

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**

---

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

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

CONTENTS

---

Trustees report	1 - 3
Operations reports	4 - 6
Independent Examiners Report	7
Receipts and Payments Account	8
Statement of Assets and Liabilities	9
Notes to the financial statements	10 - 11

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

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

---

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**

---

#### **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**

---

**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**

---

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

---

#### 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

---

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 £	Restricted Funds £	2024 Total £	2023 Total £
<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 Funds £	Restricted Funds £	2024 Total £	2023 Total £
<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 Funds £	Restricted Funds £	2024 Total £	2023 Total £
<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 Funds £	Restricted Funds £	2024 Total £	2023 Total £
<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 Total £	2023 Total £
<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.