

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

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

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

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

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

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
Totals	3,857	698

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 Funds £	Restricted Funds £	2023 Total £	2022 Total £
Receipts					
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
Total receipts		140,939	57,314	198,253	162,113
Payments					
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
Total payments		101,968	57,314	159,282	152,806
Transfers between funds					
Net receipts/(payments)		38,971	-	38,971	9,307
Cash resources at start of period				87,619	78,312
Cash resources at end of period				126,590	87,619

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

STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2023

	Notes	Unrestricted Funds £	Restricted Funds £	2023 Total £	2022 Total £
Cash assets					
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>
Reconciliation to Receipts and Payments account					
Cash assets				151,544	
Deferred income	3			(24,954)	
Cash resources - Receipts and Payments account					
				<u>126,590</u>	

	Unrestricted Funds £	Restricted Funds £	2023 Total £	2022 Total £
Other monetary assets				
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 Funds £	Restricted Funds £	2023 Total £	2022 Total £
Liabilities					
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 Unrestricted Funds £	Restricted Funds £	2022 Total £
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 Total £	2022 Total £
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.