S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

#### 1 Accounting Policies

##### Accounting Convention

The financial statements have been prepared on the receipts and payments basis.

Income and expenditure is recognised and recorded when incurred.

|                                                   | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2025<br>Total<br>£ | 2024<br>Total<br>£ |
|---------------------------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>2 Grants received</b>                          |                            |                          |                    |                    |
| Allen Lane Foundation (The)                       | -                          | 3,500                    | 3,500              | 3,500              |
| The Big Give Trust                                | -                          | -                        | -                  | 700                |
| The Boots Charitable Trust                        | 4,910                      | -                        | 4,910              | 4,966              |
| Coalfields Regeneration Trust                     | 2,668                      | -                        | 2,668              | 3,333              |
| Garfield Weston Foundation                        | -                          | 2,500                    | 2,500              | -                  |
| J N Derbyshire Trust                              | -                          | 1,800                    | 1,800              | 2,000              |
| Jones 1986 Charitable Trust                       | -                          | 6,140                    | 6,140              | 2,000              |
| Lloyds Bank Foundation Trust                      | 25,000                     | -                        | 25,000             | 25,000             |
| Mansfield Community and Voluntary Service         | 8,920                      | -                        | 8,920              | 3,700              |
| National Lottery - Community Fund                 | -                          | 43,112                   | 43,112             | 55,164             |
| Nottinghamshire County Council                    | 1,570                      | -                        | 1,570              | 2,130              |
| Nottinghamshire Community Foundation - Freemasons | -                          | -                        | -                  | 834                |
| Nottinghamshire Police & Crime Commissioner       | -                          | 21,631                   | 21,631             | 21,631             |
| Other trusts/foundations                          | -                          | -                        | -                  | 2,500              |
| Postcode Places Trust East of England             | 12,500                     | -                        | 12,500             | 3,115              |
| ROSA Fund                                         | -                          | 3,841                    | 3,841              | 5,264              |
| Severn Trent Water Community Fund                 | -                          | 6,995                    | 6,995              | -                  |
| The Edward Gosling Foundation                     | -                          | -                        | -                  | 3,333              |
| The Souter Trust                                  | -                          | -                        | -                  | 3,000              |
| The Thomas Farr Charity                           | 628                        | -                        | 628                | 1,872              |
| The Thoresby Charity                              | 2,000                      | -                        | 2,000              | -                  |
| The Tudor Trust                                   | 3,896                      | -                        | 3,896              | 23,334             |
|                                                   | <b>62,092</b>              | <b>89,519</b>            | <b>151,611</b>     | <b>167,376</b>     |

|                    | 2025<br>Total<br>£ | 2024<br>Total<br>£ |
|--------------------|--------------------|--------------------|
| <b>3 Creditors</b> |                    |                    |
| Deferred Income    | 39,207             | 37,911             |
| PAYE Payment       | 2,921              | 3,067              |
| Pension creditor   | 758                | 719                |
|                    | <b>42,885</b>      | <b>41,697</b>      |

#### 4 Trustees

The Trustees received no remuneration during the year.

The Trustees received expenses totalling £603 during the year.

## **S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

### **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025**

#### **5 Restricted funds**

##### **Allen Lane Foundation**

Multi-year funding awarded as a contribution to the running costs of the charity - £10,500 over 3 years.

##### **Garfield Weston Foundation**

A vital grant of £15,000 to support our core operating costs.

##### **JN Derbyshire**

A grant of £3,000 for our immediate telephone support service. The service offers emotional support to 'hold' people in the here and now as well as provide signposting to other services to address other challenges in their lives.

##### **Rosa Fund**

Funding of £20,671 to enable us to review our service delivery model and increase our organisational capacity.

##### **Severn Trent Water Community Fund**

A grant of £11,105 to support our core costs which includes salaries, rent, accountancy fees, telephone costs and utilities.

##### **The Jones 1986 Trust**

A generous contribution to the running of SHE-roses Lounge and Peer Group, supporting the costs associated with our specialist staff who facilitate self-development courses, socialisation sessions and keyworking support.

##### **Nottinghamshire Police and Crime Commissioner/Ministry of Justice**

Funding of £21631 per annum from 2022 – 2025 to contribute to the set-up and running of a 1:1 therapy outreach service for Bassetlaw residents, as well as offer support to existing service users accessing our weekly, SHE-roses Lounge Peer group.

##### **The National Lottery Reaching Communities Fund**

A significant, multi-year grant of £300,000 over three years to support the costs of running all our vital services.

**S.H.E. UK (SUPPORTING, HEALING, EDUCATING)**

England & Wales - Charity number 1086697

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# Accounts

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Registration No. 1086697

**S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

**CHARITY INFORMATION**

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|                                              |                                                                                                                              |
|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Trustees</b>                              | Ms Deborah Louise Porter<br>Ms Maria Jane Peggs<br>Ms Jacqueline Anne Lewis<br>Ms Bijal Ruparelia<br>Ms Jennifer Lewis       |
| <b>Charity Registration Number</b>           | 1086697                                                                                                                      |
| <b>Registered Office</b>                     | 1 Byron Street<br>Mansfield<br>Nottinghamshire<br>NG18 5NX                                                                   |
| <b>Accountants and Independent Examiners</b> | Stopfords (Mansfield) Limited<br>Synergy House<br>7 Acorn Business Park<br>Commercial Gate<br>Mansfield<br>Notts<br>NG18 1EX |
| <b>Bankers</b>                               | TSB Bank Plc<br>37 Castlegate<br>Newark<br>Nottinghamshire<br>NG24 1BD                                                       |

|                                     |         |
|-------------------------------------|---------|
| Trustees report                     | 1 - 3   |
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## **S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

### **TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2024**

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The Trustees present their report and accounts for the year ended 31 March 2024.

#### **Chair's report 2023/24 – Maria Peggs**

Welcome to the S.H.E. UK annual report and thank you for taking time to read all about the amazing things we have achieved over the past 12 months.

As we continue to focus on achieving and even over-achieving against our strategic goals, we are so proud of what that been delivered by the team, volunteers, trustees and every single person both internally and externally who helps S.H.E. UK to support what is a much needed and crucial charity for our local communities.

Sometimes we may take for granted the hard work and effort put into the charity as everyone is so dedicated to its cause but upon reflection, wow what a year it has been, and I'd like to take this opportunity to inform you of many things that have been and continue to be achieved.

We always look to ensure that whatever action, project or programme we have undertaken falls under our key three 3 strategic pillars, which are: -

- We support. We empower survivors to rebuild their lives by providing long term, tailored support and development.
- We educate. We work with others to improve the support structures for survivors by raising awareness, training and campaigning.
- We connect. We enable survivors to thrive by connecting them to peer networks and wider support services in their community.

The charity has continued to attract funding from many previous and new funders, too many to list here but are the bedrock of our financial foundation and without the amazing work that our CEO, Lisa Lenton, and the support of the rest of the team we would not be able to continue to offer the array of services that our clients require. One major achievement that comes to mind is how delighted we were to win the People's project award funded by the National Lottery (nearly £70K), as voted by the public, to support our SHE-ros lounge and peer group. I'm sure many of you will have seen the video on the local television and we wanted to thank each and every person who voted for us!

In the past 12 months there have been a few changes at Board level, three long-serving trustees have stepped down and we would like to take this opportunity to pass on our warm thanks and appreciation, for their valuable contributions to developing the charity. We have also, excitingly, recruited a new trustee, Bijal Ruparelia, a safeguarding expert who brings with her specialist skills and knowledge which we can call upon. Bijal has already made a big impact and has helped us to strengthen our approach to safeguarding in every way.

Throughout the year we continued to work with the prestigious Pilotlight 360 programme which made a positive impact for everyone involved. Our organisation worked with four senior business leaders – 'Pilotlighters' – to undertake an intensive strategic coaching engagement to increase resilience for our organisation. The tasks we undertook held us accountable, challenged us, but most importantly helped us focus on what was important for the charity to ensure we remain sustainable, robust, relevant and able to cater for the ever-growing needs of our clients.

The demand for our services has doubled over the last 12 months, but everyone has risen to the challenge and to address this as much as possible we have increased our capacity – we have appointed another qualified therapist to support the Mansfield Office as well as set on several trainee therapists. We also have started an outreach service operating out of Retford, increasing reach across the county.

We have continued to focus on providing training, raising awareness of the prevalence of childhood sexual abuse and its effects in a variety of ways. This included via specific projects, engaging with key stakeholders and supporting others who also offer help to survivors.

So, as we move into our next chapter with many exciting projects already underway to, we would just like to reiterate what we stand for and what our overriding mission is: -

"We strive to improve the lives of survivors of childhood sexual abuse and sexual violence with our vision being for survivors to be met with compassion and openness in a world where childhood sexual abuse is exposed, tackled and not associated with feelings of shame".

On behalf of the board, I would like to say a HUGE thank you to everyone. We are extremely proud of the work S.H.E. UK does and of the incredible team that makes our organisation what it is today and without each and every one person who comes into contact with our charity, no matter how brief, we cannot thank you enough.

**Maria Peggs**  
**Chair of Trustees**

## **S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

### **TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024**

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#### **Governing Document**

The charity is governed by the rules contained within its constitution, adopted 4 May 2001 and amended 6 February 2014 and 30 April 2019.

#### **Aims and Objectives**

S.H.E. UK is a Nottinghamshire based charity that has been serving victims of childhood sexual abuse, sexual violence, and rape since 1998. We are dedicated to the improvement of lives affected by these heinous crimes and provide a holistic range of support aimed at improving the physical, psychological, emotional, social health and wellbeing of survivors, and their non-abusing family, friends and support system. We address the wide range of devastating and long term effects of this abuse, and help successful re-integration into society; and provide a range of workshops, training courses, and conferences for professionals and the public.

The principal objectives of the charity are:

To relieve the distress of child victims and adult survivors of incest or childhood sexual abuse, including rape, through a range of services including but not limited to, a variety of therapeutic interventions, drop ins, adult learning courses and mentoring support.

To relieve the distress of the families of child victims and adult survivors of incest or childhood sexual abuse, through a range of services including but not limited to, a variety of therapeutic interventions, support sessions and befriending support.

To advance the education and awareness of the long term personal and social implications and effect of incest and childhood sexual abuse, through training and conference delivery for health, social care, wellbeing and education providers (not exhaustive list).

The key outcomes we work towards are:

- 1) Reduced isolation & increased engagement for survivors and victims.
- 2) Increased self-esteem & self-confidence.
- 3) Improvement in social, emotional, psychological health and wellbeing.
- 4) Increased number of survivors and victims' entering work, college & volunteering opportunities.
- 5) Increased public understanding & knowledge, working towards reducing stigma, misconceptions, & prejudice.

#### **Summary of the main activities undertaken for the public benefit**

Our charity works for adult survivors of serious sexual assault and non-recent childhood sexual abuse (CSA) victims. We deliver a wide variety of activities, groups and facilities identified by the needs of the survivors who come to us. Everything we deliver is free of charge and there is no limit to our support (although we aim for a two-year engagement plan). These include - Evaluative-need therapy delivered by fully qualified and trainee counsellors; a 'Lounge' peer group service; crisis support; adult learning courses; creative therapy; personal development courses; telephone support; signposting to support with childcare, transport, benefits, housing & advocacy; volunteering opportunities including working on our training and conference packages.

The approach of our organisation is unique in Nottinghamshire – we address the social, physical, psychological, and emotional needs of each survivor. Whilst most agencies focus on short term counselling, our holistic processes take into account the whole person. From the moment a survivor accesses our services, they are taken into a therapeutic community that builds around their individual need; they have the guidance and support of a therapist for the duration of their healing journey; and they have practical support in the other areas of their life in which they might be struggling. We work with victims who present as unable to sustain a therapeutic relationship, due to a chaotic lifestyle and substance abuses. Through their engagement with pre-therapy, crisis and trauma work, they stabilise and can access our evaluative-need therapy to fully address their past. We have an innovative and unique approach to the long-term physical, mental, psychological and social health issues for adult survivors of CSA, sexual assault and rape, where interventions are client responsive and individually tailored to the needs of each survivor. Our services are utilised in a pioneering way to unpick the long term effects of these abuses, enabling the survivor to embark on their healing journey. The ultimate goal is for them to become a contributing member to the survivors' community and to wider society as a whole, having been equipped with the right tools to cope and move forward from their experiences.

#### **Risk statement**

Any major risks identified by the Trustees have been reviewed and systems established to mitigate those risks.

#### **Trustees**

Power to appoint and remove trustees rests with the trustees in general meeting. Trustees are elected through an application process; informal interview; board interview. Trustee recruitment is advertised through local CVS' – Mansfield, Newark and Sherwood, Bassetlaw, through social media channels, word of mouth, professional networks and charity recruitment platforms.

The trustees in office during the period under review were as follows:

|                          |                              |
|--------------------------|------------------------------|
| Ms Deborah Louise Porter |                              |
| Ms Maria Jane Peggs      |                              |
| Ms Jacqueline Anne Lewis |                              |
| Ms Bijal Ruparelia       | (Appointed 12 December 2023) |
| Ms Jennifer Lewis        |                              |
| Mrs Kate Drake           | (Resigned 12 December 2023)  |
| Ms Gillian Alexander     | (Resigned 12 December 2023)  |
| Mr Russell Jays          | (Resigned 4 August 2023)     |

**S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

**TRUSTEES REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 MARCH 2024**

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**Summary of achievements during the period**

Achievements during the period are made in the Chief Executive's Report.

**Other information**

S.H.E. UK is supported by a number of volunteers and their contribution to delivering our work is invaluable. The Senior Management team and Trustees offer sincere thanks to those dedicated volunteers who have supported us to improve the lives of survivors of childhood sexual abuse, sexual violence and rape.

**The charity's policy on reserves**

S.H.E. UK will aim, as a minimum, to hold reserves of approximately three months' worth of operating expenses (currently c.£52500), with an aspiration to reach six months of reserves. This will be held in a reserves account separate to the current account.

The trustees will monitor the value of reserves held at board meetings and will govern the use of reserves. Any use of reserve funds will therefore require a proposal for use including amount and rationale and approval of a minimum of two board members prior to funds being withdrawn from the reserve account.

Reserves may be used in the following situations (or other situations at the discretion of the trustees):

- a) The risk of unforeseen emergency or other unexpected need for funds, eg an unexpected large repair bill or finding 'seed-funding' for an urgent project.
- b) Covering unforeseen day-to-day operational costs, eg employing temporary staff to cover a long-term sick absence.
- c) A source of income, eg a grant, not being renewed. Funds might be needed to give the trustees time to take action if income falls below expectations.
- d) Planned commitments, or designations, that cannot be met by future income alone, eg plans for a major asset purchase or to a significant project that requires the charity to provide 'matched funding'.
- e) The need to fund short-term deficits in a cash budget, eg money may need to be spent before a funding grant is received.

The reserves policy will be reviewed annually at the start of each new financial year and updated as required.

**On Behalf of the Trustees:** Reena Pastakia



.....  
**Chair**

**Date:** 10<sup>th</sup> December 2024

## **S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

### **CHIEF EXECUTIVE'S REPORT FOR THE YEAR ENDED 31 MARCH 2024**

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The last year has been one of the busiest we've ever seen here at S.H.E. UK, in several ways. Firstly, and sadly, the demand for our services has reached new heights – with over 200 survivors reaching out for help to address the trauma they endured, to be able to move forward in their lives. As you can imagine, as a small charity offering long-term support, there is a limit to how quickly we can increase our capacity, but I am proud of the changes we have made to be able to respond as quickly as possible.

We have recruited to the therapy team – in fact we have recruited our first ever male therapist to our paid team, offering survivors of all genders more choice, which fits squarely with our values of inclusion and person-centredness. And we have continued to welcome and support a number of Trainee Therapists to help strengthen our team further, to work towards meeting client needs.

Geographically, we continued to support survivors from across Nottinghamshire (and occasionally on the outskirts) and you will see from the breakdown of service users (noted in pages below), we are supporting people in every district of the county and from the city itself. This year saw us establish another outreach service, based in Retford (Bassetlaw district) to promote accessibility and again, reach more people who need specialist services like ours.

In terms of the delivery of services, this year we provided over 2000 hours of 1:1 therapy, over 1900 sessions of group and telephone support, offering emotional support and signposting, and over 320 sessions within our lounge and peer group were received by individuals in total.

We measure the impact of all areas of our work. The long-term, tailored support we offer people across each of our services is lifechanging – not only do we observe it, but our clients tell us too. The words clients have used to describe their journey include: "lifesaving", "transformational" and "empowering". And that is exactly what we are aiming to do.

We put the needs of our clients at the heart of all we do, and crucially, we harness the power of lived experience to create peer support opportunities – for example, in our group work. And this year, we completed a pilot project thanks to the ROSA fund, enabling us to deliver training on improving trauma informed practice to professionals within statutory and care support services. This was co-designed and co-delivered by a peer team of clients, who are essentially experts by experience, and they shared hard hitting, real-life stories of what has worked well and what hasn't over the years, raising awareness and helping to positively change practice to support all survivors within our community.

We also have continued to support the student group named SASS (Students Against Sexual violence and Sexism) at the University of Nottingham – facilitating training to group members – all victims of abuse or recent sexual assault. By sharing our expertise we are delighted to be able to support those who work in the same space as ourselves.

Naturally, to keep our vital services running we need adequate funding to do so. We are grateful to all the funders who have supported us – from large, well-known funders to smaller regional/local grant makers, all of whom recognise the importance of our work in supporting our communities. Securing multi-year funding is extremely helpful to enable us to plan and has provided the stability needed to offer our long-term support services – so an extra thank you to the Tudor Trust, Lloyds Bank Foundation Trust, the Office of Nottinghamshire's Police and Crime Commission, and the Allen Lane Foundation for taking this approach.

One of the most significant achievements this year was winning the People's Project Award, funded by the National Lottery. We won nearly £70K to cover the costs of the Lounge and Peer group, which was amazing but, it is fair to say the process of doing so was simply inspiring. We won the award by securing the public vote and many of our clients worked alongside us to promote our cause and this enabled us to take the prize! The success was earned and felt by us all.

An important piece of work was undertaken in relation to our safeguarding processes, policy and practices this year too. We undertook a full review, supported by a Safeguarding Consultant, provided through the Lloyds Bank Foundation Trust's 'Enhance' programme. Of course, we have always had a focus on safeguarding, but this review has allowed us to explore opportunities to strengthen the way we approach it – operationally, strategically and culturally. Exciting work in this area continues as we implement the actions coming out of our development plan and weave safeguarding, as a golden thread, through everything we do.

We have an amazing team here and I am in awe of the dedication and hard work the team undertake day in, day out. Every single person connected with S.H.E. UK – whether staff, volunteer or Trustee has worked tirelessly to support the organisation and the people who access our services.

At governance level, specifically, there have been some changes, including the recruitment of a new Trustee, Bijal Ruparelia. Bijal came in to contact with us a while ago as a part of her 'day job' – she assisted us with the comprehensive safeguarding review mentioned above, supporting us to build on our existing processes to enhance them further. Bijal was so taken by our work, she was eager to join us. Her expertise and guiding hand are such a strength to us, it is wonderful to have her onboard. May I take the opportunity to thank long serving Trustees who left us this year too – for all their support and leadership over the years – sincere thanks to Kate Drake, Jill Alexander and Russell Jays.

We look forward to the next year with positivity and drive – to reach more survivors, to empower people to make changes that improve their lives and to support our community. There is much to do. We are committed to doing all we can to make a difference to the lives of survivors – both directly through our service delivery, and indirectly through raising awareness and influencing practitioners, decision makers and our wider community.

Lisa Lenton  
**Chief Executive Officer**

## S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

### CHIEF EXECUTIVE'S REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

#### Activities & services delivered

| Activities & services                          | Number of sessions |
|------------------------------------------------|--------------------|
| Assessments for services                       | 68                 |
| Self-development course sessions               | 166                |
| Therapy sessions                               | 2,009              |
| Client progress reviews                        | 242                |
| Support sessions - group and telephone support | 1,910              |
| SHE-ros Lounge and peer group                  | 321                |

#### Nature of changes achieved

This is of clients who have actively accessed the services for a period of 6 months +

| Cope and Recover Category                         | % showing positive change |
|---------------------------------------------------|---------------------------|
| Improved health & wellbeing                       | 70%                       |
| Better able to cope with aspects of everyday life | 82%                       |
| Increased feeling of safety                       | 53%                       |
| Better informed and empowered to act              | 87%                       |

#### Total service users to date

| Gender                                                   | No.   |
|----------------------------------------------------------|-------|
| Female                                                   | 1,288 |
| Male                                                     | 78    |
| Transgender                                              | 4     |
| Non-Binary                                               | 2     |
| Active service users in this period                      | 136   |
| New referrals in this period (2023 - 2024)               | 211   |
| Referrals who have had an assessment in this time period | 75    |
| Average age of service users in this period              | 40    |

#### Sexual violence by type from referrals in period April 2023 – March 2024 (of the 75 that have been assessed in the time period)

| Referral reason | % Split     |
|-----------------|-------------|
| Survivor - CSA  | 99%         |
| Adult rape      | 1%          |
| <b>Total</b>    | <b>100%</b> |

#### Referral sources for Active service users

| Active service users referral source | % split     |
|--------------------------------------|-------------|
| Self-referral                        | 58%         |
| Friends/family                       | 1%          |
| Domestic violence services           | 3%          |
| Drug & Alcohol services              | 1%          |
| Local Authority                      | 2%          |
| SARCS                                | 1%          |
| Social Care                          | 3%          |
| Housing                              | 1%          |
| NHS                                  | 17%         |
| Mental health trust                  | 4%          |
| Sexual violence services             | 2%          |
| Other voluntary services             | 7%          |
| <b>Total</b>                         | <b>100%</b> |

## S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

### CHIEF EXECUTIVE'S REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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#### Religious background for active service users

| Religion      | % Split     |
|---------------|-------------|
| Atheist       | 61%         |
| Buddhism      | 2%          |
| Christian     | 18%         |
| Hinduism      | 1%          |
| Islam/Muslim  | 3%          |
| Judaism       | 1%          |
| Spiritual     | 7%          |
| Not disclosed | 2%          |
| Other         | 5%          |
| <b>Total</b>  | <b>100%</b> |

#### Ethnicity for active service users

| Ethnicity         | % Split     |
|-------------------|-------------|
| White-British     | 87%         |
| White-Irish       | 1%          |
| White-Other       | 2%          |
| Black - Caribbean | 1%          |
| Black-British     | 1%          |
| Mixed - Caribbean | 1%          |
| Mixed - Asian     | 1%          |
| Mixed - African   | 1%          |
| Mixed - Other     | 1%          |
| Indian            | 1%          |
| Pakistani         | 1%          |
| Other             | 1%          |
| Not disclosed     | 1%          |
| <b>Total</b>      | <b>100%</b> |

#### Local Authority area for Active service users

| Local Authority area | Number of service users |
|----------------------|-------------------------|
| Ashfield             | 19                      |
| Bassetlaw            | 22                      |
| Bolsover             | 1                       |
| Broxtowe             | 8                       |
| Derby                | 2                       |
| Doncaster            | 1                       |
| Erewash              | 1                       |
| Gedling              | 7                       |
| Lincolnshire         | 1                       |
| Mansfield            | 38                      |
| Newark & Sherwood    | 16                      |
| Nottingham           | 15                      |
| Rushcliffe           | 2                       |
| St Helena            | 3                       |
| <b>Total</b>         | <b>136</b>              |

# INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

FOR THE YEAR ENDED 31 MARCH 2024

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I report on the accounts of the company for the year ended 31 March 2024 which are set out on pages 8 to 11.

## Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

## Independent examiner's statement

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

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



**Phillip Nicholson**  
**Stopfords (Mansfield) Ltd**

**Chartered Accountants**  
**Registered Auditors**

Date **13. December. 2024**

Synergy House  
7 Acorn Business Park  
Commercial Gate  
Mansfield  
Notts NG18 1EX

# S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

## RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2024

|                                          | Notes | Unrestricted Funds<br>£ | Restricted Funds<br>£ | 2024<br>Total<br>£ | 2023<br>Total<br>£ |
|------------------------------------------|-------|-------------------------|-----------------------|--------------------|--------------------|
| <b>Receipts</b>                          |       |                         |                       |                    |                    |
| Bank Interest                            |       | 352                     |                       | 352                | 241                |
| Consultancy fees                         |       | 660                     |                       | 660                | 2,650              |
| Donations                                |       | 44,343                  |                       | 44,343             | 23,403             |
| Fundraising                              |       |                         |                       |                    | 40                 |
| Grants                                   | 2, 5  | 60,356                  | 107,020               | 167,376            | 168,124            |
| Counselling fees                         |       | 1,485                   |                       | 1,485              | 3,795              |
| Sundry Income                            |       | 951                     |                       | 951                |                    |
| <b>Total receipts</b>                    |       | <b>108,147</b>          | <b>107,020</b>        | <b>215,167</b>     | <b>198,253</b>     |
| <b>Payments</b>                          |       |                         |                       |                    |                    |
| Audit & Accountancy & Admin              |       | 757                     | 450                   | 1,207              | 1,001              |
| Insurance                                |       | 1,813                   | 1,225                 | 3,038              | 3,826              |
| Office equipment & Consumables           |       | 165                     | 2,459                 | 2,624              | 2,242              |
| Professional Fees                        |       | 895                     |                       | 895                | 781                |
| Publications & Subscriptions             |       | 1,085                   | 60                    | 1,145              | 1,023              |
| Rent, rates & room hire                  |       | 2,506                   | 9,313                 | 11,819             | 10,636             |
| Salary & NI                              |       | 65,325                  | 85,655                | 150,980            | 129,067            |
| Staff Expenses                           |       | 1,207                   | 2,838                 | 4,045              | 1,228              |
| Staff Training                           |       | 561                     | 1,155                 | 1,716              | 550                |
| Stationery and office supplies           |       | 134                     |                       | 134                | 348                |
| Supervision                              |       | 2,690                   | 1,085                 | 3,775              | 4,220              |
| Telephone, Post & Internet               |       | 2,612                   | 720                   | 3,332              | 2,589              |
| Utilities                                |       | 222                     | 2,060                 | 2,282              | 1,771              |
| <b>Total payments</b>                    |       | <b>79,972</b>           | <b>107,020</b>        | <b>186,992</b>     | <b>159,282</b>     |
| <b>Transfers between funds</b>           |       |                         |                       |                    |                    |
| <b>Net receipts/(payments)</b>           |       | <b>28,175</b>           |                       | <b>28,175</b>      | <b>38,971</b>      |
| <b>Cash resources at start of period</b> |       |                         |                       | <b>126,590</b>     | <b>87,619</b>      |
| <b>Cash resources at end of period</b>   |       |                         |                       | <b>154,765</b>     | <b>126,590</b>     |

# S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

## STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2024

|                    | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2024<br>Total<br>£ | 2023<br>Total<br>£ |
|--------------------|-------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Cash assets</b> |       |                            |                          |                    |                    |
| Current account    |       | 123,354                    | 37,911                   | 161,265            | 120,484            |
| Deposit account    |       | 30,844                     |                          | 30,844             | 30,492             |
| Cash in hand       |       | 567                        |                          | 567                | 568                |
|                    |       | <u>154,765</u>             | <u>37,911</u>            | <u>192,676</u>     | <u>151,544</u>     |

### Reconciliation to Receipts and Payments account

|                 |   |  |  |          |          |
|-----------------|---|--|--|----------|----------|
| Cash assets     |   |  |  | 192,676  | 151,544  |
| Deferred income | 3 |  |  | (37,911) | (24,954) |

### Cash resources - Receipts and Payments account

|                |                |
|----------------|----------------|
| <u>154,765</u> | <u>126,590</u> |
|----------------|----------------|

### Designated funds

£

Unrestricted cash resources includes the following designated funds:

|                                             |               |
|---------------------------------------------|---------------|
| Recruitment of a Therapy Co-ordinator       | 40,000        |
| Legal fees re change of legal status CIO    | 10,000        |
| Rebranding costs                            | 5,000         |
| IT equipment                                | 5,000         |
| IT support costs                            | 2,500         |
| Implementation of safeguarding review actio | 4,249         |
|                                             | <u>66,749</u> |

### Assets retained for the charity's own use

Various office equipment comprising desktop computers, laptops and office furniture purchased between 2009 and 2024 totalling £28,099 (2023 £27,325) at cost.

|                    | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2024<br>Total<br>£ | 2023<br>Total<br>£ |
|--------------------|-------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Liabilities</b> |       |                            |                          |                    |                    |
| Creditors          | 3     | 41,697                     |                          | 41,697             | 30,311             |

The financial statements were approved by the trustees on:



Chair

Date: 10<sup>th</sup> December 2024

## S.H.E. UK (SUPPORTING; HEALING; EDUCATING)

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

#### 1 Accounting Policies

##### Accounting Convention

The financial statements have been prepared on the receipts and payments basis.

Income and expenditure is recognised and recorded when incurred.

|                                                             | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2024<br>Total<br>£ | 2023<br>Total<br>£ |
|-------------------------------------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>2 Grants received</b>                                    |                            |                          |                    |                    |
| Allen Lane Foundation (The)                                 | 3,208                      | 292                      | 3,500              | 292                |
| The Big Give Trust                                          | 700                        |                          | 700                |                    |
| The Boots Charitable Trust                                  |                            | 4,966                    | 4,966              | 8,790              |
| Charles Haywood Foundation                                  |                            |                          |                    | 6,000              |
| Coalfields Regeneration Trust                               |                            | 3,333                    | 3,333              | 11,625             |
| Nottinghamshire Community Foundation - J N Derbyshire Trust |                            |                          |                    | 668                |
| J N Derbyshire Trust                                        |                            | 2,000                    | 2,000              |                    |
| Jones 1986 Charitable Trust                                 | 2,000                      |                          | 2,000              | 4,000              |
| Leathersellers Company Charitable Fund                      |                            |                          |                    | 17,500             |
| Lloyds Bank Foundation Trust                                | 25,000                     |                          | 25,000             | 25,000             |
| Mansfield Community and Voluntary Service                   |                            | 3,700                    | 3,700              |                    |
| National Lottery - Community Fund                           |                            | 55,164                   | 55,164             | 6,745              |
| Nottinghamshire County Council                              |                            | 2,130                    | 2,130              |                    |
| Nottinghamshire Community Foundation - Freemasons           |                            | 834                      | 834                | 759                |
| Nottinghamshire Police & Crime Commissioner                 |                            | 21,631                   | 21,631             | 21,631             |
| Other trusts/foundations                                    |                            | 2,500                    | 2,500              | 7,500              |
| Postcode Places Trust East of England                       | 3,115                      |                          | 3,115              | 9,343              |
| ROSA Fund                                                   |                            | 5,264                    | 5,264              | 896                |
| The Edward Gosling Foundation                               | 3,333                      |                          | 3,333              | 6,667              |
| The Peoples Health Trust                                    |                            |                          |                    | 3,708              |
| The Souter Trust                                            | 3,000                      |                          | 3,000              |                    |
| The Thomas Farr Charity                                     |                            | 1,872                    | 1,872              | 5,000              |
| The Thoresby Charity                                        |                            |                          |                    | 2,000              |
| The Tudor Trust                                             | 20,000                     | 3,334                    | 23,334             | 30,000             |
|                                                             | 60,356                     | 107,020                  | 167,376            | 168,124            |

|                    | 2024<br>Total<br>£ | 2023<br>Total<br>£ |
|--------------------|--------------------|--------------------|
| <b>3 Creditors</b> |                    |                    |
| Deferred Income    | 37,911             | 24,954             |
| PAYE Payment       | 3,067              | 4,537              |
| Pension creditor   | 719                | 820                |
|                    | 41,697             | 30,311             |

#### 4 Trustees

The Trustees received no remuneration during the year.

The Trustees received no expenses during the year.

## **S.H.E. UK (SUPPORTING; HEALING; EDUCATING)**

### **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024**

#### **5 Restricted funds**

##### **Allen Lane Foundation**

Multi-year funding was awarded as a contribution to the running costs of the charity - £10,500 over 3 years.

##### **Boots Charitable Trust**

Funding of £9,876 towards the cost of a therapist and associated running costs of the charity.

##### **Coalfields Regeneration Trust**

A contribution of £5,000 towards the salary costs of a paid therapist.

##### **Mansfield District Council – Levelling up fund via Mansfield CVS**

A contribution of £12,620 towards the running of our telephone support service and introductory time to encourage new attendees to attend our SHE-roles Lounge and Peer group, to support our local community.

##### **Nottinghamshire County Council**

Funding of £3,700 towards staff costs working in our 1:1 therapy service.

##### **Nottinghamshire Community Foundation – The Thomas Farr Charity**

A contribution of £2,500 to the running of our immediate telephone support service. The service offers emotional support to 'hold' people in the here and now as well as provide signposting to other services to address other challenges in their lives.

##### **Nottinghamshire Community Foundation – Freemasons**

Funding towards the purchase of mobile phones to enable direct communication between our clients and their therapist.

##### **Nottinghamshire Community Foundation – JN Derbyshire**

A contribution towards the cost of our Telephone support staff, who offer regular calls to support clients waiting to commence with a therapist.

##### **Nottinghamshire Police and Crime Commissioner/Ministry of Justice**

Funding of £21,631 per annum from 2022 – 2025 to contribute to the set-up and running of a 1:1 therapy outreach service for Bassetlaw residents, as well as offer support to existing service users accessing our weekly SHE-roles Lounge Peer group.

##### **Rosa Fund**

Funding to design and deliver trauma informed practice training to professionals, to raise awareness of the barriers facing survivors.

##### **The National Lottery – People's Project Award**

A grant award of £68,276, as voted for by the public to specifically support our SHE-roles Lounge and Peer group.

##### **The Tudor Trust**

A grant to specifically contribute to staff, volunteer and trustee development to support them in their roles.

**S.H.E. UK (SUPPORTING, HEALING, EDUCATING)**

England & Wales - Charity number 1086697

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# Accounts

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**S.H.E UK (SUPPORTING; HEALING; EDUCATING)**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**



## **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

### **CHARITY INFORMATION**

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**Trustees**

Ms Deborah Louise Porter  
Ms Maria Jane Peggs  
Mrs Kate Drake  
Mr Russell Jays  
Miss Jennifer Lewis  
Ms Gillian Alexander  
Ms Jacqueline Anne Lewis

**Charity Registration Number**

1086697

**Registered Office**

1 Byron Street  
Mansfield  
Nottinghamshire  
NG18 5NX

**Accountants and Independent Examiners**

Stopfords (Mansfield) Limited  
Synergy House  
7 Acorn Business Park  
Commercial Gate  
Mansfield  
Notts  
NG18 1EX

**Bankers**

TSB Bank Plc  
37 Castlegate  
Newark  
Nottinghamshire  
NG24 1BD

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

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# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their report and accounts for the year ended 31 March 2023.

### Chairs Report

Welcome to the S.H.E. UK annual report and what a fantastic year we have had this year being able to focus on pursuing our strategic goals and expanding our reach. More on that later, but first and as always, the work that S.H.E UK does would not be possible without our amazing team of employees and volunteers so I want to say a huge THANK YOU for your ongoing dedication and hard work in supporting the survivors who our services are there for. The difference you make to our service users is life changing and as a board we recognise how important each and every one of you is in contributing to the success of our charity.

Our focus this year has been on building our long-term strategy and starting to deliver this. We took a fully collaborative approach in setting our goals with everyone in our organisation given the opportunity to contribute and shape the plan. Our mission is clear and simple and is to improve the lives of survivors of childhood sexual abuse and sexual violence with our vision being for survivors to be met with compassion and openness in a world where childhood sexual abuse is exposed, tackled and not associated with feelings of shame.

To achieve this, we have three clear purposes as an organisation:

1. We support. We empower survivors to rebuild their lives by providing long term, tailored support and development.
2. We educate. We work with others to improve the support structures for survivors by raising awareness, training and campaigning.
3. We connect. We enable survivors to thrive by connecting them to peer networks and wider support services in their community.

Progress in implementing our strategy this year has been good. We have expanded the geographical reach of our services with counselling now being offered in Worksop and have broadened our scope of services through a pilot scheme to offer support to friends and family of survivors. Demand in both of these areas has been high and we hope to grow our capacity to help more people in the coming year.

Our fabulous CEO Lisa Lenton has spent time building a network in the local community and during the year was invited to speak to students keen to work with survivors and offenders of sexual violence at the University of Derby as part of its Criminology programme and to students at Nottingham Trent University.

Of course, none of this amazing work would be possible without the organisation and individuals who fund us for which we continue to be incredibly grateful. Your kind generosity enables us to continue to expand our services for which we have continued to see high demand and on behalf of the board I would like to say thank you.

I would like to also extend our thanks to the team from the Lowell Group who kindly volunteered time and resources to give our main premises a make over this year, creating a warm and welcoming reception space and transforming our therapy and office spaces with a fresh coat of paint and some lovely new furniture.

Last but by no means least, I would like to welcome two new additions to our Board of Trustees - Maria Peggs and Debbie Porter. Maria joined the board in June 2022 and has played a key role in creating the new strategic plan for the organisation. Maria brings a wealth of knowledge and a large network from her work as a Business Coach, Non-Executive Advisor and Mentor and was a natural choice as our next chair. Maria took on the role of Chair in December 2022 has a great passion for the organisation, and we are happy to entrust the future of our charity to her. Debbie joined the board in February 2023 and brings with her a wealth of digital marketing, communications and social media expertise, which will be invaluable to us as we move forward in the year ahead. Debbie will be drawing on her experience in the corporate world and, as a small business owner for the past 16 years, will be sharing her business acumen and insight to strengthen our charity even further.

I continue to be extremely proud of the work SHE UK does and of the incredible team that make our organisation what it is today. Thanks again to all who have given their time and money to support us in helping survivors to thrive and live happy, fulfilled lives.

Kate Drake

Chair of Trustees, December 2019 to December 2022

### Brief comments from the new Chair of Trustees, Maria Peggs

Firstly, I cannot thank everyone at SHE UK, both employees and fellow board members for making me feel so welcome when I joined as a Trustee in June 2022. Now I'm incredibly proud to have now been bestowed the honour of taking on the role of Chair, a post I am committed to and will undertake to the best of my ability and provide support, guidance and leadership to the board, Lisa Lenton, our brilliant CEO, and everyone involved who represents the charity, both internally and externally, all of whom do an amazing job.

From my first visit it was obvious to see what an amazing charity S.H.E UK is, with highly skilled and experienced people, all of whom have a drive, passion and determination to succeed and deliver an impressive range of services to support our clients.

I would also like to take this opportunity to thank Kate Drake for her dedication to the role of Chair over the past three years, from what I understand it has been a rocky road at times, and her perseverance, calm demeanour and resolve to ensure the charity survived those turbulent times has been impressive and in the past two years with Lisa Lenton, our CEO, and Kate at the helm the transformation has been startling.

So, in conclusion, I'd like to say, here is to a bright and successful future for the charity as we go from strength to strength and I'm confident of us achieving our expectations as set out in our new Strategic Plan for 2023-2025.

Maria Peggs  
Chair of Trustees,

## **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

### **TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023**

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#### **Governing Document**

The charity is governed by the rules contained within its constitution adopted 4 May 2000 and amended 6 February 2014 and 30 April 2019.

#### **Aims and Objectives**

The principal objectives of the charity are:

To relieve the distress of child victims and adult survivors of incest or childhood sexual abuse, including rape, through a range of services including but not limited to, a variety of therapeutic interventions, drop ins, adult learning courses and mentoring support.

To relieve the distress of the families of child victims and adult survivors of incest or childhood sexual abuse, through a range of services including but not limited to, a variety of therapeutic interventions, support sessions and befriending support.

To advance the education and awareness of the long term personal and social implications and effect of incest and childhood sexual abuse, through training and conference delivery for health, social care, wellbeing and education providers (not exhaustive list).

SHE UK is a Nottinghamshire based charity that has been serving victims of childhood sexual abuse, sexual violence, and rape since 1998. We are dedicated to the improvement of lives affected by these heinous crimes and provide a holistic range of support aimed at improving the physical, psychological, emotional, social health and wellbeing of survivors, and their non-abusing family, friends and support system. We address the wide range of devastating and long term effects of this abuse, and help successful re-integration into society; and provide a range of workshops, training courses, and conferences for professionals and the public.

Our key aims are:

- 1) Empower victims of CSA to rebuild themselves, and facilitate their construction of a new reality, fully integrated into their community.
- 2) Educate health and other professionals to treat victims of CSA sensitively, with respect and without prejudice.

The key outcomes we work towards are:

- 1) Reduced isolation & increased engagement for survivors and victims.
- 2) Increased self-esteem & self-confidence.
- 3) Improvement in social, emotional, psychological health and wellbeing.
- 4) Increased number of survivors and victims entering work, college & volunteering opportunities.
- 5) Increased public understanding & knowledge, working towards reducing stigma, misconceptions, & prejudice.

#### **Risk statement**

Any major risks identified by the Trustees have been reviewed and systems established to mitigate those risks.

#### **Trustees**

Power to appoint and remove trustees rests with the trustees in general meeting. Trustees are elected through an application process; informal interview; board interview. Trustee recruitment is advertised through local CVS' – Mansfield, Newark and Sherwood, Bassetlaw; through social media

The trustees in office during the period under review were as follows:

|                          |                                |
|--------------------------|--------------------------------|
| Ms Deborah Louise Porter | (Appointed 28th February 2023) |
| Ms Maria Jane Peggs      | (Appointed 28th June 2022)     |
| Mrs Kate Drake           |                                |
| Mr Russell Jays          |                                |
| Miss Jennifer Lewis      |                                |
| Ms Gillian Alexander     |                                |
| Ms Jacqueline Anne Lewis |                                |

#### **Summary of the main activities undertaken for the public benefit**

Our charity works for adult survivors of serious sexual assault and non recent childhood sexual abuse (CSA) victims. We deliver a wide variety of activities, groups and facilities identified by the needs of the survivors who come to us. Everything we deliver is free of charge and there is no limit to our support (although we aim for a two-year engagement plan). These include: Evaluative-need therapy delivered by fully qualified and trainee counsellors; a 'Lounge' peer group service; crisis support; adult learning courses; creative therapy; personal development courses; telephone support; signposting to support with childcare, transport, benefits, housing & advocacy; volunteering opportunities including working on our training and conference packages.

## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

#### Summary of the main activities undertaken for the public benefit (continued)

The approach of our organisation is unique in Nottinghamshire – we address the social, physical, psychological, and emotional needs of each survivor. Whilst most agencies focus on short term counselling, our holistic processes take into account the whole person. From the moment a survivor accesses our services, they are taken into a therapeutic community that builds around their individual need; they have the guidance and support of a therapist for the duration of their healing journey; and they have practical support in the other areas of their life in which they might be struggling. We work with victims who present as unable to sustain a therapeutic relationship, due to chaotic lifestyle and substance abuses. Through their engagement with our pre-therapy, crisis and trauma work, they stabilise and are able to access our evaluative-need therapy to fully address their past. We have an innovative and unique approach to the long term physical, mental, psychological and social health issues for adult survivors of CSA, sexual assault and rape, where interventions are client responsive and individually tailored to the needs of each survivor. Our services are utilised in a pioneering way to unpick the long term effects of these abuses, enabling the survivor to embark on their healing journey. The ultimate goal is for them to become a contributing member to the survivors' community and to wider society as a whole, having been equipped with the right tools to cope and move forward from their experiences.

#### Summary of achievements during the period

Achievements during the period are given in the Senior Management report.

#### Other information

S.H.E UK is supported by a number of volunteers and their contribution to delivering our work is invaluable. The Senior Management team and Trustees offer sincere thanks to those dedicated volunteers who have supported us to improve the lives of survivors of childhood sexual abuse, sexual violence and rape.

#### The charity's policy on reserves

SHE UK will aim to hold reserves of £36,000 which is approximately three months' worth of operating expenses which will be held in a reserves account separate to the current account.

The trustees will monitor the value of reserves held at board meetings and will govern the use of reserves. Any use of reserve funds will therefore require a proposal for use including amount and rationale and approval of a minimum of two board members prior to funds being withdrawn from the reserve account.

Reserves may be used in the following situations (or other situations at the discretion of the trustees):

- a) The risk of unforeseen emergency or other unexpected need for funds, eg an unexpected large repair bill or finding 'seed-funding' for an urgent project.
- b) Covering unforeseen day-to-day operational costs, eg employing temporary staff to cover a long-term sick absence.
- c) A source of income, eg a grant, not being renewed. Funds might be needed to give the trustees time to take action if income falls below expectations.
- d) Planned commitments, or designations, that cannot be met by future income alone, eg plans for a major asset purchase or to a significant project that requires the charity to provide 'matched funding'.
- e) The need to fund short-term deficits in a cash budget, eg money may need to be spent before a funding grant is received.

The reserves policy will be reviewed annually at the start of each new financial year and updated as required.

On Behalf of the Trustees:

Chair



Date

12.12.23

## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### CHIEF EXECUTIVES REPORT FOR THE YEAR ENDED 31 MARCH 2023

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The last year has been an exciting and positive one for us as an organisation in many ways and I am very proud of what we have achieved. The stark reality is though, sadly the need for our services continues to grow and reflects the backdrop that we operate against.

We are committed to improving the lives of survivors of childhood sexual abuse and recent rape/sexual violence and are driven to support as many survivors as possible. We believe through the innovative services and projects we facilitate; we offer truly life changing specialist services. That's why the focus over the past 12 months has been on building our financial security, growing the team and reach, and positioning ourselves to continue to develop as a charity.

In terms of our strategic direction, during the year, we invested time and energy to review and clarify where we want to go as a charity and the difference we want to make. It was a wholesome experience, with staff and Trustees feeding in throughout the process. From it we created our 'strategy on a page' and it has given us our blueprint for 2022-2025. As well as offering those key frontline services supporting individuals, we are now focusing on 'education' too. We are working hard to break the taboo that sits around abuse and raise awareness of it within our society – only by creating a societal shift and 'calling it out' can we make a difference within our communities.

The difference we make simply wouldn't happen if it wasn't for the S.H.E UK team. I wish to thank every single staff member and volunteer who work so hard to deliver our vision and objectives – which in reality is about empowering survivors to be able to live happier and healthier lives.

For the first time in a while, we have been able to recruit to our small paid team and offer outreach therapy in Bassetlaw as well as bolster our 'offer' in our SHE-roles lounge and peer group. This has given us greater geographical reach than before and ensures that survivors who wish to access support on their 'doorstep' can do so, promoting engagement and accessibility.

At governance level, we have welcomed two new Trustees, Maria Peggs, becoming our chair in December 2022, and Debbie Porter in February 2023 – both adding further key skills and business knowledge to our already experienced, dedicated and focused Management Committee. A sincere thank you to all our Trustees and especially Kate Drake as the outgoing chair – the support she has given during her tenure has been unwavering and impactful.

From a funding perspective, we have continued to build relationships with a range of funders, attracting monies from several foundations and trusts for the first time. I want to offer thanks and appreciation to all those funders who have offered support – both financially and in the form of organisational development in this financial year. Without it, we simply wouldn't be able to reach as many people as we do.

Our profile with local businesses and other community services has also grown – it is wonderful to build this network of support for each other as organisations, as well as the community we live in – and I look forward to developing this further.

During 2022/23, we have grown in several ways, and we now look forward to a prosperous year ahead.

Thanks again to every S.H.E UK supporter!

Lisa Lenton,  
Chief Executive Officer

## **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

### **OPERATIONS REPORT FOR THE YEAR ENDED 31 MARCH 2023**

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This year has been one of positive development for S.H.E UK. We have managed to ensure our services remain inclusive as possible, keeping our online and face to face therapeutic work running smoothly. Staff have been on various training with Safeguarding and Equality, Diversity and Inclusion training being at the fore front of our development this year.

Our Lounges (peer group) continues to support people through reducing isolation and developing social connections. This year we have recently started our evolve project to support people moving on and back into their local communities and this is something we intend to mould and develop this coming year. We have been able to invite a variety of people into the lounge group from the local community who have been able to showcase some of the fantastic work and hobbies they can offer to people outside of our services. We have experienced talks from people who offer Thai Chi, holistic therapies, educational courses and many other projects! These have all been received very well by our clients.

We have been able to employ our outreach therapist, supporting the need in Bassetlaw for therapy and in the Lounge group. She has worked tirelessly to offer us these connections to the local community and it has been valuable to have another staff member in our Lounge group.

Our therapy service has also gone from strength to strength, with us now offering services back in Worksop again, for Bassetlaw residents. This was received so well that the service offered was full within six weeks and it is now our intention to explore how we can offer more services in this area.

Our immediate telephone support service continues to bridge the gap of people waiting for therapy and is a lifeline for those who are waiting.

We also had a pilot project this year of supporting non-abusing family members which again was received well and will be something that we aim to run again in the near future.

This year we have increased our networking with others and myself and Lisa have delivered talks and attended various meetings to get our charity better known, educate people and reduce the shame felt by survivors.

As S.H.E UK continues to grow from strength to strength it is amazing knowing that we are working hard to compassionately support all survivors and get rid of the taboo around sexual abuse.

Rachael Cumberland,  
**Operations Manager**

## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### SENIOR MANAGEMENT REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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#### Total service users to date

| Gender                                      | No.   |
|---------------------------------------------|-------|
| Female                                      | 1,130 |
| Male                                        | 70    |
| Transgender                                 | 2     |
| Active service users in this period         | 122   |
| New referrals in this period (2022 - 2023)  | 98    |
| Average age of service users in this period | 40    |

#### Sexual violence by type from referrals in period April 2022 – March 2023

| Referral reason | % Split |
|-----------------|---------|
| Survivor - CSA  | 99.00%  |
| Adult rape      | 1.00%   |
| Other           |         |

#### Referral sources for Active service users

| Active service users referral source | % split |
|--------------------------------------|---------|
| Self-referral                        | 58.00%  |
| Friends/family                       | 1.00%   |
| Domestic violence                    | 3.00%   |
| D & A                                | 1.00%   |
| Local Authority                      | 2.00%   |
| SARCS                                | 1.00%   |
| Social Care                          | 3.00%   |
| Housing                              | 1.00%   |
| NHS                                  | 17.00%  |
| Mental health trust                  | 4.00%   |
| Sexual violence services             | 2.00%   |
| Other voluntary services             | 7.00%   |

#### Religious background for active service users

| Religion      | % Split |
|---------------|---------|
| Atheist       | 58.00%  |
| Buddhism      | 1.00%   |
| Catholic      | 3.00%   |
| Christian     | 24.00%  |
| Islam/Muslim  | 1.00%   |
| Judaism       | 1.00%   |
| Spiritual     | 4.00%   |
| Not disclosed | 2.00%   |
| Other         | 6.00%   |

## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### SENIOR MANAGEMENT REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

#### Ethnicity for active service users

| Ethnicity         | % Split |
|-------------------|---------|
| White-British     | 90.00%  |
| White-Irish       | 2.00%   |
| Black - Caribbean | 1.00%   |
| Mixed - Caribbean | 2.00%   |
| Mixed - Asian     | 1.00%   |
| Mixed - African   | 2.00%   |
| Mixed - Other     | 1.00%   |
| Not disclosed     | 1.00%   |

#### Local Authority area for Active service users

|                   |    |
|-------------------|----|
| Ashfield          | 16 |
| Bassetlaw         | 21 |
| Bolsover          | 1  |
| Broxtowe          | 3  |
| Derby             | 1  |
| Derbyshire        | 3  |
| Gedling           | 7  |
| Mansfield         | 41 |
| Newark & Sherwood | 11 |
| Nottingham        | 12 |
| St Helena         | 4  |
| Rushcliffe        | 1  |
| Rutland           | 1  |

#### Activities & services delivered

| Activities & services | Number of sessions | Change from 2021 - 2022 |
|-----------------------|--------------------|-------------------------|
| Assessments           | 66                 | 20                      |
| Courses               | 238                | -1                      |
| Crisis                | 14                 | -4                      |
| Therapy               | 1,493              | 279                     |
| Review                | 198                | 33                      |
| Support               | 1,478              | 412                     |
| Interventions         | 1                  | -1                      |
| Creative group        | 325                | -36                     |
| Creative 1-1          | 44                 | -4                      |
| <b>Totals</b>         | <b>3,857</b>       | <b>698</b>              |

#### Nature of changes achieved

| Cope and Recover Category                         | % showing positive change |
|---------------------------------------------------|---------------------------|
| Improved health & wellbeing                       | 77%                       |
| Better able to cope with aspects of everyday life | 77%                       |
| Increased feeling of safety                       | 62%                       |
| Better informed and empowered to act              | 86%                       |

**INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF S.H.E UK (SUPPORTING; HEALING; EDUCATING)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

---

I report on the accounts of the company for the year ended 31 March 2023 which are set out on pages 9 to 12.

**Responsibilities and basis of report**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

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



**Phillip Nicholson**  
**Stopfords (Mansfield) Ltd**

**Chartered Accountants**  
**Registered Auditors**

Date: 12 Dec 2023

Synergy House  
7 Acorn Business Park  
Commercial Gate  
Mansfield  
Notts NG18 1EX

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2023

|                                            | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2023<br>Total<br>£ | 2022<br>Total<br>£ |
|--------------------------------------------|-------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Receipts</b>                            |       |                            |                          |                    |                    |
| Bank Interest                              |       | 241                        |                          | 241                | 76                 |
| Consultancy fees                           |       | 2,650                      |                          | 2,650              | 2,870              |
| Donations                                  |       | 23,403                     |                          | 23,403             | 6,432              |
| Fundraising                                |       | 40                         |                          | 40                 | 968                |
| Grants                                     | 2     | 110,810                    | 57,314                   | 168,124            | 151,302            |
| Shop sales                                 |       |                            |                          |                    | 191                |
| Counselling fees                           |       | 3,795                      |                          | 3,795              | 275                |
| <b>Total receipts</b>                      |       | <b>140,939</b>             | <b>57,314</b>            | <b>198,253</b>     | <b>162,113</b>     |
| <b>Payments</b>                            |       |                            |                          |                    |                    |
| Audit & Accountancy & Admin                |       | 1,001                      |                          | 1,001              | 905                |
| Hospitality                                |       |                            |                          |                    | 20                 |
| Insurance                                  |       | 3,544                      | 282                      | 3,826              | 1,190              |
| Office equipment & Consumables             |       | 1,072                      | 1,170                    | 2,242              | 96                 |
| Professional Fees                          |       | 781                        |                          | 781                | 8,324              |
| Publications & Subscriptions               |       | 1,023                      |                          | 1,023              | 605                |
| Rent & Rates                               |       | 6,919                      | 812                      | 7,731              | 7,477              |
| Room Hire                                  |       | 265                        | 2,640                    | 2,905              | 180                |
| Salary & NI                                |       | 78,511                     | 50,556                   | 129,067            | 122,153            |
| Staff Expenses                             |       | 1,053                      | 175                      | 1,228              | 303                |
| Staff Training                             |       | 550                        |                          | 550                | 690                |
| Stationery and office supplies             |       | 348                        |                          | 348                | 390                |
| Sundry                                     |       |                            |                          |                    | 230                |
| Supervision                                |       | 3,620                      | 600                      | 4,220              | 4,500              |
| Telephone, Post & Internet                 |       | 2,501                      | 88                       | 2,589              | 2,186              |
| Utilities                                  |       | 779                        | 991                      | 1,770              | 1,100              |
| Grant clawback - Notts Police & Crime 2021 |       |                            |                          |                    | 2,457              |
| <b>Total payments</b>                      |       | <b>101,968</b>             | <b>57,314</b>            | <b>159,282</b>     | <b>152,806</b>     |
| <b>Transfers between funds</b>             |       |                            |                          |                    |                    |
| <b>Net receipts/(payments)</b>             |       | <b>38,971</b>              | <b>-</b>                 | <b>38,971</b>      | <b>9,307</b>       |
| <b>Cash resources at start of period</b>   |       |                            |                          | <b>87,619</b>      | <b>78,312</b>      |
| <b>Cash resources at end of period</b>     |       |                            |                          | <b>126,590</b>     | <b>87,619</b>      |

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2023

|                                                        | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2023<br>Total<br>£ | 2022<br>Total<br>£ |
|--------------------------------------------------------|-------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Cash assets</b>                                     |       |                            |                          |                    |                    |
| Current account                                        |       | 120,484                    | -                        | 120,484            | 88,408             |
| Deposit account                                        |       | 30,492                     | -                        | 30,492             | 30,321             |
| Cash in hand                                           |       | 568                        | -                        | 568                | 492                |
|                                                        |       | <u>151,544</u>             | <u>-</u>                 | <u>151,544</u>     | <u>119,221</u>     |
| <b>Reconciliation to Receipts and Payments account</b> |       |                            |                          |                    |                    |
| Cash assets                                            |       |                            |                          | 151,544            |                    |
| Deferred income                                        | 3     |                            |                          | (24,954)           |                    |
| <b>Cash resources - Receipts and Payments account</b>  |       |                            |                          |                    |                    |
|                                                        |       |                            |                          | <u>126,590</u>     |                    |

|                              | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2023<br>Total<br>£ | 2022<br>Total<br>£ |
|------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Other monetary assets</b> |                            |                          |                    |                    |
| Invoiced debtors             | -                          | -                        | -                  | -                  |

### Assets retained for the charity's own use

Various office equipment comprising desktop computers, laptops and office furniture purchased between 2009 and 2023 totalling £27,325 at cost.

|                    | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2023<br>Total<br>£ | 2022<br>Total<br>£ |
|--------------------|-------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Liabilities</b> |       |                            |                          |                    |                    |
| Creditors          | 3     | 30,311                     | -                        | 30,311             | 34,631             |

The financial statements were approved by the trustees on:

  
Chair

12.12.23  
Date:

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

### 1 Accounting Policies

#### Accounting Convention

The financial statements have been prepared on the receipts and payments basis.

Income and expenditure is recognised and recorded when incurred.

### 2 Grants received

|                                                             | 2023<br>Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2022<br>Total<br>£ |
|-------------------------------------------------------------|------------------------------------|--------------------------|--------------------|
| The Albert Hunt Trust                                       |                                    |                          |                    |
| Allen Lane Foundation (The)                                 |                                    |                          | 2,000              |
| The Big Give Trust                                          |                                    | 292                      |                    |
| The Boots Charitable Trust                                  |                                    |                          | 700                |
| Charities Aid Foundation                                    | 8,790                              |                          | 1,146              |
| Charles Haywood Foundation                                  |                                    |                          | 190                |
| Coalfields Regeneration Trust                               | 6,000                              |                          |                    |
| Garfield Weston Foundation                                  | 9,640                              | 1,985                    | 18,576             |
| Nottinghamshire Community Foundation - J N Derbyshire Trust |                                    |                          | 10,000             |
| Jones 1986 Charitable Trust                                 | 668                                | -                        | 332                |
| The Jules Thorn Charitable Trust                            |                                    | 4,000                    | 5,000              |
| Leathersellers Company Charitable Fund                      |                                    |                          | 1,000              |
| Lloyds Bank Foundation Trust                                | 17,500                             |                          | 2,000              |
| Mansfield District Council - Restart                        | 25,000                             |                          | 25,000             |
| National Lottery - Community Fund                           |                                    |                          | 2,667              |
| Nottinghamshire County Council                              | 6,745                              |                          | 972                |
| Nottinghamshire Community Foundation                        |                                    |                          | 500                |
| Nottinghamshire Police & Crime Commissioner                 | 759                                |                          | 4,241              |
| Nottinghamshire Police & Crime Commissioner [Covid]         |                                    | 21,631                   | 20,000             |
| Other trusts/foundations                                    |                                    |                          |                    |
| Postcode Places Trust East of England                       |                                    | 7,500                    |                    |
| ROSA Fund                                                   |                                    | 9,343                    |                    |
| The Edward Gosling Foundation                               |                                    | 896                      |                    |
| The Peoples Health Trust                                    |                                    | 6,667                    |                    |
| The Souter Trust                                            | 3,708                              |                          | 12,978             |
| The Thomas Farr Charity                                     |                                    |                          | 3,000              |
| The Thoresby Charity                                        |                                    | 5,000                    | -                  |
| The Tudor Trust                                             | 2,000                              |                          | 1,000              |
|                                                             | 30,000                             | -                        | 40,000             |
|                                                             | 110,810                            | 57,314                   | 151,302            |

### 3 Creditors

|                  | 2023<br>Total<br>£ | 2022<br>Total<br>£ |
|------------------|--------------------|--------------------|
| Deferred Income  |                    |                    |
| PAYE Payment     | 24,954             | 31,602             |
| Pension creditor | 4,537              | 2,517              |
|                  | 820                | 512                |
|                  | 30,311             | 34,631             |

### 4 Trustees

The Trustees received no remuneration during the year.  
The Trustees received no expenses during the year.

## **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

### **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023**

#### **5 Restricted funds**

##### **Allen Lane Foundation**

Multi-year funding awarded as a contribution to the running costs of the charity - £10,500 over 3 years.

##### **Coalfields Regeneration Trust**

A contribution of £1985 to the social sessions held, as a part of the weekly lounge peer group, to reduce isolation and loneliness within our community.

##### **Edward Gostling Foundation**

A contribution of £10,000 to our operating costs as an organisation.

##### **Jones 1986 Charitable Trust**

A generous contribution to the operating costs of our vital services.

##### **Nottinghamshire Community Foundation - Freemasons Fund**

Funding to purchase a number of mobile phones for use by new volunteer, trainee therapists to be able to communicate directly, set appointments etc. with service users.

##### **Nottinghamshire Community Foundation - JN Derbyshire**

A contribution to the running of our immediate telephone support service which supports survivors waiting to commence therapy with us. The service offers emotional support to 'hold' people in the here and now as well as provide signposting to other services to address other challenges in their lives.

##### **Nottinghamshire Police and Crime Commissioner/Ministry of Justice**

Funding of £21,631 per annum from 2022 – 2025 to contribute to the set-up and running of a 1:1 therapy outreach service for Bassetlaw residents, as well as offer support to existing service users accessing our weekly SHE-roses Lounge Peer group.

##### **Postcode Places Trust East of England**

A generous contribution towards the core costs associated with running all our specialist services.

##### **Prince of Wales Charitable Fund**

Thanks offered for support given to our SHE-roses lounge and peer group.

##### **ROSA**

Funding to run a pilot project under their 'Voices from the Frontline' theme. The project is exploring the barriers faced by female survivors as they access professional services (such as GP surgeries, Dentists, the Local Authority, the Police etc) and providing training to them to adopt trauma informed practices.

##### **The Tudor Trust**

A grant to specifically support staff, volunteer and trustee wellbeing.

##### **Nottinghamshire Community Foundation**

A kind contribution towards the costs of running our weekly SHE-roses lounge and peer group.

##### **Volant Charitable Trust**

The Volant Charitable Trust has generously donated to help us provide vital services to vulnerable groups who've been particularly impacted by Covid-19.

**S.H.E. UK (SUPPORTING, HEALING, EDUCATING)**

England & Wales - Charity number 1086697

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# Accounts

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**S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2022**



# **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

## **CHARITY INFORMATION**

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### **Trustees**

Ms Jacqueline Anne Lewis  
Miss Jennifer Lewis  
Mrs Kate Drake  
Ms Gillian Alexander  
Mr Russell Jays

### **Charity Registration Number**

1086697

### **Registered Office**

1 Byron Street  
Mansfield  
Nottinghamshire  
NG18 5NX

### **Accountants and Independent Examiners**

Stopford Associates Limited  
Synergy House  
7 Acorn Business Park  
Commercial Gate  
Mansfield  
Notts  
NG18 1EX

### **Bankers**

TSB Bank Plc  
37 Castlegate  
Newark  
Nottinghamshire  
NG24 1BD

# **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

## **CONTENTS**

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# **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

## **TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2022**

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The Trustees present their report and accounts for the year ended 31 March 2022.

### **Chair Report**

Welcome to the SHE UK annual report.

First of all, I would like to recognise the incredible work of all the employees and volunteers at SHE UK and to say a huge THANK YOU for another year of providing the amazing and unique services we offer to survivors. During the year we have welcomed a number of new volunteer counsellors and without those who generously give their time to the organisation we would not be able to help as many people as we do so thank you all.

This year has seen a return to more in-person services and we are adjusting and adapting to new hybrid ways of working, taking advantage of the really important social connections meeting in person brings and using the technology we now have to continue to deliver services remotely where it works best for our teams and clients.

We have also invested in staff training this year with a refreshed and comprehensive trainee counsellor induction process to set our new volunteers up for success, focus on diversity, equality and inclusion and an update for all on safeguarding.

Our Chief Executive, Lisa Lenton, joined us in June 2021 and has led the organisation brilliantly so far. Lisa has worked to secure some long-term funding and additional support for the organisation that have made a real difference and have given us the ability to look to our future. Support from Lloyds Bank has enabled us to review our governance policies and procedures and make some changes to improve how we operate as a board and has supported us in recruitment of some new trustees who will join the board in the coming weeks. We have also spent time focused on our strategy for the next three years and how we can exploit the unique capabilities we have at SHE UK to improve the lives of as many survivors as possible. Keep an eye out for our new website coming soon for more details on this.

As a board, we continue to be incredibly grateful to all of the organisations and individuals who fund our work, your support is invaluable and as one team member said to me recently, the work we do is so critical, it can be life-saving. The demand for our services has unfortunately only increased post-pandemic so the more funds we can raise, the more survivors we can help to thrive and move on with their lives. As the cost of living crisis worsens, disposable income will lessen so we will be even more dependent on your kind generosity to ensure that we are there for those who need us.

I would also like to say thank you to Jenny Lewis, our previous Chair of Trustees and current board member who very kindly covered the role of Chair on my behalf earlier this year as I went on maternity leave.

I continue to be extremely proud of the work SHE UK does and of the incredible team that make our organisation what it is today. Thanks again to all who have given their time and money to support us in helping survivors to thrive and live happy, fulfilled lives.

Kate Drake  
**Chair of Trustees,**

# **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

## **TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022**

### **Governing Document**

The charity is governed by the rules contained within its constitution adopted 4 May 2000 and amended 6 February 2014 and 30 April 2019.

### **Aims and Objectives**

The principal objectives of the charity are:

To relieve the distress of child victims and adult survivors of incest or childhood sexual abuse, including rape, through a range of services including but not limited to, a variety of therapeutic interventions, drop ins, adult learning courses and mentoring support.

To relieve the distress of the families of child victims and adult survivors of incest or childhood sexual abuse, through a range of services including but not limited to, a variety of therapeutic interventions, support sessions and befriending support.

To advance the education and awareness of the long term personal and social implications and effect of incest and childhood sexual abuse, through training and conference delivery for health, social care, wellbeing and education providers (not exhaustive list).

SHE UK is a Nottinghamshire based charity that has been serving victims of childhood sexual abuse, sexual violence, and rape since 1998. We are dedicated to the improvement of lives affected by these heinous crimes and provide a holistic range of support aimed at improving the physical, psychological, emotional, social health and wellbeing of survivors, and their non-abusing family, friends and support system. We address the wide range of devastating and long term effects of this abuse, and help successful re-integration into society; and provide a range of workshops, training courses, and conferences for professionals and the public.

Our key aims are:

- 1) Empower victims of CSA to rebuild themselves, and facilitate their construction of a new reality, fully integrated into their community.
- 2) Educate health and other professionals to treat victims of CSA sensitively, with respect and without prejudice.

The key outcomes we work towards are:

- 1) Reduced isolation & increased engagement for survivors and victims.
- 2) Increased self-esteem & self-confidence.
- 3) Improvement in social, emotional, psychological health and wellbeing.
- 4) Increased number of survivors and victims entering work, college & volunteering opportunities.
- 5) Increased public understanding & knowledge, working towards reducing stigma, misconceptions, & prejudice.

### **Risk statement**

Any major risks identified by the Trustees have been reviewed and systems established to mitigate those risks.

### **Trustees**

Power to appoint and remove trustees rests with the trustees in general meeting. Trustees are elected through word of mouth, NAVO, NCVS, Newark & Sherwood CVS or paper application; informal interview; board interview.

The trustees in office during the period under review were as follows:

Ms Jacqueline Anne Lewis  
Miss Jennifer Lewis  
Mrs Kate Drake  
Ms Gillian Alexander  
Mr Russell Jays  
Dr Melanie Jordan

(Resigned September 2021)

### **Summary of the main activities undertaken for the public benefit**

Our charity works for adult survivors of serious sexual assault and non recent childhood sexual abuse (CSA) victims. We deliver a wide variety of activities, groups and facilities identified by the needs of the survivors who come to us. Everything we deliver is free of charge and there is no limit to our support (though we aim for a two year engagement plan). These include: Evaluative-need therapy (time unlimited counselling with a single therapist) delivered by fully qualified and trainee counsellors; a Lounge service; crisis support; craft workshops; adult learning courses; creative therapy; personal development courses; telephone & digital support; signposting to support with childcare, transport, benefits, housing & advocacy; emotional holding for police disclosure and court proceedings; volunteering opportunities including working on our training and conference packages.

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### Summary of the main activities undertaken for the public benefit (continued)

The approach of our organisation is unique in Nottinghamshire – we address the social, physical, psychological, and emotional needs of each survivor. Whilst most agencies focus on short term counselling, our holistic processes take into account the whole person. From the moment a survivor accesses our services, they are taken into a therapeutic community that builds around their individual need; they have the guidance and support of a qualified and experienced therapist for the duration of their healing journey; and they have practical support in the other areas of their life in which they might be struggling (work, housing, benefits, family etc.). We work with victims who present as unable to sustain a therapeutic relationship, due to chaotic lifestyle and substance abuses. Through their engagement with our pre-therapy, crisis and trauma work, they stabilise and are able to access our evaluative-need therapy to fully address their past. We have an innovative and unique approach to the long term physical, mental, psychological and social health issues for adult survivors of CSA, sexual assault and rape, where interventions are client responsive and individually tailored to the needs of each survivor. Our services are utilised in a pioneering way to unpick the long term effects of these abuses, enabling the survivor to embark on their healing journey. The ultimate goal is for them to become a contributing member to the survivors' community and to wider society as a whole, having been equipped with the right tools to cope and recover from their experiences.

### Summary of achievements during the period

Achievements during the period are given in the Senior Management report.

### Other information

We'd like to thank our dedicated team of paid and unpaid staff. We've had a particularly tough year, but everyone has stayed strong and committed to the charity. The difference that has made to both the organisation and its service users is huge and cannot be underestimated. We've built an extraordinary team over the past few years, and the charity will be able to grow because of it.

### The charity's policy on reserves

SHE UK will aim to hold reserves of £36,000 which is approximately three months' worth of operating expenses which will be held in a reserves account separate to the current account.

The trustees will monitor the value of reserves held at board meetings and will govern the use of reserves. Any use of reserve funds will therefore require a proposal for use including amount and rationale and approval of a minimum of two board members prior to funds being withdrawn from the reserve account.

Reserves may be used in the following situations (or other situations at the discretion of the trustees):

- a) The risk of unforeseen emergency or other unexpected need for funds, eg an unexpected large repair bill or finding 'seed-funding' for an urgent project.
- b) Covering unforeseen day-to-day operational costs, eg employing temporary staff to cover a long-term sick absence.
- c) A source of income, eg a grant, not being renewed. Funds might be needed to give the trustees time to take action if income falls below expectations.
- d) Planned commitments, or designations, that cannot be met by future income alone, eg plans for a major asset purchase or to a significant project that requires the charity to provide 'matched funding'.
- e) The need to fund short-term deficits in a cash budget, eg money may need to be spent before a funding grant is received.

The reserves policy will be reviewed annually at the start of each new financial year and updated as required.

On Behalf of the Trustees:

  
Chair

22/11/22  
Date

## **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

### **CHIEF EXECUTIVES REPORT FOR THE YEAR ENDED 31 MARCH 2022**

---

I was delighted to join SHE UK in June 2021 and 'take the reins' of this wonderful charity. Since then, I have truly been enlightened; understanding the extent of need for services like ours and the impact that our charity makes to people's lives – it really is remarkable. Our ethos is one of long-term, client led support, that aims to empower survivors to deal with the present, address the past and look positively to the future. We have developed a range of services that complement each other and offer different aspects of support to our clients - our immediate telephone support service, introduced during the lockdown, is a great example.

Like many charities, the challenge for us is not about lacking purpose or impact, it is about securing the right level of funding at the right time to keep making a difference. Our focus has been on securing multi-year funding to strengthen our financial resilience this year. I am excited to continue to build relationships with existing funders as well as have an eye to the future and lead the organisation to ensure we diversify and build our sustainability. Thank you to the funders who have helped us continue in our mission to help survivors address the impact of childhood sexual abuse and sexual violence.

I feel very grateful to work with such a dedicated team – made up of both paid staff and volunteers in a variety of roles – from therapists, support staff, trainees and trustees. To every one of them I say a heartfelt thank you. Without you we wouldn't be able to reach as many people as we do. The demand for services like ours sadly continues and whilst ever it does, we will do our best to help survivors on their journey and live happier and healthier lives. I am extremely proud of what SHE UK stands for and the team delivering, at times, what is life-saving work.

Here's to the next 12 months, as we continue to move forward in several ways – from recruitment of trustees, to staff and service development and so on. I'm excited to look forward to the future.

Lisa Lenton,  
**Chief Executive Officer**

## **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

### **SENIOR MANAGEMENT REPORT FOR THE YEAR ENDED 31 MARCH 2022**

---

What a fantastic year it has been in so many ways! We have now finally been able to return to face-to-face work, with both therapy and our peer group support, following the disruption caused by the pandemic. This has made a huge difference for clients and staff alike, who enjoy being together instead of being behind a screen. That said at the height of Covid, we saw first-hand the benefits of technology and we have continued to offer our support online, which has been an excellent way of connecting with those clients who are not able to come to face to face services. So, with both elements we have really been able to work to meet the needs of our clients.

In the last year, we recruited 9 new trainees to the service, which has been brilliant in keeping our waiting list manageable and means we have not had to close that waiting list, nor have clients had to wait too long!

Our SHE-ros Lounge (peer group support) is working well, and our self-development courses are having a positive impact on the clients, and it is amazing to watch them challenge themselves to develop.

The support we provide through our telephone support for those waiting to be assigned a therapist is also working effectively and has been a lifeline for some clients. We understand that when a person gets in touch with a service like ours, they are already in crisis – and we want to ensure we offer some form of help and support immediately.

We have also been supporting non-abusing family members for a few months now, after securing funding from the National Lottery Community Fund. By helping family members to build resilience and understand the effect of trauma of abuse, we can help them develop the 'tools' and understanding to best support their loved one.

This year has been a 'strong' one at SHE UK as the whole team have welcomed in our new CEO, Lisa. We have worked hard to put new things in place and look forward to watching SHE UK develop further and further!

Rachael Cumberland,  
**Operations Manager**

## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### SENIOR MANAGEMENT REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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#### Total service users to date

| Gender                                      | No.  |
|---------------------------------------------|------|
| Female                                      | 1087 |
| Male                                        | 64   |
| Transgender                                 | 2    |
| Active service users in this period         | 99   |
| New referrals in this period 2021 - 2022    | 60   |
| Average age of service users in this period | 38   |

#### Sexual violence by type from referrals in period April 2021 – March 2022

| Referral reason | % Split |
|-----------------|---------|
| Survivor        | 91.70%  |
| Adult rape      | 5.00%   |
| Other           | 3.30%   |

#### Referral sources for Active service users

| Active service users referral source | % split |
|--------------------------------------|---------|
| Self-referral                        | 67.68%  |
| Friends/family                       | 1.01%   |
| Domestic violence                    | 6.06%   |
| Police                               | 1.01%   |
| Local Authority                      | 2.02%   |
| SARCS                                | 1.01%   |
| Social Care                          | 3.03%   |
| Housing                              | 1.01%   |
| NHS                                  | 2.02%   |
| Mental health trust                  | 6.06%   |
| Sexual violence services             | 4.04%   |
| Other voluntary services             | 5.05%   |

#### Religious background for active service users

| Religion      | % Split |
|---------------|---------|
| Atheist       | 59.59%  |
| Buddhism      | 2.02%   |
| Catholic      | 1.01%   |
| Christian     | 25.25%  |
| Islam/Muslim  | 1.01%   |
| Judaism       | 1.01%   |
| Spiritual     | 2.02%   |
| Not disclosed | 1.01%   |
| Other         | 7.08%   |

## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### SENIOR MANAGEMENT REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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#### Ethnicity for active service users

| Ethnicity          | % Split |
|--------------------|---------|
| White-British      | 84.84%  |
| White-Other        | 2.02%   |
| White-Irish        | 2.02%   |
| Black - British    | 2.02%   |
| Mixed - Caribbean  | 1.01%   |
| Mixed - Asian      | 1.01%   |
| Mixed - African    | 2.02%   |
| Mixed - Other      | 3.03%   |
| Other Ethnic group | 2.03%   |

#### Local Authority area for Active service users

|                   |    |
|-------------------|----|
| Ashfield          | 20 |
| Bassetlaw         | 9  |
| Bolsover          | 2  |
| Broxtowe          | 4  |
| Derbyshire        | 4  |
| Gedling           | 5  |
| Lincolnshire      | 1  |
| Mansfield         | 30 |
| Newark & Sherwood | 7  |
| Nottingham        | 11 |
| Rushcliffe        | 2  |
| Overseas          | 4  |
| country           |    |

#### Nature of changes achieved

| Cope and Recover Category                         | % showing positive change |
|---------------------------------------------------|---------------------------|
| Improved health & wellbeing                       | 82%                       |
| Better able to cope with aspects of everyday life | 87%                       |
| Increased feeling of safety                       | 65%                       |
| Better informed and empowered to act              | 83%                       |

**INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF S.H.E UK (SUPPORTING; HEALING;  
EDUCATING)**

**FOR THE YEAR ENDED 31 MARCH 2022**

I report on the accounts of the company for the year ended 31 March 2022 which are set out on pages 9 to 12.

**Responsibilities and basis of report**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

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



**Phillip Nicholson  
Stopford Associates Ltd**

**Chartered Accountants  
Registered Auditors**

Date 5 December 2022

Synergy House  
7 Acorn Business Park  
Commercial Gate  
Mansfield  
Notts NG18 1EX

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

|                                            | Notes | Unrestricted Funds<br>£ | Restricted Funds<br>£ | 2022<br>Total<br>£ | 2021<br>Total<br>£ |
|--------------------------------------------|-------|-------------------------|-----------------------|--------------------|--------------------|
| <b>Receipts</b>                            |       |                         |                       |                    |                    |
| Bank Interest                              |       | 76                      |                       | 76                 | 67                 |
| Consultancy fees                           |       | 2,870                   |                       | 2,870              | 1,335              |
| Donations                                  |       | 6,432                   |                       | 6,432              | 8,033              |
| Fundraising                                |       | 968                     |                       | 968                | 165                |
| Grants                                     | 2     | 106,035                 | 45,267                | 151,302            | 237,607            |
| Shop sales                                 |       | 191                     |                       | 191                | 78                 |
| Counselling fees                           |       | 275                     |                       | 275                | 2,585              |
| <b>Total receipts</b>                      |       | <b>116,846</b>          | <b>45,267</b>         | <b>162,113</b>     | <b>249,869</b>     |
| <b>Payments</b>                            |       |                         |                       |                    |                    |
| Audit & Accountancy & Admin                |       | 905                     |                       | 905                | 951                |
| Counselling Fees                           |       |                         |                       |                    | 50                 |
| Covid Homeworking                          |       |                         |                       |                    | 8,692              |
| Covid Office Expenses                      |       |                         |                       |                    | 1,419              |
| Equipment Repairs & Renewals               |       |                         |                       |                    | 2,824              |
| Hospitality                                |       | 20                      |                       | 20                 | 1,549              |
| Insurance                                  |       | 1,190                   |                       | 1,190              | 3,097              |
| Office equipment & Consumables             |       | 96                      |                       | 96                 | 18,559             |
| Professional Fees                          |       | 8,324                   |                       | 8,324              | 12,723             |
| Publications & Subscriptions               |       | 605                     |                       | 605                | 2,026              |
| Rent & Rates                               |       | 7,477                   |                       | 7,477              | 7,550              |
| Room Hire                                  |       | 180                     |                       | 180                | 210                |
| Salary & NI                                |       | 76,986                  | 45,167                | 122,153            | 120,837            |
| Staff Expenses                             |       | 227                     |                       | 227                | 49                 |
| Staff Training                             |       | 690                     |                       | 690                | 2,232              |
| Stationery and office supplies             |       | 290                     | 100                   | 390                | 409                |
| Sundry                                     |       | 230                     |                       | 230                | 290                |
| Supervision                                |       | 4,500                   |                       | 4,500              | 4,075              |
| Telephone, Post & Internet                 |       | 2,186                   |                       | 2,186              | 1,946              |
| Travel Expenses                            |       | 75                      |                       | 75                 | 177                |
| Utilities                                  |       | 1,101                   |                       | 1,101              | 1,107              |
| Grant clawback - Notts Police & Crime 2021 |       |                         | 2,457                 | 2,457              |                    |
| <b>Total payments</b>                      |       | <b>105,082</b>          | <b>47,724</b>         | <b>152,806</b>     | <b>190,771</b>     |
| <b>Transfers between funds</b>             |       | <b>(2,457)</b>          | <b>2,457</b>          |                    |                    |
| <b>Net receipts/(payments)</b>             |       | <b>9,307</b>            |                       | <b>9,307</b>       | <b>59,098</b>      |
| <b>Cash resources at start of period</b>   |       | <b>78,312</b>           |                       | <b>78,312</b>      | <b>19,214</b>      |
| <b>Cash resources at end of period</b>     |       | <b>87,619</b>           |                       | <b>87,619</b>      | <b>78,312</b>      |

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2022

|                    | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2022<br>Total<br>£ | 2021<br>Total<br>£ |
|--------------------|-------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Cash assets</b> |       |                            |                          |                    |                    |
| Current account    |       | 88,408                     | -                        | 88,408             | 52,624             |
| Deposit account    |       | 30,321                     | -                        | 30,321             | 25,245             |
| Cash in hand       |       | 492                        | -                        | 492                | 442                |
|                    |       | <u>119,221</u>             | <u>-</u>                 | <u>119,221</u>     | <u>78,312</u>      |

### Reconciliation to Receipts and Payments account

|                                                       |   |  |               |
|-------------------------------------------------------|---|--|---------------|
| Cash assets                                           |   |  | 119,221       |
| Deferred income                                       | 3 |  | (31,602)      |
| <b>Cash resources - Receipts and Payments account</b> |   |  | <u>87,619</u> |

|                              | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2022<br>Total<br>£ | 2021<br>Total<br>£ |
|------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Other monetary assets</b> |                            |                          |                    |                    |
| Invoiced debtors             | -                          | -                        | -                  | -                  |

### Assets retained for the charity's own use

Various office equipment comprising desktop computers, laptops and office furniture purchased between 2009 and 2022 totalling £26,150, at cost.

|                    | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2022<br>Total<br>£ | 2021<br>Total<br>£ |
|--------------------|-------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Liabilities</b> |       |                            |                          |                    |                    |
| Creditors          | 3     | 34,631                     | -                        | 34,631             | 3,149              |

The financial statements were approved by the trustees on:

  
Chair

22/11/22  
Date:

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

### 1 Accounting Policies

#### Accounting Convention

The financial statements have been prepared on the receipts and payments basis.

Income and expenditure is recognised and recorded when incurred.

|                                                            | 2022               |                  | 2021    |
|------------------------------------------------------------|--------------------|------------------|---------|
|                                                            | Unrestricted Funds | Restricted Funds | Total   |
|                                                            | £                  | £                | £       |
| 2 Grants received                                          |                    |                  |         |
| The Albert Hunt Trust                                      |                    |                  |         |
| The Big Give Trust                                         | 2,000              |                  |         |
| The Boots Charitable Trust                                 | 700                |                  |         |
| Charities Aid Foundation                                   |                    | 1,146            | 10,000  |
| Coalfields Regeneration Trust                              | 190                |                  | 3,064   |
| Garfield Weston Foundation                                 |                    | 18,576           | 11,306  |
| J N Derbyshire Trust                                       | 10,000             |                  |         |
| Jones 1986 Charitable Trust                                |                    | 332              |         |
| The Jules Thorn Charitable Trust                           | 5,000              |                  | 5,000   |
| Leathersellers Company Charitable Fund                     | 1,000              |                  |         |
| Lloyds Bank Foundation Trust                               | 2,000              |                  |         |
| Mansfield District Council - Covid Business Grant          | 25,000             |                  | 33,000  |
| Mansfield District Council - Restart                       |                    |                  | 10,000  |
| National Lottery - Community Fund                          | 2,667              |                  |         |
| Nottinghamshire County Council                             |                    | 972              | 9,771   |
| Nottinghamshire County Council - Covid                     | 500                |                  | 9,705   |
| Nottinghamshire Community Foundation - The Wheatcroft Fund |                    |                  | 3,064   |
| Nottinghamshire Freemasons                                 |                    | 4,241            |         |
| Nottinghamshire Police & Crime Commissioner                |                    |                  | 1,250   |
| Nottinghamshire Police & Crime Commissioner [Covid]        |                    | 20,000           | 79,467  |
| The Peoples Health Trust                                   |                    |                  | 38,584  |
| The Souter Trust                                           | 12,978             |                  | 20,396  |
| The Thomas Farr Charity                                    | 3,000              |                  | 3,000   |
| The Thoresby Charity                                       | -                  | -                |         |
| The Tudor Trust                                            | 1,000              |                  |         |
|                                                            | 40,000             |                  |         |
|                                                            | 106,035            | 45,267           | 237,607 |

### 3 Creditors

|                  | 2022       | 2021       |
|------------------|------------|------------|
|                  | Total<br>£ | Total<br>£ |
| Deferred Income  |            |            |
| PAYE Payment     | 31,602     |            |
| Pension creditor | 2,517      | 2,685      |
|                  | 512        | 463        |
|                  | 34,631     | 3,149      |

### 4 Trustees

The Trustees received no remuneration during the year.  
The Trustees received no expenses during the year.

## **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

### **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022**

#### **5 Restricted funds**

##### **The Boots Charitable Trust**

Contributes to the running of our SHE-roles Lounge group, offering survivors self-development courses to learn about the effects of trauma and an opportunity to build social connections - creating a safe space to belong, improving mental health and wellbeing.

##### **Coalfields Regeneration Trust**

Supports all our services, from telephone support service, 1:1 therapy and of SHE-roles Lounge group, allowing us to meet the needs of our clients.

##### **J N Derbyshire Trust**

Contributes to the running of our telephone service specifically. This service offers survivors immediate support each week, whilst they are waiting to start 1:1 therapy with us. This service offers people in crisis a lifeline to cope in the 'here and now'.

##### **The National Lottery Community Fund - Awards for all**

This funding is for a 12-month pilot project to support non-abusing family members of survivors. The ethos behind this project is to provide family members/close friends with an understanding of the impact of abuse on their loved one and the tools to support them, whilst building their own resilience

##### **Nottinghamshire Community Foundation - The Wheatcroft Fund**

This funding went towards the running of our SHE-roles Lounge group. The group is run by 3 therapists and a support worker; and the weekly sessions are focused on empowering female survivors to understand the impact of trauma and learn coping strategies, about positive choices and mindset

##### **Nottinghamshire Police & Crime Commissioner**

Funding of £20,000 is made up of 3 component parts, £7,500 from the Ministry of Justice Sexual Violence Uplift, provided to contribute towards peer support for sexual violence survivors. £8,500 from the Ministry of Justice Critical Support Fund, provided to ensure that ongoing support was provided to existing service users; and £4,000 from Nottinghamshire Police and Crime Commissioner funding, this was provided to ensure that ongoing support could be provided to existing service users.

**S.H.E. UK (SUPPORTING, HEALING, EDUCATING)**

England & Wales - Charity number 1086697

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# Accounts

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**S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2021**



## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### CHARITY INFORMATION

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#### Trustees

Ms Jacqueline Anne Lewis  
Miss Jennifer Lewis  
Mrs Kate Drake  
Ms Gillian Alexander  
Mr Russell Jays  
Dr Melanie Jordan

#### Charity Registration Number

1086697

#### Registered Office

1 Byron Street  
Mansfield  
Nottinghamshire  
NG18 5NX

#### Accountants and Independent Examiners

Stopford Associates Limited  
Synergy House  
7 Acorn Business Park  
Commercial Gate  
Mansfield  
Notts  
NG18 1EX

#### Bankers

TSB Bank Plc  
37 Castlegate  
Newark  
Nottinghamshire  
NG24 1BD

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

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## **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

### **TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2021**

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The Trustees present their report and accounts for the year ended 31 March 2021.

#### **Chair Report**

Welcome to the SHE UK annual report.

This year has been a year of significant change for our charity not least due to the global pandemic, a major change in the government funding structures and some changes of our own, but SHE UK has continued to provide essential services to survivors and I firstly would like to say a huge THANK YOU to all of the amazing team of staff and volunteers for the care and dedication you have shown this year.

As we started the new financial year we were in the early stages of the pandemic and in our first national lockdown and this meant we needed to change and adapt our services to ensure we could continue to support survivors remotely. Our She-oes lounge moved online and after trying a few different things, the team found a way to make it work and our evaluative need therapy also moved online. Our team were amazing, adapting and learning to use new technologies, which for some was quite a challenge for them in itself and finding new ways to help each other through the tough times we all faced through the lockdown period.

Fundraising has been incredibly challenging on many fronts this year. The pandemic led to a reduction in physical fundraising activities and in addition the government funding which we have historically accessed has been restructured which has led to a reduction in the funds available for us to apply for. We continue to be incredibly grateful to all the organisations which fund us and to individuals who fundraise for us, your support is so critical to ensuring we can keep delivering our unique services for survivors in the Mansfield area.

Since the end of our financial year we have also seen a change in the leadership of our charity and I would like to take this opportunity to say a very warm welcome to our new Chief Executive, Lisa Lenton. Lisa brings with her lots of experience working in the charity sector and brings a huge amount of energy and enthusiasm and the trustees and I are looking forward to working with her.

We are incredibly fortunate that our outgoing Chief Executive, Nicci Robinson, is going to continue to work with us at SHE UK and will remain part of our organisation, albeit in a different role that also enables her to pursue her own ventures. Nicci's contribution to SHE UK in her time with us has been amazing and on behalf of all the trustees I would like to say a huge THANK YOU to Nicci for all her hard work in her time as Chief Executive and we look forward to continuing to work with her in future.

Kate Drake  
Chair of Trustees,  
S.H.E. UK

## **S.H.E UK (SUPPORTING; HEALING; EDUCATING)**

### **TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021**

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#### **Governing Document**

The charity is governed by the rules contained within its constitution adopted 4 May 2000 and amended 6 February 2014 and 30 April 2019.

#### **Aims and Objectives**

The principal objectives of the charity are:

To relieve the distress of child victims and adult survivors of incest or childhood sexual abuse, including rape, through a range of services including but not limited to, a variety of therapeutic interventions, drop ins, adult learning courses and mentoring support.

To relieve the distress of the families of child victims and adult survivors of incest or childhood sexual abuse, through a range of services including but not limited to, a variety of therapeutic interventions, support sessions and befriending support.

To advance the education and awareness of the long term personal and social implications and effect of incest and childhood sexual abuse, through training and conference delivery for health, social care, wellbeing and education providers (not exhaustive list).

SHE UK is a Nottinghamshire based charity that has been serving victims of childhood sexual abuse, sexual violence, and rape since 1998. We are dedicated to the improvement of lives affected by these heinous crimes and provide a holistic range of support aimed at improving the physical, psychological, emotional, social health and wellbeing of survivors, and their non-abusing family, friends and support system. We address the wide range of devastating and long term effects of this abuse, and help successful re-integration into society; and provide a range of workshops, training courses, and conferences for professionals and the public.

Our key aims are:

- 1) Empower victims of CSA to rebuild themselves, and facilitate their construction of a new reality, fully integrated into their community.
- 2) Educate health and other professionals to treat victims of CSA sensitively, with respect and without prejudice.

The key outcomes we work towards are:

- 1) Reduced isolation & increased engagement for survivors and victims.
- 2) Increased self-esteem & self-confidence.
- 3) Improvement in social, emotional, psychological health and wellbeing.
- 4) Increased number of survivors and victims entering work, college & volunteering opportunities.
- 5) Increased public understanding & knowledge, working towards reducing stigma, misconceptions, & prejudice.

#### **Risk statement**

Any major risks identified by the Trustees have been reviewed and systems established to mitigate those risks.

#### **Trustees**

Power to appoint and remove trustees rests with the trustees in general meeting. Trustees are elected through word of mouth, NAVO, NCVS, Newark & Sherwood CVS or paper application; informal interview; board interview.

The trustees in office during the period under review were as follows:

Ms Jacqueline Anne Lewis  
Miss Jennifer Lewis  
Mrs Kate Drake  
Ms Gillian Alexander  
Mr Russell Jays  
Dr Melanie Jordan

#### **Summary of the main activities undertaken for the public benefit**

Our charity works for adult survivors of serious sexual assault and historic childhood sexual abuse (CSA) victims. We deliver a wide variety of activities, groups and facilities identified by the needs of the survivors who come to us. Everything we deliver is free of charge and there is no limit to our support (though we aim for a two year engagement plan). These include: Evaluative-need therapy (time unlimited counselling with a single therapist) delivered by fully qualified and trainee counsellors; a Lounge service; crisis support; craft workshops; adult learning courses; creative therapy; personal development courses; telephone & digital support; signposting to support with childcare, transport, benefits, housing & advocacy; emotional holding for police disclosure and court proceedings; volunteering opportunities including working on our training and conference packages.

## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

#### Summary of the main activities undertaken for the public benefit (continued)

The approach of our organisation is unique in Nottinghamshire – we address the social, physical, psychological, and emotional needs of each survivor. Whilst most agencies focus on short term counselling, our holistic processes take into account the whole person. From the moment a survivor accesses our services, they are taken into a therapeutic community that builds around their individual need; they have the guidance and support of a qualified and experienced therapist for the duration of their healing journey; and they have practical support in the other areas of their life in which they might be struggling (work, housing, benefits, family etc.). We work with victims who present as unable to sustain a therapeutic relationship, due to chaotic lifestyle and substance abuses. Through their engagement with our pre-therapy, crisis and trauma work, they stabilise and are able to access our evaluative-need therapy to fully address their past. We have an innovative and unique approach to the long term physical, mental, psychological and social health issues for adult survivors of CSA, sexual assault and rape, where interventions are client responsive and individually tailored to the needs of each survivor. Our services are utilised in a pioneering way to unpick the long term effects of these abuses, enabling the survivor to embark on their healing journey. The ultimate goal is for them to become a contributing member to the survivors' community and to wider society as a whole, having been equipped with the right tools to cope and recover from their experiences.

#### Summary of achievements during the period

Achievements during the period are given in the Operations Management report.

#### Other information

We'd like to thank our dedicated team of paid and unpaid staff. We've had a particularly tough year, but everyone has stayed strong and committed to the charity. The difference that has made to both the organisation and its service users is huge and cannot be underestimated. We've built an extraordinary team over the past few years, and the charity will be able to grow because of it.

#### The charity's policy on reserves

SHE UK will aim to hold reserves of £25,000 which is approximately three months' worth of operating expenses which will be held in a reserves account separate to the current account.

The trustees will monitor the value of reserves held at board meetings and will govern the use of reserves. Any use of reserve funds will therefore require a proposal for use including amount and rationale and approval of a minimum of two board members prior to funds being withdrawn from the reserve account.

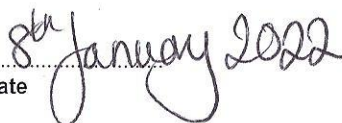
Reserves may be used in the following situations (or other situations at the discretion of the trustees):

- a) The risk of unforeseen emergency or other unexpected need for funds, eg an unexpected large repair bill or finding 'seed-funding' for an urgent project.
- b) Covering unforeseen day-to-day operational costs, eg employing temporary staff to cover a long-term sick absence.
- c) A source of income, eg a grant, not being renewed. Funds might be needed to give the trustees time to take action if income falls below expectations.
- d) Planned commitments, or designations, that cannot be met by future income alone, eg plans for a major asset purchase or to a significant project that requires the charity to provide 'matched funding'.
- e) The need to fund short-term deficits in a cash budget, eg money may need to be spent before a funding grant is received.

The reserves policy will be reviewed annually at the start of each new financial year and updated as required.

On Behalf of the Trustees:

  
Chair

  
Date

## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### OPERATIONS MANAGEMENT REPORT FOR THE YEAR ENDED 31 MARCH 2021

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This past year has been one of the most challenging years for the whole world, and we've been caught up in that. We've seen a rise in anxiety and depression as people have tried to navigate the horrendous Covid 19 virus. However, we like to view our challenges as opportunities for growth, and this year has given us plenty of that. Originally a completely face-to-face service, we had to adapt our working practices and established our services online. Initially, this was challenging as people were not equipped for online working, either through lack of technology or limited IT knowledge. However, through hard work and commitment, staff and service users have managed to stay connected. This caused us to review our services for the future, and we recognised that online working was an essential method of service delivery and we will continue to deliver remote services when the pandemic has subsided. It helps us to reach out to those who are still vulnerable but have no means of travel to our building, people who have debilitating disabilities, who cannot leave the house or who live in rural areas and have no means of transport. We have responded to the global pandemic by piloting and establishing new methods of engagement with our clients.

In June 2020, we welcomed Peri to our Lounge team as the Creative Support Worker. Peri supported service users to get in touch with their artistic side, and we did some artwork based around a coat of arms, star signs, name meanings, and favourite quotes. Each week, Peri would start by getting the clients to close their eyes and do small drawings which would break the ice and make everyone giggle. Creative sessions online has been particularly difficult as there are so many different personalities, but it's still been a huge success in giving our clients a new and healthy coping strategy.

Some feedback from Peri:

*"The creative work that I've facilitated at SHE UK has been inspiring and fulfilling. Seeing the service users explore their creative abilities in a freeing and joyous way instils a feeling of pride for the work that my colleagues and I do. When I introduced creative sessions into the Lounges, most of the service users said they weren't creative or were "bad" at art. However, once they felt comfortable and were having fun with their peers, they made extraordinary creations that had a lot of depth and emotion. I'm so proud of each and every one of the individuals at this wonderful charity for opening up a part of themselves that they may have not discovered and making beautiful art. This is the best job I've ever had, and I wouldn't trade it for the world."*

In July 2020 we piloted a new telephone support service for those service users who were on the waiting list for therapy. The pandemic was increasing anxiety and the need for support. Management staff were struggling to keep on top of supporting those on the waiting list due to a demanding workload. We decided to create a position dedicated to supporting those on the waiting list, offering emotional practical support and sign posting to enable the service user to cope in the present. It's been a huge success with many individuals stating that it has been a lifeline for them. Initially run by two members of staff, Paula has now taken a solo role. It quickly became clear that this was an essential part of our service delivery and we've committed to continue it even when the pandemic has subsided. When people access our services, it's not because they need support in six months' time, they need it now and this telephone service makes that possible.

Quotes from service users accessing this service:

*"Having someone who listens and understands my mental health problems is just what I needed."*

*"The calls have made a world of difference to me; I look forward to them as I live alone."*

*"I feel we have built a good relationship. Having someone to talk to about my anxieties has made me feel better."*

In October, we restarted our self-development courses in the Lounges after pausing them whilst service users learned to deal with and cope in the pandemic. Restarting our courses online has been brilliant for the service users and has ensured that, despite the pandemic, they are still working towards their goals and development. The courses have been so important to service users with people attending regularly and gaining so much understanding and self-compassion.

Our therapy service continues to go from strength to strength, and we've been very fortunate to gain some wonderful counselling trainees onto our placement program. We've also retained many of our now-qualified counsellors, which is really positive. Our volunteers are the beating heart of the charity and we wouldn't be able to offer any of our amazing services without them.

Moving forward, our next challenge is getting back to face-to-face services safely. This will be harder for the Lounge due to limited room in our Mansfield headquarters. However, we have no fear that our staff team will work tirelessly to make sure we support the service users and each other to make this happen safely.

More quotes from people who have used our services:

*"Attending the lounges has allowed me to create healthy relationships with people, and it's also nice to be in a room with people who understand. We don't talk about our abuse in the Lounges, but we all know that's why we're there, and it's so nice to not feel alone."*

*"It's nice to know I'm not alone, and I've learned so much about complex trauma from people sharing their experiences and from the courses offered. They go much more in depth than treatment I've had before. There's a relief from understanding why some reactions and triggers are evolved from."*

*"I have learned that it is okay to be myself and with being around other people that know how I feel and accept me has massively impacted the way I make connections now."*

## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### OPERATIONS MANAGEMENT REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

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*"For me, counselling with my therapist has been a lifeline. I have tried other specialist therapists who commit only to short blocks of therapy and I have not made significant progress. I am in my forties and had not understood how the abuse I had suffered as a child had affected every area of my life and every single relationship and connection. Having my therapist to support me on my journey and her commitment of two years has been transformative for me. I have felt able to embrace the self-healing journey knowing that my therapist wasn't going to abandon me eight weeks in. Having felt complete despair and hopelessness, I do feel hopeful that I can have a happier future, repair some of the relationships, and accept what has happened to me. I am learning that I will always need to develop these skills and stay on this path of self compassion. I need to keep going on my journey using the launch pad that my therapist has given me through our therapy sessions."*

Quotes from our staff team:

*"All the SHE staff team have been determined to continue offering vital support and counselling to our service users despite all the challenges of distance communication and technology new to many of us. It has been a privilege to build confidence, get to know and offer reassurance and practical support to so many people who feel vulnerable, forgotten, threatened, or helpless, especially in these unprecedented times."*  
(Paula)

*"By August last year we had worked through the main challenges of working online, so I think we have all worked really well as a team in such challenging circumstances. This includes staff supporting each other and service users and staff working together to make the most of the circumstances we are in. I am proud of how well we manage this ."* (Jill)

In July one of our service users braved the shave to raise money for our charity and ended up raising over £700. This was an amazing and empowering thing to be part of, and the service user really did us proud.

Once again I feel proud to be part of such a dedicated charity. We're extremely lucky to have a committed staff team who strive to offer the best support to our service users. I'm proud that we are able to provide long-term and service user-led support services as we know that that's what is needed for our survivors. I feel honoured to watch our service users heal and recognise their worth. Thank you to all those who make this possible.

Let's keep up our amazing work.

Rachael Cumberland,  
Operations Manager

## S.H.E UK (SUPPORTING; HEALING; EDUCATING)

### OPERATIONS MANAGEMENT REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

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#### Total service users to date

| Gender                              | No.  |
|-------------------------------------|------|
| Female                              | 1048 |
| Male                                | 62   |
| Transgender                         | 2    |
| Active service users in this period | 108  |
| New referrals in this period        | 52   |
| Average age of                      | 38   |

#### Sexual violence by type from referrals in period April 2020 – March 2021

| Referral reason | % Split |
|-----------------|---------|
| Survivor        | 75.00%  |
| Adult rape      | 21.20%  |
| Other           | 3.80%   |

#### Referral sources for Active service users

| Active service users referral source | % split |
|--------------------------------------|---------|
| Self-referral                        | 52.80%  |
| Friends/family                       | 0.90%   |
| Domestic violence                    | 10.20%  |
| Local Authority                      | 3.70%   |
| SARCS                                | 0.90%   |
| Social Care                          | 1.90%   |
| Housing                              | 1.90%   |
| NHS                                  | 3.70%   |
| Mental health trust                  | 8.30%   |
| Sexual violence services             | 8.30%   |
| Probation                            | 0.90%   |
| Education                            | 1.90%   |
| CAMHS                                | 0.90%   |
| Other voluntary services             | 2.80%   |
| Other                                | 0.90%   |

#### Religious background for active service users

| Religion      | % Split |
|---------------|---------|
| Agnostic      | 1.90%   |
| Atheist       | 53.70%  |
| Buddhism      | 0.90%   |
| Catholic      | 2.80%   |
| Christian     | 26.90%  |
| Islam/Muslim  | 0.90%   |
| Not disclosed | 0.90%   |
| Other         | 10.20%  |

# INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF S.H.E UK (SUPPORTING; HEALING; EDUCATING)

FOR THE YEAR ENDED 31 MARCH 2021

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I report on the accounts of the company for the year ended 31 March 2021 which are set out on pages 9 to 11.

## Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

## Independent examiner's statement

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

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



Phillip Nicholson  
Stopford Associates Ltd

Chartered Accountants  
Registered Auditors

Date 19 January 2022

Synergy House  
7 Acorn Business Park  
Commercial Gate  
Mansfield  
Notts NG18 1EX

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2021

|                                          | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2021<br>Total<br>£ | 2020<br>Total<br>£ |
|------------------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Receipts</b>                          |                            |                          |                    |                    |
| Bank Interest                            | 67                         |                          | 67                 | 103                |
| Book Sales                               |                            |                          |                    | 25                 |
| consultancy fees                         | 1,335                      |                          | 1,335              |                    |
| Donations                                | 8,033                      |                          | 8,033              | 10,340             |
| Fundraising                              | 165                        |                          | 165                | 2,178              |
| Grants                                   | 119,556                    | 118,051                  | 237,607            | 91,987             |
| Shop sales                               | 78                         |                          | 78                 | 1,449              |
| Counselling fees                         | 2,585                      |                          | 2,585              | 1,375              |
| Craft sales & table rent                 |                            |                          |                    | 454                |
| Sundry Income                            |                            |                          |                    | 40                 |
| Supervision Fees                         |                            |                          |                    | 1,235              |
| <b>Total receipts</b>                    | <b>131,818</b>             | <b>118,051</b>           | <b>249,869</b>     | <b>109,186</b>     |
| <b>Payments</b>                          |                            |                          |                    |                    |
| Audit & Accountancy & Admin              | 951                        |                          | 951                | 918                |
| Counselling Fees                         | 50                         |                          | 50                 |                    |
| Covid Homeworking                        | 8,692                      |                          | 8,692              |                    |
| Covid Office Expenses                    | 1,419                      |                          | 1,419              |                    |
| Equipment Repairs & Renewals             | 2,824                      |                          | 2,824              | 164                |
| Goods and services                       |                            |                          |                    | 649                |
| Hospitality                              | 1,549                      |                          | 1,549              | 235                |
| Insurance                                | 3,097                      |                          | 3,097              | 1,696              |
| Office equipment & Consumables           | 18,559                     |                          | 18,559             | 1,219              |
| Professional Fees                        | 12,723                     |                          | 12,723             | 1,631              |
| Publications & Subscriptions             | 2,026                      |                          | 2,026              | 499                |
| Publicity & Fundraising Costs            |                            |                          |                    | 75                 |
| Rent & Rates                             | 7,550                      |                          | 7,550              | 7,467              |
| Room Hire                                | 210                        |                          | 210                | 1,183              |
| Salary & NI                              | 2,786                      | 118,051                  | 120,837            | 91,081             |
| Staff Expenses                           | 49                         |                          | 49                 | 205                |
| Staff Training                           | 2,232                      |                          | 2,232              | 880                |
| Stationery and office supplies           | 409                        |                          | 409                | 301                |
| Sundry                                   | 290                        |                          | 290                |                    |
| Supervision                              | 4,075                      |                          | 4,075              | 2,750              |
| Telephone, Post & Internet               | 1,946                      |                          | 1,946              | 1,380              |
| Travel Expenses                          | 177                        |                          | 177                | 728                |
| Utilities                                | 1,107                      |                          | 1,107              | 2,352              |
| Volunteer Expenses                       |                            |                          |                    | 1,614              |
| <b>Total payments</b>                    | <b>72,721</b>              | <b>118,051</b>           | <b>190,771</b>     | <b>117,027</b>     |
| <b>Net receipts/(payments)</b>           | <b>59,098</b>              |                          | <b>59,098</b>      | <b>(7,841)</b>     |
| <b>Cash resources at start of period</b> | <b>19,214</b>              |                          | <b>19,214</b>      | <b>27,055</b>      |
| <b>Cash resources at end of period</b>   | <b>78,312</b>              |                          | <b>78,312</b>      | <b>19,214</b>      |

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2021

|                    | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2021<br>Total<br>£ | 2020<br>Total<br>£ |
|--------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Cash assets</b> |                            |                          |                    |                    |
| Current account    | 52,624                     | -                        | 52,624             | 7,608              |
| Deposit account    | 25,245                     | -                        | 25,245             | 11,164             |
| Cash in hand       | 442                        | -                        | 442                | 442                |
|                    | <u>78,312</u>              | <u>-</u>                 | <u>78,312</u>      | <u>19,214</u>      |

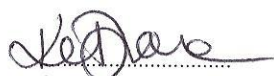
|                                                   | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2021<br>Total<br>£ | 2020<br>Total<br>£ |
|---------------------------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Other monetary assets</b>                      |                            |                          |                    |                    |
| Invoiced debtors - Nottinghamshire County Council |                            | -                        |                    | 9,705              |

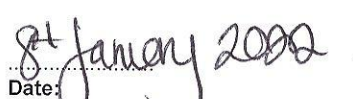
### Assets retained for the charity's own use

Various office equipment comprising desktop computers, laptops and office furniture purchased between 2009 and 2021 totalling £26,150, at cost.

|                    | Note | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2021<br>Total<br>£ | 2020<br>Total<br>£ |
|--------------------|------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Liabilities</b> |      |                            |                          |                    |                    |
| Creditors          | 3    | 3,149                      | -                        | 3,149              | 1,757              |

The financial statements were approved by the trustees on:

  
Chair

  
Date: 8th January 2022

# S.H.E UK (SUPPORTING; HEALING; EDUCATING)

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

### 1 Accounting Policies

#### Accounting Convention

The financial statements have been prepared on the receipts and payments basis.

Income and expenditure is recognised and recorded when incurred.

|                                                     | 2021               | 2020             |
|-----------------------------------------------------|--------------------|------------------|
|                                                     | Unrestricted Funds | Restricted Funds |
|                                                     | £                  | £                |
| <b>2 Grants received</b>                            |                    |                  |
| The Peoples Health Trust                            | 20,396             |                  |
| Boots Charitable Trust                              | 10,000             |                  |
| Lloyds TSB Foundation                               | 33,000             |                  |
| MIND                                                |                    | 1,783            |
| Coalfields Regeneration Trust                       | 11,306             |                  |
| Ministry of Justice - Rape Support Fund             |                    | 75,264           |
| Nottinghamshire Freemasons                          | 1,250              |                  |
| Nottinghamshire County Council                      | 9,705              | 12,940           |
| The Thomas Farr Charity                             |                    | 2,000            |
| The Souter Trust                                    | 3,000              |                  |
| Charities Aid Foundation                            | 3,064              |                  |
| Nottinghamshire Police & Crime Commissioner         |                    | 79,467           |
| Nottinghamshire Police & Crime Commissioner [Covid] |                    | 38,584           |
| The Jones 1986 Charitable Trust                     | 5,000              |                  |
| Mansfield District Council - Covid Business Grant   | 10,000             |                  |
| Nottinghamshire County Council - Covid              | 3064               |                  |
| National Lottery                                    | 9,771              |                  |
|                                                     | <hr/>              | <hr/>            |
|                                                     | 119,556            | 118,051          |
|                                                     |                    | 91,987           |

|                    | 2021  | 2020  |
|--------------------|-------|-------|
|                    | Total | Total |
|                    | £     | £     |
| <b>3 Creditors</b> |       |       |
| PAYE Payment       | 2,685 | 1,405 |
| Pension creditor   | 463   | 352   |
|                    | <hr/> | <hr/> |
|                    | 3,149 | 1,757 |

### 4 Trustees

The Trustees received no remuneration during the year.

The Trustees received no expenses during the year.

### 5 Restricted funds

Grants received from the Nottinghamshire Police and Crime Commissioner in respect of the Female Rape Support Fund are used to support female survivors only.