



FIRST LIGHT

Domestic Abuse and Sexual Violence Support for All

“

A welcoming,
safe place after
everything I've been
through. I feel like it
saved my life”

Impact Report 2021-2022

First Light South West Ltd

About First Light

First Light supports individuals of any age, gender or sexuality who have been affected by domestic abuse and sexual violence.

“I actually feel like I have a life to live now”

Our mission

Working together to build safer lives free from Sexual Violence and Domestic Abuse

Our objectives

- **Educate & Prevent:** through early intervention, training and campaigning,
- **Protect & Support:** through the provision of services to help safeguard and reach out to those suffering Domestic Abuse and Sexual Violence,
- **Cope & Recover:** by providing a full range of services to help people build resilience and move on to healthier happier lives,
- **Give a Voice:** to those who suffer in silence and influence others to bring about positive change.

Our services

- Sexual Violence advice and support for victims of assault, abuse, exploitation and rape across Devon, Cornwall and the Isles of Scilly
- Domestic abuse advice and support, incorporating a helpline, advocacy and outreach across Cornwall and the Isles of Scilly
- Therapeutic counselling for survivors of sexual violence in Devon, Cornwall and the Isles of Scilly
- Access into therapeutic counselling and programmes for survivors of domestic abuse in Cornwall and the Isles of Scilly
- Sexual Assault Referral Centre (SARC) for Swindon and Wiltshire providing crisis support, advocacy and outreach for victims of sexual assault and rape.
- Bespoke training, education and awareness raising of the issues surrounding domestic abuse and sexual violence

2021-22 A Year In Brief...

9,846

new referrals
in 21/22, **up 16.5%**

12,162

individuals
supported, **up 9%**

1 in 3

individuals had a
disability, **up 11%**

1 in 2

individuals had a mental
health need, **up 20%**

“

Without **First Light**
I would not be
where I find myself
today and for that
I am very grateful!



Chief Executive's Statement: Looking back on 2021/2022



Who'd have thought the world would continue to be affected by a global pandemic in 2021/22? It is amazing how

our communities and all of us here at First Light have adapted to a new normal.

I am immensely proud of the organisation I represent. Despite the numerous challenges we face, we have not only continued to provide excellent quality services but we have also delivered innovative new services in response to the changing needs of people who are affected by domestic abuse and sexual violence.

First Light has grown significantly over the past 12 months. This is as a direct result of the increase in demand for services with a 16.5% surge in referral rates resulting in over 12,000 people being supported. In order to respond to this increase in demand our establishment of staff has grown over 38% across all areas of business. Whilst this is a significant increase in staff and volunteers, each and every one is fully committed to First Light's vision, mission and values, as can be illustrated by our most recent staff survey;

92% are proud to say they work at First Light

96% care about the future of First Light

I am delighted to say there have been many successes right across the organisation and I want to share with you some of the most notable.

- New 7-year Sexual Assault Referral Centre (SARC) contract in partnership with Gloucestershire Health & Care NHS Foundation Trust across Wiltshire & Gloucester.
- Achieving Quality Standards for Services Supporting Male Victims / Survivors of Sexual Violence for both our SARC & ISVA services.
- Achieving Quality Standards for Independent Sexual Violence Adviser (ISVA) Services
- Expansion of our sexual violence therapy service to include the provision of play therapy for children aged 5 years and over.
- New 2-year Primary Care Identification & Referral Pathway Service contract across Cornwall and the Isles of Scilly.
- Recruitment of a LGBT+ Domestic Violence Advisor to better support the needs of the LGBT+ community and break down barriers to disclosures.
- Extending our helpline hours 9am – 9pm Mon – Fri and 9am – 5pm on Saturdays.
- Secured additional grant funding enabling us to introduce new as well as expand existing central and frontline services to meet the ever-increasing complex needs of those we support.
- Increasing the profile of First Light through the effective use of social media.

All this is only possible due to the ambitions and commitment of our staff and trustees as well as the generous support of our funders who share our vision for the future.

Lyn Gooding
Chief Executive

Vice Chair's Look to 2022/2023 and Beyond



2021 was another challenging year for First Light due to the ongoing global pandemic, increasing demand for support and

rapid organisational growth, all requiring new skills and new ways of working.

Yet again, our brilliant team of staff and volunteers performed with energy, focus, passion and resilience. On behalf of the Board, huge thanks to every member of staff and to all our partners, sponsors and supporters.

Whenever I meet with the team I'm always struck by their dedication and their commitment to doing more. They're always focused on not simply delivering the best level of service they can for those impacted by violence and abuse, but on how much else can be done to improve outcomes for clients in the future.

Over the coming year we look forward to working on a whole range of projects and services that will enable us to extend and optimise our impact and to do even more to improve outcomes for people accessing our services.

Most notably in the next 12 months we'll be:

- Developing our training to give young adults in post 16 education, professionals within the domestic abuse and sexual violence sector, frontline workers within Cornwall Family Assessment and Support Teams and GP and healthcare practitioners the skills to support those affected by domestic abuse and sexual violence.
- Filling the current gaps in therapeutic provision across Devon, by providing pre and post-trial therapy for adults across Devon engaged in the criminal justice process and by providing specialist play based therapy to children under 11 years and young people with a learning difficulty.

- Increasing the impactful work delivered by our Safer Futures services in Cornwall by working with more GP surgeries in 22/23 and by recruiting more volunteers to provide more survivors with listening and mentoring recovery support.
- Continuing to improve our Sexual Violence Advisory Service by developing our non-contact sexual offences support and by introducing LGBTQ+, Neuro diverse, and Male Children and Young People's Advisers to the team to better support the diverse needs of our community and break down barriers to disclosure.
- Welcoming a new Manager to the SARC team to take forward the new seven-year contract commencing Oct22. They will continue to work towards UKAS accreditation and extend outreach to across Wiltshire, specifically for young adults, other sexualities and ethnic communities.
- Build on our work to give people affected by domestic abuse and sexual violence a voice and to ensure that this voice is heard.
- Expanding our Board of trustees to ensure that we have the right blend of skills to effectively support and govern the organisation as it grows.

A final thought for the future brings me to our vision, 'a place we live in safety, free from Sexual Violence and Domestic Abuse'. With the number of clients continuing to increase this can feel further from our reach than ever and to tackle this we're starting to look at what affect we could have on harm reduction alongside our valuable crisis support and recovery services. This work is in its infancy but if we can make an impact in this space then that vision could be a reality for future generations.

Poppy Naylor
Vice Chair of Trustees

Educate

First Light offers bespoke training in domestic abuse and sexual violence to other organisations with the aim of supporting professionals to understand the issues, identify those potentially at risk, make routine enquiries, respond to disclosures, and to effectively support and refer individuals for crisis and recovery support.

In 21/22 we delivered training across a number of settings:

Health:

- Medical students at Great Western Hospital Academy
- Swindon Children & Adult Mental Health Service (CAMHS)
- Swindon Sexual Health Team
- Great Western Hospital Obstetrics & Gynaecology and Emergency Department staff
- GP and Healthcare Practitioners at 11 surgeries in Cornwall
- Trainee GPs in Cornwall



More confident with looking out for signs of Domestic Abuse”

Education:

- Nightline Volunteers at Exeter University
- Truro and Penwith College teaching staff
- Wiltshire College teaching staff



Listen more and not be afraid to ask if someone's OK. Give them the opportunity to speak out”

Other:

- Workshop for Asylum Seekers and Refugees in partnership with Swindon Women's Aid and the Harbour Project
- Multi-disciplinary professionals in Wiltshire
- Family Law firms in Devon



Thank you so much for the session yesterday it was great and so interesting! I have had such great feedback from the team.”

Developing our training is at the forefront of First Light's activities in 22/23:

- With funding from Ecclesiastical Insurance and Cornwall Community Foundation we will establish accredited training for professionals
- Deliver training to frontline workers within Cornwall Family Assessment and Support Teams
- Develop healthy relationships and sexual relationships awareness for young adults in post 16 education

Prevent

Awareness Campaigns

16 Days of Action Against Domestic Abuse:

Our 16-day social and mainstream media campaign during Nov-Dec21 aligned with the international movement that victims of abuse can be of any age, gender, ethnicity, sexuality, and disability. Our campaign reached 36,205 people across Twitter and Facebook.

Sexual Violence Awareness Week: Aligning with the national campaign week in Feb22, our campaign focused on the various forms of sexual abuse and violence alongside highlighting our different support services. Our online campaign reached 28,881 people, alongside TV, radio and press coverage.

Take A Stand Campaign: In Mar21 we launched our first awareness and fundraising campaign asking the public to Take A Stand against sexual violence in the South West. The campaign engaged 50,503 people, raising £1,975.



Taking A Stand

Domestic abuse and sexual violence remains hidden, with many individuals unable to speak out. In 21/22 we took out our stands into the community to break down barriers and start the conversation, including:



Freshers Fayres: We attended college and university freshers fayres across Wiltshire, Devon and Cornwall to raise awareness and discuss healthy sexual relationships with students. This included our Tea & Consent Tent at Plymouth University in partnership with the Sexual Assault Referral Centre.



Boardmasters Festival: Our Advisers alongside Safer Cornwall provided a safe space for the thousands of festival goers at Boardmasters in Aug21. Our team were on-hand to support disclosures and discuss healthy relationships. *Photo: Callum Morse (Boardmasters Festival)*

Domestic & Sexual Violence Advice & Support: Cornwall & the Isles of Scilly

SAFER FUTURES

Ending Abuse in Cornwall & Isles of Scilly.

In May 21 we extended our Helpline hours into the evenings and Saturdays funded by Barclays. Building on this success, further funding has been pledged by Safer Cornwall for 2022/23. During 21/22 our Helpline achievements included:

- Handling 14,478 calls, up 27% on 20/21.
- 93% of callers got through first time.
- 371 individuals used our web-based Livechat to reach out for support.
- 3,144 individuals experiencing abuse received advice and support.
- 7,471 individuals were referred into our services for longer-term crisis and recovery support. Up 16% from 20/21.

Following the success of the extended hours funded by Barclays, Safer Cornwall has pledged funding for 2022/23.

96% of callers were happy with the help and support they received

14,478 helpline requests handled, up 27%

“The helpline offers a broad spectrum of support, not just for those who have experienced domestic abuse, but also those engaging in abusive behaviours. It isn't just about taking information and passing it on, it is assessing the levels of current and potential risk, it is safety planning and offering emotional and practical support.”

Helpline Response Adviser

Domestic Violence & Abuse: Advice & Support

964 new ‘high risk’ individuals and families supported, up 27%

In 21/22 the number of ‘high risk’ individuals and families increased by one third. Year-on-year growth in demand has led to greater investment in our Domestic Violence Advisory Team. We have also introduced specialist roles, to bring additional skills into the team to remove barriers for some clients. 1102 new and existing ‘high risk’ individuals and families were supported over the year.

Our Domestic Violence team now comprises:

- Adult Advisers (Multi Agency Risk Assessment Conference MARAC)
- Children & Young People’s Advisers (MARAC)
- Health Advisers working within Royal Cornwall Hospitals Trust
- Outreach Advisers in partnership with We Are With You working within their Community, Homeless and Drug & Alcohol teams
- Mental Health Outreach Adviser
- Criminal Court Advisers working within Truro and Bodmin Magistrates Courts

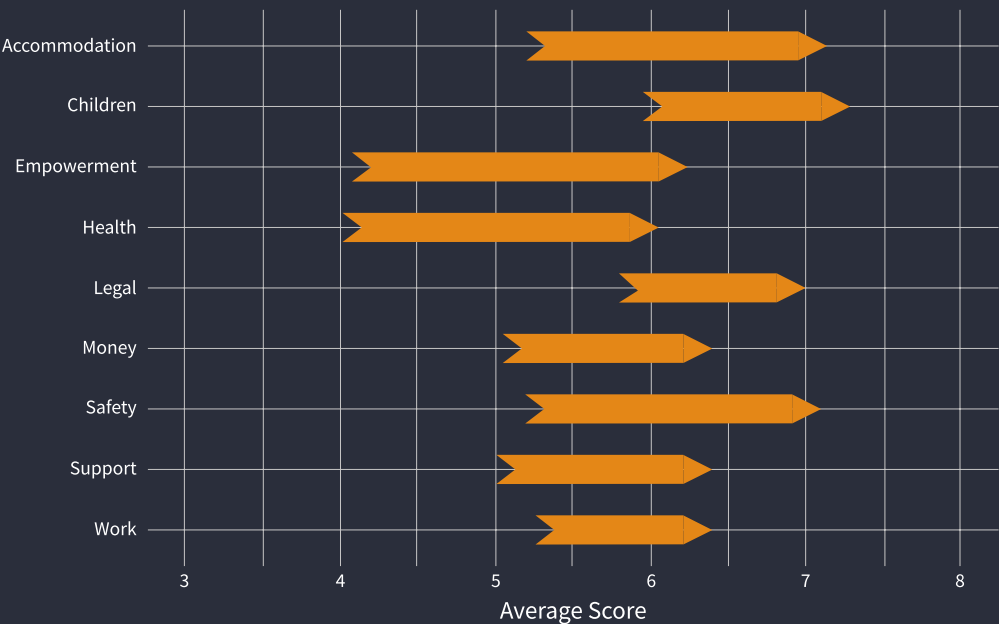
- LGBTQ+ Adviser in partnership with Intercom Trust
- A further 506 ‘medium and low risk’ individuals and families requiring additional help to overcome abuse were supported by our Domestic Abuse Support Advisers. The team advocate on their behalf, ensuring their voice is heard, to help these individuals achieve change.

Of the individuals we supported:

- 75% had a reduction in severity and frequency of abuse
- 94% were satisfied with the support they received
- 97% demonstrated improved safety, increased empowerment, legal and support, see diagram showing of average distance travelled.

Average change of a client

Taken from empowerment stars



Outreach

Supporting Families Outreach

In partnership with Cornwall Council, three Domestic Abuse Support Advisers began working alongside the Family Assessment and Support Teams of Children's Services with the aim to early identify and support families effected by domestic abuse and sexual violence. In the first three months alone, 17 families have been referred into service for advice and support. Vital training for frontline practitioners will commence in 22/23.

Primary Care Outreach

In addition to our Health Outreach within Royal Cornwall Hospitals Trust, in summer 21 a team of General Practice Domestic Abuse Advisors was introduced thanks to funding from Safer Cornwall. Primary Care Outreach is working with GP surgeries across Cornwall and the Isles of Scilly to early identify and support victims of domestic abuse and sexual violence. Vital training is also provided to primary health care practitioners and reception teams to support routine enquiries for abuse.

In just eight months, **214 victims of domestic abuse and sexual violence have been identified and supported**, including 11 children and young people. 1 in 3 of these individuals have been moved into longer-term crisis support and recovery services.

Anne's Story*

Anne met her husband when she was a teenager. She suffered sexual, financial, physical and emotional abuse from him for over 50 years. Anne was completely isolated from family, friends and her children who fled the abuse years before. Anne has reduced mobility with severe nerve damage due to the physical assaults alongside a long history of poor mental health including several suicide attempts. Anne struggled to maintain eye contact, minimised her experience and blamed herself.

"I don't go out anywhere. He does the shopping. The only place I go is to the GP and he takes me there. I'm frightened of doing or saying something that will make him explode towards me."

The GP appointments provided the only safe opportunity for our Adviser to work with Anne. A multi-agency plan was put in place to support Anne's decision to leave her husband, with our Adviser ensuring her voice was heard at these meetings. After a lot of planning and joint agency work, Anne successfully moved into safe accommodation. Anne is still struggling with what has happened, but she is now looking forward to the future.



*Names changed to protect individual's identity. Photograph is of a model.

Recovery Pathways

1,547 individuals supported with a recovery pathway

Recovery Pathways, funded by Safer Cornwall and the Charles Hayward Foundation, has put in place recovery packages for 1,547 adults and children.

To reduce the waiting list and times for counselling, we recruited a further 12 counsellors bringing our pool of therapists to 24. In 21/22, 283 adults and children accessed therapy.

Recovery Pathways also supports individuals into our partners' recovery programmes including:

- Barnardo's Change 4 U for individuals displaying abusive behaviours
- Barnardo's Reconnect for children and young people affected by domestic abuse
- Barnardo's Susie Project for adult survivors of domestic abuse
- CLEAR for survivors of sexual abuse
- Operation Emotion supporting male survivors of child sexual abuse
- WAVES Counselling for survivors of domestic abuse
- Women's Centre Cornwall for survivors of sexual violence

Kerry's Story*

Kerry was in an on/off relationship where they both displayed abusive behaviours. Following their removal by social services, temporary custody of her five children, one with the abusive partner, has been awarded to her previous ex-partner.

Both Kerry and her partner completed the Change4U programme to address their abusive behaviours. Now separated, a recovery pathway has been put in place with Kerry which includes 1-2-1 counselling with Waves and follow-on group work with the SUSie project. Her pathway also includes support from Valued Lives for suicidal ideation.

Since engaging in her recovery pathway, Kerry has been able to stop all engagement with her abusive ex-partner. She can identify abusive behaviours and

acknowledges her own unhealthy behaviours, and she is actively making changes. Kerry has been going to the gym as part of her on-going self-care. Kerry is now having regular access to her children with a view to them coming for overnight stays.

*Names changed to protect individual's identity. Photograph is of a model.

Volunteer Led Mentoring

Building upon our 2020 pilot, in Sept21, thanks to funding from various trusts and Ecclesiastical Insurance we launched a volunteer-led mentoring service. Our Volunteer Co-ordinator recruited and trained 12 volunteers to provide regular mentoring support to victims who are no longer in crisis but need support to move forward.

“

“It has been really good talking to someone who got it. I could explain my feelings and felt accepted. I didn’t have to excuse myself or justify anything. [Volunteer] was non-judgemental where other people have not been, questioning why I ever took him back? She was brilliant.”



In just six months, 735 volunteer mentoring and listening hours have been provided to 109 individuals. Two thirds of individuals completed their mentoring and no longer required support. Whilst, two volunteers have already used their new skills and experience to gain employment within domestic abuse support services. We look forward to expanding the programme in 22/23.



Legal Clinics

Our partnership with Coodes Solicitors continued to provide free weekly clinics with a specialist Domestic Abuse Lawyer, enabling individuals to understand the legal options available to them. Over the year, pro bono legal advice was provided to 188 individuals helping them access their rights and protection through the law.

Summer Policing

First Light, Splitz, and Plymouth and Torbay Domestic Abuse Services worked in partnership with Devon & Cornwall Police in a 12-week pilot providing immediate specialist advice to Police Officers and victims at incidents. Telephone support was provided between 6pm and 1am on Friday and Saturday evenings with the aim to improve victim engagement and support. First Light supported 37 individuals, with seamless access into longer-term support where required.

Devon & Cornwall Sexual Violence Advisory Service

2,182 victims of sexual violence supported

Our Sexual Violence Triage team is funded by the Henry Smith Charity and the Office of the Police and Crime Commissioner. We received 1,523 new referrals from victims of sexual violence, a 29% rise from 20/21. Almost 1 in 3 were for children and young people under 18 years (457). 99% of individuals were contacted within 24hrs, ensuring advice and support at the most critical time.

Our Adult, Male and Children & Young People Advisers supported 2,182 current victims and historic survivors, providing:

- Safety planning
- Accurate and impartial information
- Emotional and practical support
- A single point of contact, who liaises third parties
- Supporting before, during and after court if applicable



I had many services involved with us in the last year ... [Adviser] was one of the very few professionals who really made a difference.”



Service Accreditation Achieved

In Mar22 First Light achieved the Quality Standards Accreditation for sexual violence advice and our Male Quality Standards in supporting male victims of rape, child sexual abuse or sexual assault.

Launch of Non-Contact Sexual Offences Support

With a rise in digital/online sexual offences First Light has worked with Safer Cornwall and Cornwall Council to establish specialist support for children and young people in Cornwall who have experienced a non-contact sexualised offence. In Jan22 we appointed three Advisers and look forward to developing this work during 22/23.

We worked with 103 individuals to consider their options. This resulted in 13 individuals providing anonymous information, with 22 individuals going on to report to the Police. An overwhelming 2 in 3 victims decide not to report the sexual offences against them.

“Reporting this crime to the police was not as unpleasant as the crime itself, but it wasn’t far behind. First Light made the process easier to deal with and answered many of my worries and questions.”

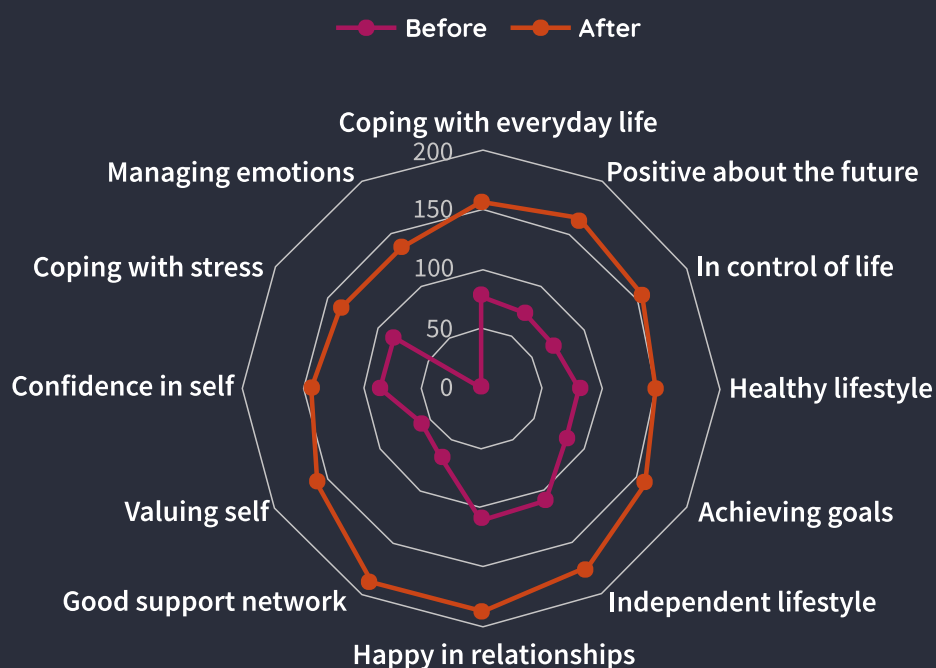
Of the 1,178 individuals whose support concluded this year, only 51 victims had their offender found guilty in court (4%). It is clear that criminal justice resolutions for victims remain extremely very low, and where these do occur it is a lengthy and harrowing process.

“I think I’ve almost made peace with it... I know I’ve done the right thing...for the law and me personally. Thank you for being here, your messages were a glimmer of sunshine in some of my darkest days.”

First Light continues to support the Cope & Recovery needs of all victims and support survivors into recovery services once their need for crisis services has completed. Of those accessing support:

- 39% were referred onto recovery therapy
- 38% referred into mental health services
- 37% were referred to community-based support groups

The diagram demonstrates the collective distance travelled by victims we supported in 21/22:



Jess' Story*

Jess had initially reported her sexual abuse when she was 15 years old. Unfortunately, no further action was taken at that time by Police. This experience, combined with the on-going trauma of sexual abuse, resulted in extensive mental health issues and social difficulties.

Our Adviser began working with Jess when her case was reopened by Police 18 years later, as another victim had come forward. At that time, Jess was in supported housing, was in a domestic violent relationship, and was dependant on alcohol and prescription medication. Unfortunately, Jess could not sufficiently care for her children and they had been placed into care.

As Jess moved between supported living facilities, our Adviser worked closely with key workers to maintain emotional and practical support. We worked jointly with Together, helping Jess remain engaged within drug and alcohol services. Jess has made huge progress with her dependency and is now sober. Jess has also been referred for domestic violence advice to support her decision to continue in her relationship but to help her be safe.

Three-way meetings were established with the Officer In Charge of the criminal case, with our Adviser leading on how to inform Jess of updates, changes in her support plan or to raise concerns she had. The Crown Prosecution Service issued 15 charges of sexual offences against children to which the defendant pleaded not guilty.

We continued to support Jess throughout the court process, including whilst she was cross-examined over two days; an arduous and challenging experience. The defendant received a 27year custodial sentence.

Jess's exit strategy has required a lot of planning, liaising with her key worker, supporting Jess to gain find some closure and accessing criminal injuries compensation. Jess has now moved to lower-level supported living. She says she is working towards finding peace with what happened, and is looking toward the future.

*Names changed to protect individual's identity.

Photograph is of a model.

Plymouth Sexual Violence Therapy Service

697 adults and 180 young people undertook counselling

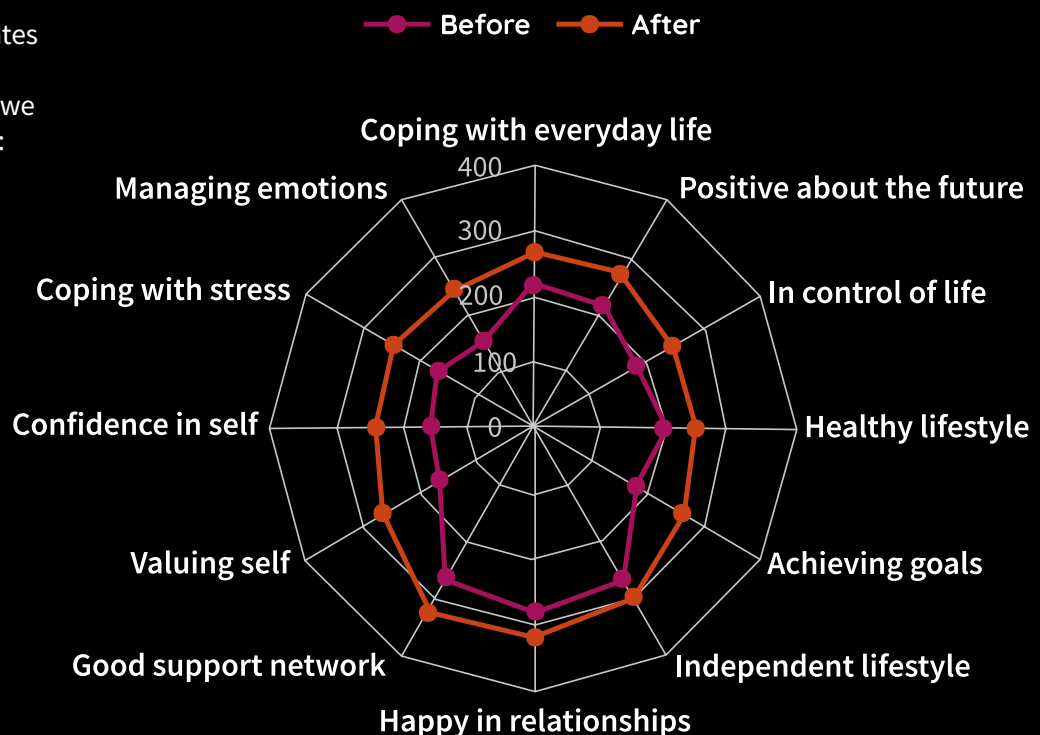
First Light's Therapy Team based out of our Plymouth Therapy Centre continued to support survivors of recent, historic and childhood sexual violence, providing trauma-informed therapy alongside pre and post-trial therapy for those engaged in the criminal justice process.

“This has changed my life and how I feel about myself”

530 new referrals were received for counselling, with a total of 877 individuals aged 12 plus being supported on their journey towards recovery. Of those supported:

- 83% felt an increase in self-value and confidence
- 82% felt better able to manage their emotions
- 79% felt more positive about the future

The diagram demonstrates the collective distanced travelled by individuals we supported during 21/22:



58 men and boys supported towards recovery

With funding from the Male Rape Support Fund, First Light has worked in partnership with Operation Emotion and moMENTum to improve recovery support for male victims of sexual violence whom can now can elect for a male Counsellor if desired. During 21/22 58 men and boys accessed therapy.



It's harder for guys to talk. It has helped me a lot, with issues. I don't think I would have been where I am right now if it wasn't for my counsellor and First Light. I really appreciate it."



Photograph is of a model.

4 specialist sexual violence Therapists trained

In our final year of our Counsellors In Training programme funded by Tudor Trust and the Leathersellers Company Charitable Trust, a further four students in their final year of a counselling diploma undertook training and placements.



I didn't want to try and help someone without a pretty decent toolkit. The training has been incredible and the support way beyond anything I could have expected."

The trainees provided therapy to 91 adults with low complexity, non-recent trauma. Over the 3 years, a total of 13 student Counsellors have been trained and 201 survivors of historic sexual violence supported.

First Light continues to work towards filling the gaps in therapeutic provision across Devon. Thanks to further funding, in 22/23 we will extend our services for:

- Adults across Devon engaged in the criminal justice process providing pre and post-trial therapy
- Children under 11years and young people with a learning difficulty providing specialist play based Therapy



Lilly's Story*

*Names changed to protect individual's identity.
Photograph is of a model.

Lilly was sexually assaulted by an older friend. She reported the abuse to a trusted teacher but subsequent safeguarding protocols in school left her feeling very vulnerable. After the assault, Lilly felt increasingly anxious, she struggled to sleep, self-harmed and had expressed feelings of suicide.

Our counsellor encouraged Lilly to take control of the work. With Lilly in control, she was happy to explore her poor self-image and lack of confidence. Lilly felt the abuse had changed the way that others reacted to her. Bullying at school had reinforced these negative feelings. As a result, Lilly had become withdrawn, avoiding contact with anyone outside of her immediate family. She felt that everyone was judging her and what she saw as her failings.

Lilly was encouraged to identify the link between the abuse, the bullying and negative peer relationships. Her lack of self-confidence had allowed others to take control. The Counsellor worked with Lilly in how she might take back control and how she might care for herself. The Counsellor help Lilly acknowledge herself outside the confines of the abuse.

As counselling progressed, Lilly moved back to her own bedroom, went shopping for clothes and started wearing make up again, and spoke excitedly about future plans.

“ My family and friends have noticed a change in me. I am much more positive and happier. I know what happened, happened in the past and I now know I can move on with my life’.

Swindon & Wiltshire Sexual Violence Crisis Support

322 individuals supported, up 33%

Our Crisis Team operating the Sexual Assault Referral Centre for Swindon & Wiltshire is funded by NHS England. During 21/22 322 individuals were supported as victims of rape and sexual assault, an increase of 33% on 20/21. This includes 48 young people aged 13-17 years. Almost 60% of individuals had experienced sexual violence within the previous 10 days.

“Thank you for all of your help... when I had no control over my thoughts and feelings, you helped me to see a little bit more clearly. I will always be grateful for the support you gave me.”

Safe, in-person services continued throughout the Covid-19 pandemic, alongside publicity to reassure victims that they will not face a penalty for any restrictions broken. Since the lifting of restrictions, there has been an increase in assaults linked to the night-time economy and a potential rise in drug facilitated assaults. The Centre Manager is Chair of the new Sexual Violence Providers Network for Wiltshire through which data, learning and best practise will be shared.

Of the 322 individuals supported:

- 52% were supported through a forensic medical examination to collect evidence for Police investigation
- 1 in 5 were identified as at risk resulting in a Safeguarding alert
- 1 in 2 were referred into sexual health clinics
- 1 in 2 were referred into health services for mental well-being support or physical injury
- Almost 1 in 2 were referred to the Sexual Violence Advisory Service for Wiltshire for on-going support with a criminal investigation.

51% of individuals accessed advocacy support

With long waiting lists for follow-on support across the county, our Crisis Advocates funded by the Police & Crime Commissioner and Ministry of Justice, ensures victims receive continuous emotional and practical support at the most critical time. In 21/22 the team supported 165 individuals; of which 1 in 3 had additional support needs and 1 in 2 had mental health support needs.

87% of all individuals supported reported feeling 'better able to recover and cope with aspects of everyday life'. 33 individuals have, with our support, gone on to report the offences against them to the Police.

87% of individuals felt better able to recover and cope

Following achieving the Lime Culture Male Accreditation in Feb21, the Centre has now achieved accredited status until May23. The team continue to work alongside the Forensic Capability Network (FCN) to achieve UKAS ISO15189 accreditation for forensic integrity during 22/23.

Outreach & Engagement

The Centre continues to see an increase in non-Police referrals, with now 57% of individuals coming into the Centre as a self-referral or referred by health and voluntary sector services.

During 21/22 specific outreach has been undertaken to reach and encourage more males to come forward for support as victims of sexual violence. Over the year, we worked with barbers, gyms, Pride groups and pharmacies to raise awareness. As a result, twice as many males have sought support over the year, rising from 5% of referrals to 7.5%.

With further funding, during 22/23 this outreach will expand to engage other victims less likely to seek support including those identifying as other genders and sexualities, and black and minority ethnic communities.

“

You made me feel safe and comfortable to talk, take my time and reminded me to breathe. Thank you”

Nikki's Story*

Following an assault by a taxi driver, Nikki was referred to our Crisis Team at the Sexual Assault Referral Centre by the Police for specialist support and care. Since accessing our services, Nikki has been an advocate helping to promoting the Centre.

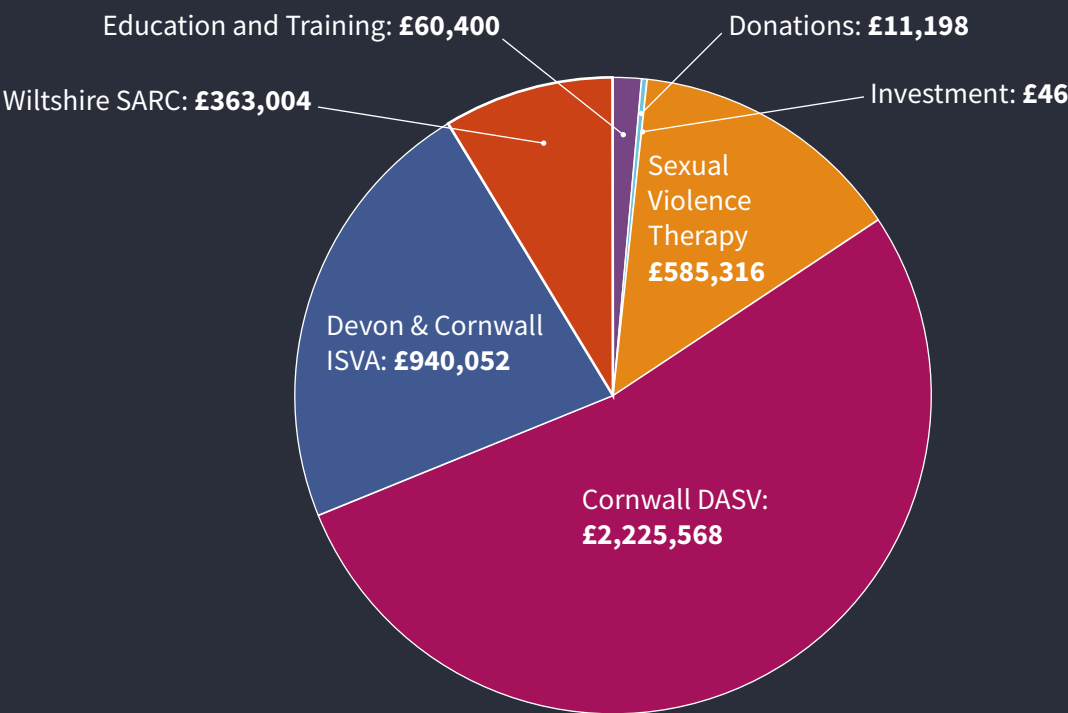
“ While the experience of going to a Sexual Assault Referral Centre was daunting as I didn't know what to expect, I felt really supported by the staff there in the aftermath of my assault. While they did all the necessary testing and physical health checks, I felt they also ensured my mental health was being looked after.

I wasn't aware you could access a Sexual Assault Referral Centre without having to go through the Police or another service first. I want people to know that the Centre is there in the aftermath of assault when you don't know where else to go - they can help you.”

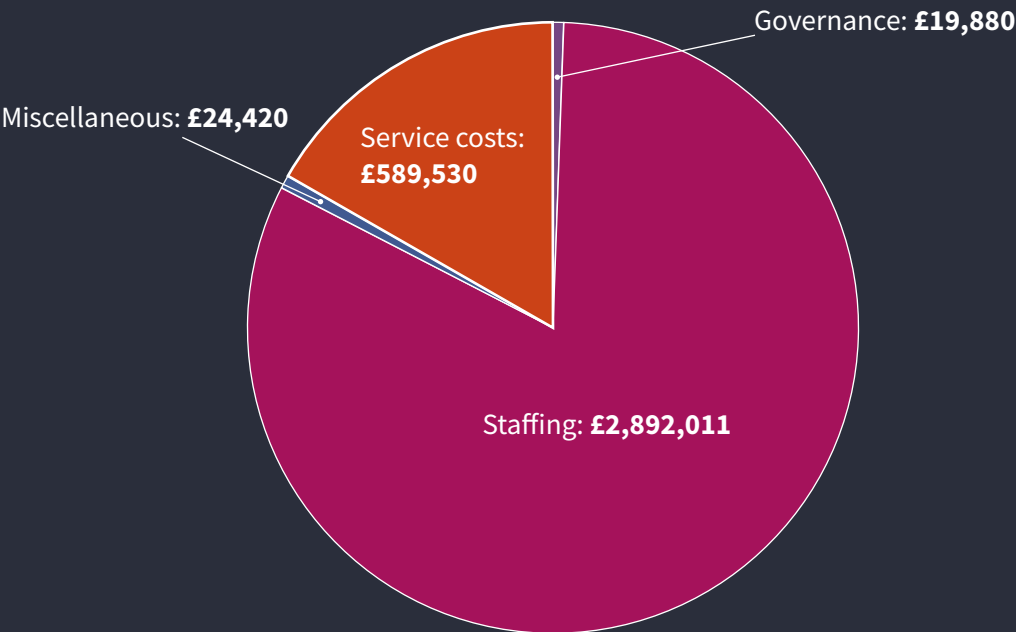
*Names changed to protect individual's identity. Photograph is of a model.

Financial Performance

Income By Activity £4,185,584



Expenditure By Area £3,525,841



Reserves

At 31st March 2022 First Light held unrestricted reserves of £724,470, this equates to 3-6 months months operating costs. New grant funding 21/22 £846,924. This includes new funding sources and additional grants from existing funding providers. Please see our full audited accounts for more detail.

Thank You from First Light

First Light's lifesaving work supporting thousands of people is not possible without the support of our incredible volunteers, funders, donors and partners. A heartfelt THANK YOU goes to the following who help create a safer southwest:

Our Volunteers

We would like to thank every single person who freely gave up their precious time to support so many people experiencing domestic abuse or sexual violence, most notably:

- Domestic Abuse Mentors
- Student Sexual Violence Counsellors
- Challenge participants and fundraisers
- Trustees

Why I Volunteer, Michelle



“Every time I speak to a client, I feel honoured to be taken into their confidence, and to be walking beside them as a mentor. It is a strange thing to say when you are listening to people's pain but I think it is about knowing that you are making a difference and giving them a voice.

I did experience domestic abuse as a child, and it becomes your normality. I think our backgrounds colour our decisions in life sometimes, and certainly it has for me. I think the lived experience sometimes makes a massive difference. I think if we have actually lived and breathed that experience it makes our empathy for another person that much deeper and richer. I think as long as you have worked through those experiences yourself, which I have in therapy, you are in a more robust position to be able to offer that help.” Michelle Jowlett

Our Funders & Partners

Creating a safer South West would simply not be possible without our funders and partners. We would like to thank:





Kai's Story

Kai was supported by our Male Sexual Violence Adviser after suffering child sexual abuse. He had never disclosed to anyone in almost 40 years. Initially, Kai had been unsure about engaging in the criminal justice process, but decided he would do to support other family members in the same criminal case. The Male Adviser helped Kai to engage with criminal investigation, process years of pent up frustration and anger, and speak openly about the emotional impact of the abuse and the damage it had caused to his life in the years that had passed. Kai was also referred to support services to help him process his anger, guilt and shame, which he now recognises are not his burden to carry.

“ I wouldn't just tell other men to use First Light after they've reported to the police, but I'd tell them to speak to an [Adviser] before they report. If I'd known about you beforehand, I probably would have had the strength to report years before I did.”

*Names changed to protect individual's identity.
Photograph is of a model.

REGISTERED COMPANY NUMBER: 03440794 (England and Wales)
REGISTERED CHARITY NUMBER: 1090457

Report of the Trustees and
Financial Statements
For The Year Ended 31 March 2022
for
First Light South West Ltd

Bromhead
Chartered Accountants
Statutory Auditors
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

First Light South West Ltd

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For The Year Ended 31 March 2022

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First Light South West Ltd (Registered number: 03440794)

Report of the Trustees
For The Year Ended 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The trustees' report also contains a directors' report as required by company law.

Report of the Trustees
For The Year Ended 31 March 2022

OBJECTIVES AND ACTIVITIES

Objectives and aims

First Light exists to improve the lives of current and future generations affected by domestic abuse and sexual violence. The charities purpose and objects are to:

- provide specialist services for those who are affected by domestic abuse or sexual violence,
- benefit the public by associating together the inhabitants, local authorities, and other public sector bodies, voluntary and community organisations in a common effort to improve conditions of life of those affected by inter-personal violence,
- increase public awareness of the impacts of such harmful behaviours on individuals and society as a whole,
- increase public education to reduce the likelihood of such harmful behaviours.

A review and refresh of our mission, vision and values demonstrates the charity's future ambitions to evolve and grow the service to tackle the harmful effects of domestic abuse and sexual violence.

The vision of our charity is a place where we live in safety free from Sexual Violence and Domestic Abuse. Our mission is to work together to build safer lives free from Domestic Abuse and Sexual Violence.

- Educate and Prevent through early intervention, training and campaigning,
- Protect and Support through the provision of services to help safeguard and reach out to those suffering Domestic Abuse and Sexual Violence,
- Cope and Recover by providing a full range of services to help people build resilience and move on to healthier happier lives,
- Give a Voice to those who suffer in silence and influence others to bring about positive change.

All this activity is underpinned by our organisational values:

Trust
Integrity
Respect
Progressive
Collaborative

The 2022 aim of our charity is to be the domestic abuse and sexual violence organisation across the south west that is recognised as impactful, effective and efficient, and that the southwest community want to:

- Be supported by, when in crisis.
- Work or volunteer for.
- Fund or commission.
- Personally support by giving financially, pro-bono skills and or experience and time.
- Partner with to deliver integrated services.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year and this is formalised during the Trustee's Annual Away days. This review looks at what we achieved and the outcomes of our work in the previous 12 months coupled with setting annual objectives for the year ahead. The review looks at the success of each key activity and the benefits they have brought to our beneficiaries. The review also helps us ensure our aim, objectives and activities remain focused on our stated purposes.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. The trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

Our main objectives for the year were:

1. Continue to deliver safe, effective and value-for-money services meeting contractual volumes, standards and KPIs across all new services.
2. Retain and secure current services that First Light are delivering by working with commissioners to deliver an adaptable and flexible programme.
3. Deliver clear and effective communications that promotes the work, mission, vision and values of First Light.
4. Ensure our fundraising strategy helps address existing funding needs as well as support organisational growth to develop new areas of business.
5. Give a voice and enable people affected by Domestic Abuse & Sexual Violence to be heard.

Report of the Trustees
For The Year Ended 31 March 2022

OBJECTIVES AND ACTIVITIES

Public benefit

The Trustees have complied with the duty in section 17(5) of the Charities Act to have due regard to guidance published by the Charity Commission on public benefit.

Our main activities and who we help are described below.

All our charitable activities focus on the provision of specialist services for victims of violence and are undertaken to further our charitable purposes for the public benefit.

Who used and benefited from our services:

Our objectives and funding limit the services we provide to those who reside in our service areas in the United Kingdom.

We believe domestic abuse and sexual violence is everybody's business. Domestic abuse and sexual violence do not discriminate between their victims and affects the whole of society. We believe equal access to our services is vital to our success and that successful outcomes must be shared by all communities that use our services. We monitor all our referrals against the nine protected characteristics of the Equality Act 2010. We review the ethnicity of our referrals against census information, released by the areas in which we provide services.

The impact of our work goes far beyond those we help directly and includes families and friends. Our active liaison with local community groups has helped significantly in raising awareness of domestic abuse and sexual violence, creating better local understanding of our work.

ACHIEVEMENT AND PERFORMANCE

Fundraising activities

First Light is registered with the Fundraiser Regulator and does not retain commercial participators, nor conduct telephone direct marketing activities. All fundraising was delivered based on voluntary contributions to the charity and the charity received no complaints about its fundraising practices.

First Light's fundraising strategy sets out our ambitions for the next three years. Our Trusts and Grants fundraiser together with our recently recruited Community & Corporate Fundraiser are responsible for realising these ambitions and together with the assistance of the senior management team, are responsible for the implementation of the strategy.

FINANCIAL REVIEW

Financial position

The charities reserves as at 31 March 2022 are £2,015,150 (2021 £1,355,407). Of this £724,470 are unrestricted reserves (2021 £633,941) and £1,290,680 (2021 £721,466) are restricted. Free reserves, which are unrestricted reserves excluding tangible fixed assets, were £693,676 (2021 £601,318).

Principal funding sources

The Charity's principal funding sources are through the provision of commissioned services for domestic abuse and sexual violence in Cornwall and the Isles of Scilly (Cornwall Council supported by funding from Barclays Bank, Charles Hayward Foundation, BBC Children in Need, Devon & Cornwall Police, Volant Trust, Duchy Health, Ecclesiastical Insurance, Noel Buxton Trust and Cornwall Community Foundation), Sexual Assault Referral Centre in Wiltshire (NHS England supported by the National Benevolent Charity, Wiltshire Community Fund, the Office of the Police and Crime Commissioner Wiltshire, Hendy Foundation and Asda Foundation), Independent Sexual Violence Advisory Services in Devon and Cornwall (Police and Crime Commissioner supported by Henry Smith Charity & Garfield Weston Foundation, Cornwall Council, 29th May 1961 Trust, Norman Family, Devon Community Foundation and Diocese of Truro), Sexual Violence Therapy in Plymouth (Plymouth City Council, NHS England, The Office of the Police and Crime Commissioner Devon & Cornwall, Ministry of Justice, Tudor Trust, Leathersellers Company Charity Fund, Persimmon Homes, Northbrook Community Trust, The Gibbons Family, John Casson Foundation, Truemark Trust, Lord Barnby Foundation and ZVM Rangoonwala Foundation).

The Trustees recognise the significant change in the national funding landscape between statutory and charitable provision continues to offer opportunities to address the increase in demand for those in need of support. The Trustees decision to recruit a Grants & Trusts Fundraiser together with a Community & Corporate Fundraiser to implement our funding strategy continues to maximise opportunities that incorporates both statutory commissioned contracts and charitable grants and donations.

Investment policy and objectives

Aside from retaining a prudent amount in reserves each year, the majority of the charity's funds are to be spent in the short term so there are few funds for long term investment. Having considered the options available, the Trustees have decided to put what is available on deposit, the management team and Trustees are also investigating other appropriate investment options. Given the nature of the charitable work, the Trustees observe social, environmental and ethical considerations and reasonable steps have been taken to ensure financial investments do not further activities which undermine charitable objectives. Whilst the charity has not yet utilised social investment, the opportunities are well understood and will be explored further in the years ahead.

Report of the Trustees
For The Year Ended 31 March 2022

FINANCIAL REVIEW

Reserves policy

The Trustees have examined the charity's requirements for reserves considering the main risks to the organisation. The Board has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should cover between 3 and 6 months of the planned expenditure.

Budgeted expenditure for 2022/23 is £4,951,170. The policy is to have reserves covering 3 to 6 months budgeted expenditure and therefore the target funds are;

Expenditure for 22/23 £4,951,170
50% of Expenditure £2,475,585
Per month £206,298
3 months Reserves £618,896
6 months Reserves £1,237,792

However, the Trustees understand that staff costs account for 70% of expenditure and this is primarily linked to the provision of specialist commissioned services, which in the event of the organisation implementing an exit strategy, would be subject to TUPE should the commissioners continue the service provision. It should be noted the organisation currently has more than 40 fixed-term posts as a result of securing a number of additional short-term grants to enhance services, these posts will be subject to the utilisation of reserves if it is deemed appropriate to continue them.

Therefore, the Trustees feel a more reasonable target should be one that ensures the reserves meet the working capital requirements of the charity and allow for the exit strategy to be carried out. A figure of 50% of the budgeted expenditure for 3 to 6 months of unrestricted reserves has been agreed. As indicated in the table above, this sets the target reserves at £618,896 to £1,237,792.

The unrestricted reserves as at 31 March 2022 are £724,470, a figure within the agreed threshold.

The Trustees are confident that at this level they would be able to continue the current activities of the charity in the event of a significant drop in funding.

It should be explained that restricted reserves are restricted to the individual commissioned services they relate to. Therefore, restricted funds cannot be utilised to support organisational growth or cash flow. A proportion of the restricted reserves are generally committed to the following years' budget. Where there are insufficient restricted funds for a service, unrestricted funds will be utilised to cover any shortfall, provided this does not compromise the organisation's reserves policy.

In terms of risks, we outline the following:

- o Economic climate with increasing costs
- o Emergency contingencies, e.g., pandemics/cyber security threats
- o Reduced contract values for any new commissioned services
- o Reduction in grant funding
- o Increased salary costs despite no increase in contract value
- o Increased recruitment costs due to local/national recruitment issues

All the above need to be balanced against increasing demands on our services along with clients with increasingly complex needs and a general reduction in statutory provision.

FUTURE PLANS

In the next year, the primary aims of First Light are to:

1. Continue to develop an effective leadership team and good governance processes to provide strategic direction and control through robust accountability, oversight and assurance for outcomes and financial performance.
2. Develop and maintain a skilled and motivated workforce.
3. Establish partnerships to deliver new services and projects to the benefit of a wider scope of service users.
4. Establish an Educate & Prevent Training venture.

The global pandemic as a result of coronavirus 'Covid-19' continues to create uncertainties across the global economy, and in turn has impacted upon our charity, experiencing an increase in demand for services. Two years on demand has continued to grow year on year, necessitating the organisation to seek additional grant funding and utilising reserves to increase capacity to meet this growing need. At the same time, we have continued to innovate, which has enabled us to create and deliver services that meet the increasing complexity of need of the people we support.

Report of the Trustees
For The Year Ended 31 March 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 26th September 1997 and registered as a charity on the same date.

The company was established under a Memorandum of Association (updated in 2017-18 to reflect the merged charity) which established the objects and powers of the charitable company and is governed under its Articles of Association.

In the event of the company being wound up members are required to contribute an amount not exceeding £10.

Trustee recruitment and appointment

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as The Trustees. Under the requirements of the Memorandum and Articles of Association the members of The Trustees are elected to serve until the next Annual General Meeting when Trustees must retire by rotation prior to re-election at the next Annual General Meeting.

All members of the Board of Trustees give their time voluntarily and received no benefits from the charity for their Trusteeship.

The Board of Trustees seeks to ensure that the needs of our victims are appropriately reflected through the diversity of the trustee body. The Trustees conduct an annual diversity audit to ensure the Board reflects the society it serves. Where gaps are identified, these are subsequently recruited to.

The more traditional business and strategy knowledge are well represented on the Board of Trustees. To create a diverse skill mix, Trustees undertake a Trustees Skills Audit annually and in the event of skills being lost due to retirements or identified as not present, individuals are approached to offer themselves for election to the Board of Trustees.

The Trustees recognise that due to the recent growth of the charity, there is a need to increase trustee membership from 8 to between 10 and 12, recruited against the priorities identified in the skills audit. This will improve diversity and support further 'lead Trustee' positions.

Organisational structure

Full responsibility for the running of the Charity is vested in the Trustees, who by reason of incorporation of the Charity are also Directors of the company. The company is limited by guarantee and does not hold any share capital. The Memorandum of Association precludes the Trustees/ Directors receiving any remuneration or benefits for the purposes of Trusteeship.

The Trustees have a membership that must be no less than three, who meet six weekly and are responsible for the strategic direction and policy of the charity. At present, the Trustees have eight members from a variety of professional backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Chief Executive, working with the Directors, Services and Business Administration Managers. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. The Service Managers have responsibility for the day to day operational management of the service area, individual supervision of the staff team and ensuring that the teams continue to develop their skills and working practices in line with national guidelines and recognised good practice.

Trustee induction and training

New trustees are invited to meet with members of the trustees and senior management team to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chair of the Board of Trustees and the Chief Executive of the charity and cover:

- The obligations of Trustee members.
- The main documents which set out the operational framework for the charity including the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives as set out in the three-year business plan, funding strategy and business model documents.

A Question & Answer pack has also been prepared drawing information from the various Charity Commission publications signposted through the Commission's guide "the Essential Trustee". This is distributed to all new trustees along with the Memorandum and Articles and the latest financial statements.

Report of the Trustees
For The Year Ended 31 March 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Remuneration arrangements

Following the terms, conditions and remuneration review conducted across the entire First Light workforce in 2019, there was no subsequent uplift in salaries for 2020/21 or 2021/22. Instead, trustees adopted a similar approach to 2020/21 and decided to acknowledge the efforts of staff with the provision of two pro-rata non-consolidated payments each of £300 to all staff paid in October 2021 and March 2022.

A further pay review has been carried out in quarter 4 of 2021/22 with recommendations to be put to the board in April 2022 for a decision.

Related parties

In so far as it is complimentary to the charity's objects, the charity is guided by both local and national policy.

Sexual violence

At a national level Sexual Assault Referral Centre (SARC) services are steered by the current NHS England policy Strategic Direction for Sexual Assault and Abuse Services. Locally, the service is guided by NHS England as commissioners and a Swindon and Wiltshire SARC Board.

At a national level, Independent Sexual Violence Advisory services are steered by LimeCulture ISVA standards. Locally, it is led by the Police and Crime Commissioner as the local commissioner.

At a national level, sexual violence counselling is led by the standards of the British Association of Counselling and Psychotherapy. Locally, they are led by Plymouth City Council as the local commissioner.

Domestic Abuse

Nationally, domestic abuse services are guided by Home Office's Strategy to end violence against women and girls: 2016 to 2020, a refresh of which is currently being consulted on.

Locally Cornwall Council's Action for a Safer Cornwall, Cornwall & the Isles of Scilly Domestic Abuse & Sexual Violence Strategy 2019- 2022. This is guided by the Community Safety Partnership (Safer Cornwall) Commissioner in partnership with statutory and voluntary service stakeholders through steering groups across the spectrum of domestic abuse pathways.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. To help mitigate any risk the Board of Trustees agreed to establish a new role, that being a Director of Governance & Compliance, who also assumes the responsibilities of Company Secretary. The primary duty of this role is to ensure appropriate governance and compliance across the organisation. This will include leading on key areas including; Health and Safety, Information Governance and Quality Standards. A successful appointment to this role was made April 2021.

The Board of Trustees review the risks to which the charity is exposed at every Board meeting. A risk register has been established and is reviewed by the Chair and Chief Executive on a monthly basis. The principal risks are categorised as strategic, operational or financial and where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised through policy and procedures.

Contractors Health and Safety Scheme (CHAS) accreditation is in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to the service centres. ISO 9001 accreditation ensure a consistent quality of delivery for all operational aspects of the charity and the Fundraising Regulator oversees our fundraising practice and activities. These procedures are reviewed annually to ensure that they continue to meet the needs of the charity, through an internal audit and then external accreditation compliance audits. Where appropriate, our services are accredited by national standards, such as Quality Standards for Services Supporting Male Victims/Survivors recently achieved by our Swindon & Wiltshire SARC and our Devon & Cornwall ISVA service.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03440794 (England and Wales)

Registered Charity number

1090457

First Light South West Ltd (Registered number: 03440794)

Report of the Trustees
For The Year Ended 31 March 2022

Registered office

The Business Centre
2 Cattedown Road
Plymouth
Devon
PL4 0EG

Trustees

A Chitty
V Martin
P N Mullin Chair of Trustees
P Naylor
A Ludgate
T Smith
T Godwin
E Hoskin – resigned 11/07/2022
B Loo-Born – appointed 07/06/2022
A Foulger – appointed 07/06/2022

Auditors

Bromhead
Chartered Accountants
Statutory Auditors
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

Bank

Barclays Bank
140-146 Armada Way
Plymouth
Devon
PL1 1LA

Chief Executive - Linda Gooding

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of First Light South West Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

First Light South West Ltd (Registered number: 03440794)

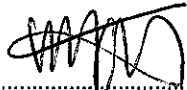
Report of the Trustees
For The Year Ended 31 March 2022

AUDITORS

The auditors, Bromhead, will be proposed for re-appointment at the forthcoming Annual General Meeting.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 04.10.2022 and signed on its behalf by:



.....
V Martin - Trustee

**Report of the Independent Auditors to the Members of
First Light South West Ltd (Registered number: 03440794)**

Opinion

We have audited the financial statements of First Light South West Ltd (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other Information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

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

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

**Report of the Independent Auditors to the Members of
First Light South West Ltd (Registered number: 03440794)**

Responsibilities of trustees

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

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

Our responsibilities for the audit of the financial statements

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

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We obtained an understanding of the laws and regulations applicable to the company through discussions with management, and those charged with governance. These laws and regulations which were considered to have a material effect on the financial statements or operations of the company were identified including following; Companies Act 2006, Charities Act 2011 and the Charities SORP, Employment Law, Health and Safety Act, Data Protection Act.

We obtained an understanding of the entity's policies and procedures for assessing fraud risk and identifying actual or alleged fraud by making enquiries with managements and those charged with governance and reviewing supporting correspondence with relevant authorities and advisors.

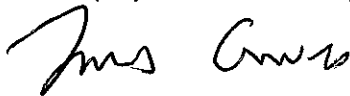
We obtained an understanding of the effectiveness of the entities control environment by testing of management override of controls, which includes but is not limited to; testing of journal entries, review of assumptions and judgements made in accounting estimate, and reviewing transaction occurring outside the normal scope of business.

The use of qualified and experienced staff members to ensure the audit team is comprised of only competent and capable members who are able to recognise and document any instances of non-compliance. The audit team exercises professional judgement and maintains professional skepticism throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



James Groves (Senior Statutory Auditor)
for and on behalf of Bromhead
Chartered Accountants
Statutory Auditors
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

Date: 19/10/22

First Light South West Ltd
Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
For The Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Grants, donations and legacies	2	137,200	4,047,938	4,185,138	3,348,238
Charitable activities	4				
Charitable Activities		400	-	400	7,353
Investment income	3	46	-	46	70
Total		137,646	4,047,938	4,185,584	3,355,661
EXPENDITURE ON					
Raising funds	5	44,704	-	44,704	-
Charitable activities	6				
Cornwall DASV		1,208	1,864,788	1,865,996	1,327,708
Counselling		205	494,093	494,298	396,403
Art Therapy		-	-	-	35,533
Devon & Cornwall ISVA		711	801,080	801,791	568,266
Wiltshire SARC		289	318,763	319,052	249,248
Covid Response		-	-	-	93,291
Total		47,117	3,478,724	3,525,841	2,670,449
NET INCOME		90,529	569,214	659,743	685,212
RECONCILIATION OF FUNDS					
Total funds brought forward		633,941	721,466	1,355,407	670,195
TOTAL FUNDS CARRIED FORWARD		724,470	1,290,680	2,015,150	1,355,407

The notes form part of these financial statements


First Light South West Ltd (Registered number: 03440794)

Balance Sheet
31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
FIXED ASSETS					
Tangible assets	13	30,794	35,509	66,303	53,186
CURRENT ASSETS					
Debtors	14	134,038	-	134,038	37,459
Cash at bank		<u>783,332</u>	<u>2,011,768</u>	<u>2,795,100</u>	<u>1,822,267</u>
		917,370	2,011,768	2,929,138	1,859,726
CREDITORS					
Amounts falling due within one year	15	(223,694)	(756,597)	(980,291)	(557,505)
NET CURRENT ASSETS		<u>693,676</u>	<u>1,255,171</u>	<u>1,948,847</u>	<u>1,302,221</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>724,470</u>	<u>1,290,680</u>	<u>2,015,150</u>	<u>1,355,407</u>
NET ASSETS		<u>724,470</u>	<u>1,290,680</u>	<u>2,015,150</u>	<u>1,355,407</u>
FUNDS	17				
Unrestricted funds				724,470	633,941
Restricted funds				<u>1,290,680</u>	<u>721,466</u>
TOTAL FUNDS				<u>2,015,150</u>	<u>1,355,407</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 04.10.2022 and were signed on its behalf by:


V Martin - Trustee

The notes form part of these financial statements

First Light South West Ltd
Cash Flow Statement
For The Year Ended 31 March 2022

	Notes	31.3.22 £	31.3.21 £
Cash flows from operating activities			
Cash generated from operations	1	<u>1,010,140</u>	<u>1,147,203</u>
Net cash provided by operating activities		<u>1,010,140</u>	<u>1,147,203</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(37,353)	(24,366)
Sale of tangible fixed assets		-	471
Interest received		<u>46</u>	<u>70</u>
Net cash used in investing activities		<u>(37,307)</u>	<u>(23,825)</u>
Change in cash and cash equivalents in the reporting period		<u>972,833</u>	<u>1,123,378</u>
Cash and cash equivalents at the beginning of the reporting period		<u>1,822,267</u>	<u>698,889</u>
Cash and cash equivalents at the end of the reporting period		<u>2,795,100</u>	<u>1,822,267</u>

The notes form part of these financial statements

First Light South West Ltd

Notes to the Cash Flow Statement
For The Year Ended 31 March 2022

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.22	31.3.21
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	659,743	685,212
Adjustments for:		
Depreciation charges	24,236	17,780
Loss on disposal of fixed assets	-	1,471
Interest received	(46)	(70)
(Increase)/decrease in debtors	(96,579)	405,604
Increase in creditors	<u>422,786</u>	<u>37,206</u>
Net cash provided by operations	<u>1,010,140</u>	<u>1,147,203</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.21	Cash flow	At 31.3.22
	£	£	£
Net cash			
Cash at bank	<u>1,822,267</u>	<u>972,833</u>	<u>2,795,100</u>
	<u>1,822,267</u>	<u>972,833</u>	<u>2,795,100</u>
Total	<u>1,822,267</u>	<u>972,833</u>	<u>2,795,100</u>

The notes form part of these financial statements

First Light South West Ltd
Notes to the Financial Statements
For The Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

There are no material uncertainties about the charity's ability to continue as a going concern.

The charitable company is limited by guarantee, incorporated in the UK and is registered in England & Wales. Its registered office is The Business Centre, 2 Cattedown Road, Plymouth, Devon, PL4 0EG.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Incoming resources from grants, including government grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Other grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Where applicable it is recognised as grants deferred.

Voluntary income received by way of donations and gifts are included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included in these accounts.

Investment income is included when receivable.

Incoming resources from other charitable activities are accounted for when earned.

Turnover is the amount derived from the provision of services and stated net of all applicable VAT.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries.

Governance costs include those costs associated with meeting the constitutional statutory requirements and strategic management of the charity.

Termination payments are recognised at the date of payment.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Allocation and apportionment of costs

All costs relate to the charitable activity of the company and are allocated against charitable activities on a basis designed to reflect the use of the resource.

Support costs are allocated to each charitable activity based upon percentage of income received to deliver each service.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance

First Light South West Ltd
Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

1. ACCOUNTING POLICIES - continued

Tangible fixed assets

Assets are included at cost, and there is a policy of review for impairment carried out by the Trustees as and when evidence comes to light that the recoverable amount of a fixed asset is below its net book value.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or grant provider.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and cash equivalents held in bank accounts in which there is ready access.

Creditors and provisions

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

2. GRANTS, DONATIONS AND LEGACIES

	31.3.22	31.3.21
	£	£
Donations	11,198	110,586
Grants	<u>4,173,940</u>	<u>3,237,652</u>
	<u>4,185,138</u>	<u>3,348,238</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

2. GRANTS, DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	31.3.22	31.3.21
	£	£
BBC Children In Need	51,038	61,940
Safer Cornwall	2,045,694	1,339,167
Ministry of Justice	257,765	317,478
Safer Plymouth	178,279	202,279
Police & Crime Commissioner for Devon and Cornwall	841,036	701,873
NHS England - Wiltshire SARC	262,251	281,295
Diocese South West	1,000	1,000
National Lottery Awards for All	9,989	48,600
Leathersellers	15,000	37,500
Tudor Trust	30,000	32,000
NHS Devon Clinical Commissioning Group (CCG)	166,646	161,272
Devon Coronavirus Response & Recovery Fund	-	3,439
Cornwall Foundation Trust Emergency Fund	1,000	6,700
Barnardos	-	65
Charities Aid Foundation	-	26,764
CAST	1	7,949
Coronavirus Job Retention Scheme	-	4,331
Tesco Bags for Help	-	2,000
The 29th May 1961 Charitable Trust	-	2,000
Charles Hayward Foundation	25,000	-
Garfield Weston Foundation	20,000	-
Gloucestershire Health & Care NHS Foundation Trust	27,686	-
Henry Smith Charity	20,000	-
NHS England	45,000	-
Northbrook Community Trust	15,000	-
Devon Community Foundation	600	-
Police & Crime Commissioner for Wiltshire and Swindon	53,541	-
Ecclesiastical	50,000	-
The Noel Buxton Trust	3,000	-
Volant Charitable Trust	5,000	-
The Norman Family Charitable Trust	1,000	-
Persimmon Homes Community Champions	1,000	-
The Gibbons Family Trust	2,000	-
The John Casson Foundation	1,000	-
The Truemark Trust	3,000	-
Lord Barnby's Foundation	2,000	-
ZVM Rangoonwala Foundation	500	-
The Big Give	700	-
Hendy Foundation	1,200	-
National Benevolent Charity	10,000	-
Asda Foundation	200	-
Wiltshire Community Foundation	5,000	-
European Regional Development Fund- Idea Generation Grant	1,814	-
Cornwall Community Foundation	20,000	-
	<u>4,173,940</u>	<u>3,237,652</u>

Of these £3,890,913 (2021 £3,007,695) are government grants.

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

3. INVESTMENT INCOME

	31.3.22	31.3.21
	£	£
Deposit account interest	<u>46</u>	<u>70</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	31.3.22	31.3.21
	£	£
Activity		
Training Charitable Activities	<u>400</u>	<u>7,353</u>

5. RAISING FUNDS

Raising donations and legacies

	31.3.22	31.3.21
	£	£
Staff costs	31,953	-
Telephone	318	-
Postage and stationery	18	-
Fundraising expenses	452	-
Recruitment costs	93	-
Training	165	-
Subscriptions	1,542	-
Travel	178	-
Web maintenance & support	<u>9,985</u>	-
	<u>44,704</u>	-

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Grant funding of activities (see note 7) £	Support costs (see note 8) £	Totals £
Cornwall DASV	863,388	792,807	209,801	1,865,996
Counselling	261,456	-	232,842	494,298
Devon & Cornwall ISVA	651,328	-	150,463	801,791
Wiltshire SARC	<u>274,833</u>	-	<u>44,219</u>	<u>319,052</u>
	<u>2,051,005</u>	<u>792,807</u>	<u>637,325</u>	<u>3,481,137</u>

7. GRANTS PAYABLE

	31.3.22	31.3.21
	£	£
Cornwall DASV	<u>792,807</u>	<u>504,609</u>

The total grants paid to institutions during the year was as follows:

	31.3.22	31.3.21
	£	£
Cornwall Refuge Trust	115,000	32,500
Barnardos	572,489	469,849
Operation Emotion	36,144	2,260
MoMENTum Devon CIC	24,174	-
The Women's Centre Cornwall	<u>45,000</u>	-
	<u>792,807</u>	<u>504,609</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

8. SUPPORT COSTS

Support costs have been allocated based upon usage to deliver each activity as assessed by the Board of Trustees.

	Cornwall DASV £	Counselling £	Devon & Cornw all ISVA £	Swindon & Wiltshire SARC £	Total £
Support costs:					
Finance	93	15	54	22	184
Premises	47,317	201,704	24,872	4,787	278,679
Office	86,010	22,511	55,393	25,149	189,062
Staffing	13,148	4,094	37,073	3,996	58,311
Travel	35,403	510	18,082	2,994	56,989
Other	18,551	2,205	8,735	4,728	34,219
Governance	9,940	1,690	5,865	2,386	19,880
Total	<u>209,967</u>	<u>232,645</u>	<u>49,781</u>	<u>43,942</u>	<u>637,325</u>

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.22 £	31.3.21 £
Auditors' remuneration	5,130	4,000
Other non-audit services	7,770	4,940
Depreciation - owned assets	24,236	17,780
Deficit on disposal of fixed assets	-	1,471

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no transactions with any of the Trustees during this period of the proceeding period.

Trustees' expenses

During the year no travel expenses were reimbursed to trustees (2021: NIL).

11. STAFF COSTS

	31.03.22 £	31.03.21 £
Salaries	1,720,059	1,349,988
Social security	146,134	113,624
Employers pension	36,525	28,742
Working from home allowance	-	11,090
Termination payment	-	8,855
Clinical supervisor	43,303	14,850
	<u>1,946,021</u>	<u>1,527,149</u>

The pension liability outstanding as at 31 March 2022 is £16,140 (2021 £5,405). Pension costs are allocated to different funds in line with the time each employee spends on each activity.

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

11. STAFF COSTS - continued

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
Charitable activities	54	48
Management and admin	25	18
	<u>79</u>	<u>66</u>

No employees received emoluments in excess of £60,000.

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Grants, donations and legacies	163,421	3,184,817	3,348,238
Charitable activities			
Charitable Activities	7,353	-	7,353
Investment income	<u>70</u>	<u>-</u>	<u>70</u>
Total	170,844	3,184,817	3,355,661
EXPENDITURE ON			
Charitable activities			
Cornwall DASV	-	1,327,708	1,327,708
Counselling	-	396,403	396,403
Art Therapy	-	35,533	35,533
Devon & Cornwall ISVA	-	568,266	568,266
Wiltshire SARC	-	249,248	249,248
Covid Response	4,331	88,960	93,291
	<u>4,331</u>	<u>2,666,118</u>	<u>2,670,449</u>
Total	4,331	2,666,118	2,670,449
NET INCOME	166,513	518,699	685,212
RECONCILIATION OF FUNDS			
Total funds brought forward	467,429	202,766	670,195
TOTAL FUNDS CARRIED FORWARD	<u>633,942</u>	<u>721,465</u>	<u>1,355,407</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

13. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1 April 2021	113,939	15,578	129,517
Additions	<u>37,353</u>	<u>-</u>	<u>37,353</u>
At 31 March 2022	<u>151,292</u>	<u>15,578</u>	<u>166,870</u>
DEPRECIATION			
At 1 April 2021	62,944	13,387	76,331
Charge for year	<u>23,610</u>	<u>626</u>	<u>24,236</u>
At 31 March 2022	<u>86,554</u>	<u>14,013</u>	<u>100,567</u>
NET BOOK VALUE			
At 31 March 2022	<u>64,738</u>	<u>1,565</u>	<u>66,303</u>
At 31 March 2021	<u>50,995</u>	<u>2,191</u>	<u>53,186</u>

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22 £	31.3.21 £
Trade debtors	110,699	-
Prepayments and accrued income	<u>23,339</u>	<u>37,459</u>
	<u>134,038</u>	<u>37,459</u>

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22 £	31.3.21 £
Trade creditors	43,353	35,541
Social security and other taxes	52,479	24,709
Other creditors	32,028	13,505
Deferred income	<u>852,431</u>	<u>483,750</u>
	<u>980,291</u>	<u>557,505</u>

Income has been deferred so that it is recognised in the period to which it relates.

	31.3.22 £	31.3.21 £
Deferred income brought forward	483,750	424,245
Deferred income released	(483,750)	(424,245)
Income deferred	<u>852,431</u>	<u>483,750</u>
Deferred income carried forward	<u>852,431</u>	<u>483,750</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

16. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.22	31.3.21
	£	£
Within one year	142,344	134,730
Between one and five years	17,929	43,114
	<u>160,273</u>	<u>177,844</u>

Operating lease payments included as an expense in the accounts total £228,265 (2021 £253,464)

17. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	633,941	90,529	724,470
Restricted funds			
Safer Cornwall - DASV	311,808	316,623	628,431
BBC Children In Need	19,866	4,103	23,969
Ministry of Justice	5,743	(1,914)	3,829
NHS England	-	45,000	45,000
Police & Crime Commissioner for Devon & Cornwall	5,295	137,448	142,743
NHS England - Wiltshire SARC	104,129	26,898	131,027
NHS, OPCC, Safer Plymouth - Therapy	167,830	22,066	189,896
National Lottery Awards For All	-	8,978	8,978
Devon Community Foundation	-	552	552
Cornwall Foundation Trust Emergency Fund	795	(140)	655
CAST	-	1	1
Barclays 100x100 UK Covid-19 Community Relief Fund	100,000	(100,000)	-
Tudor Trust - Wellbeing fund	2,000	(2,000)	-
Tesco Bags for Help	2,000	(2,000)	-
The 29th May 1961 Charitable Trust	2,000	(2,000)	-
Garfield Weston Foundation	-	1,768	1,768
Northbrook Community Trust	-	15,000	15,000
Ecclesiastical	-	50,000	50,000
Volant Charitable Trust	-	5,000	5,000
The Gibbons Family Trust	-	2,000	2,000
The John Casson Foundation	-	1,000	1,000
The Truemark Trust	-	3,000	3,000
Lord Barnby's Foundation	-	2,000	2,000
ZVM Rangoonwala Foundation	-	500	500
The Big Give	-	331	331
National Benevolent Charity	-	10,000	10,000
Wiltshire Community Foundation	-	5,000	5,000
Cornwall Community Foundation	-	20,000	20,000
	<u>721,466</u>	<u>569,214</u>	<u>1,290,680</u>
TOTAL FUNDS	<u>1,355,407</u>	<u>659,743</u>	<u>2,015,150</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

17. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	137,646	(47,117)	90,529
Restricted funds			
Safer Cornwall - DASV	2,045,690	(1,729,067)	316,623
BBC Children In Need	51,038	(46,935)	4,103
Ministry of Justice	257,765	(259,679)	(1,914)
NHS England	45,000	-	45,000
Police & Crime Commissioner for Devon & Cornwall	709,053	(571,605)	137,448
NHS England - Wiltshire SARC	262,253	(235,355)	26,898
NHS Devon Clinical Commissioning Group	166,646	(166,646)	-
NHS, OPCC, Safer Plymouth - Therapy	178,278	(156,212)	22,066
National Lottery Awards For All	9,989	(1,011)	8,978
Devon Community Foundation	600	(48)	552
Cornwall Foundation Trust Emergency Fund	1,000	(1,140)	(140)
Devon & Cornwall Police	6,984	(6,984)	-
CAST	1	-	1
Barclays 100x100 UK Covid-19 Community Relief Fund	-	(100,000)	(100,000)
Tudor Trust - Wellbeing fund	30,000	(32,000)	(2,000)
Tesco Bags for Help	-	(2,000)	(2,000)
The 29th May 1961 Charitable Trust	-	(2,000)	(2,000)
Charles Hayward Foundation	25,000	(25,000)	-
Garfield Weston Foundation	20,000	(18,232)	1,768
Gloucestershire Health & Care NHS Foundation Trust	27,686	(27,686)	-
Henry Smith Charity	20,000	(20,000)	-
Northbrook Community Trust	15,000	-	15,000
Police & Crime Commissioner for Wiltshire and Swindon	53,541	(53,541)	-
Ecclesiastical	50,000	-	50,000
The Noel Buxton Trust	3,000	(3,000)	-
Volant Charitable Trust	5,000	-	5,000
The Norman Family Charitable Trust	1,000	(1,000)	-
Persimmon Homes	1,000	(1,000)	-
The Gibbons Family Trust	2,000	-	2,000
The John Casson Foundation	1,000	-	1,000
The Truemark Trust	3,000	-	3,000
Lord Barnby's Foundation	2,000	-	2,000
ZVM Rangoonwala Foundation	500	-	500
The Big Give	700	(369)	331
Hendy Foundation	1,200	(1,200)	-
National Benevolent Charity	10,000	-	10,000
Asda Foundation	200	(200)	-
Wiltshire Community Foundation	5,000	-	5,000
European Regional Development Fund	1,814	(1,814)	-
Cornwall Community Foundation	20,000	-	20,000
The Leathersellers' Company Charitable Fund	15,000	(15,000)	-
	4,047,938	(3,478,724)	569,214
TOTAL FUNDS	4,185,584	(3,525,841)	659,743

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	467,429	166,512	-	633,941
Restricted funds				
Safer Cornwall - DASV	110,175	201,633	-	311,808
BBC Children In Need	3,500	20,752	(4,386)	19,866
Ministry of Justice	-	5,743	-	5,743
Police & Crime Commissioner for Devon & Cornwall	-	5,295	-	5,295
NHS England - Wiltshire SARC	72,082	32,047	-	104,129
NHS, OPCC, Safer Plymouth - Therapy	17,009	146,435	4,386	167,830
Cornwall Foundation Trust Emergency Fund	-	795	-	795
Barclays 100x100 UK Covid-19 Community Relief Fund	-	100,000	-	100,000
Tudor Trust - Wellbeing fund	-	2,000	-	2,000
Tesco Bags for Help	-	2,000	-	2,000
The 29th May 1961 Charitable Trust	-	2,000	-	2,000
	<u>202,766</u>	<u>518,700</u>	<u>-</u>	<u>721,466</u>
TOTAL FUNDS	<u>670,195</u>	<u>685,212</u>	<u>-</u>	<u>1,355,407</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	170,844	(4,332)	166,512
Restricted funds			
Safer Cornwall - DASV	1,339,165	(1,137,532)	201,633
BBC Children In Need	61,938	(41,186)	20,752
Ministry of Justice	317,477	(311,734)	5,743
Police & Crime Commissioner for Devon & Cornwall	609,763	(604,468)	5,295
NHS England - Wiltshire SARC	281,295	(249,248)	32,047
NHS Devon Clinical Commissioning Group	161,272	(161,272)	-
NHS, OPCC, Safer Plymouth - Therapy	202,279	(55,844)	146,435
National Lottery Awards For All	48,600	(48,600)	-
Devon Community Foundation	3,439	(3,439)	-
Cornwall Foundation Trust Emergency Fund	6,700	(5,905)	795
Barnardos	65	(65)	-
Devon & Cornwall Police	12,111	(12,111)	-
Charities Aid Foundation	26,764	(26,764)	-
CAST	7,949	(7,949)	-
Barclays 100x100 UK Covid-19 Community Relief Fund	100,000	-	100,000
Tudor Trust - Wellbeing fund	2,000	-	2,000
Tesco Bags for Help	2,000	-	2,000
The 29th May 1961 Charitable Trust	2,000	-	2,000
	<u>3,184,817</u>	<u>(2,666,117)</u>	<u>518,700</u>
TOTAL FUNDS	<u>3,355,661</u>	<u>(2,670,449)</u>	<u>685,212</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	467,429	257,041	-	724,470
Restricted funds				
Safer Cornwall - DASV	110,175	518,256	-	628,431
BBC Children In Need	3,500	24,855	(4,386)	23,969
Ministry of Justice	-	3,829	-	3,829
NHS England	-	45,000	-	45,000
Police & Crime Commissioner for Devon & Cornwall	-	142,743	-	142,743
NHS England - Wiltshire SARC	72,082	58,945	-	131,027
NHS, OPCC, Safer Plymouth - Therapy	17,009	168,501	4,386	189,896
National Lottery Awards For All	-	8,978	-	8,978
Devon Community Foundation	-	552	-	552
Cornwall Foundation Trust Emergency Fund	-	655	-	655
CAST	-	1	-	1
Garfield Weston Foundation	-	1,768	-	1,768
Northbrook Community Trust	-	15,000	-	15,000
Ecclesiastical	-	50,000	-	50,000
Volant Charitable Trust	-	5,000	-	5,000
The Gibbons Family Trust	-	2,000	-	2,000
The John Casson Foundation	-	1,000	-	1,000
The Truemark Trust	-	3,000	-	3,000
Lord Barnby's Foundation	-	2,000	-	2,000
ZVM Rangoonwala Foundation	-	500	-	500
The Big Give	-	331	-	331
National Benevolent Charity	-	10,000	-	10,000
Wiltshire Community Foundation	-	5,000	-	5,000
Cornwall Community Foundation	-	20,000	-	20,000
	<u>202,766</u>	<u>1,087,914</u>	<u>-</u>	<u>1,290,680</u>
TOTAL FUNDS	<u>670,195</u>	<u>1,344,955</u>	<u>-</u>	<u>2,015,150</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	308,490	(51,449)	257,041
Restricted funds			
Safer Cornwall - DASV	3,384,855	(2,866,599)	518,256
BBC Children In Need	112,976	(88,121)	24,855
Ministry of Justice	575,242	(571,413)	3,829
NHS England	45,000	-	45,000
Police & Crime Commissioner for Devon & Cornwall	1,318,816	(1,176,073)	142,743
NHS England - Wiltshire SARC	543,548	(484,603)	58,945
NHS Devon Clinical Commissioning Group	327,918	(327,918)	-
NHS, OPCC, Safer Plymouth - Therapy	380,557	(212,056)	168,501
National Lottery Awards For All	58,589	(49,611)	8,978
Devon Community Foundation	4,039	(3,487)	552
Cornwall Foundation Trust Emergency Fund	7,700	(7,045)	655
Barnardos	65	(65)	-
Devon & Cornwall Police	19,095	(19,095)	-
Charities Aid Foundation	26,764	(26,764)	-
CAST	7,950	(7,949)	1
Barclays 100x100 UK Covid-19 Community Relief Fund	100,000	(100,000)	-
Tudor Trust - Wellbeing fund	32,000	(32,000)	-
Tesco Bags for Help	2,000	(2,000)	-
The 29th May 1961 Charitable Trust	2,000	(2,000)	-
Charles Hayward Foundation	25,000	(25,000)	-
Garfield Weston Foundation	20,000	(18,232)	1,768
Gloucestershire Health & Care NHS Foundation Trust	27,686	(27,686)	-
Henry Smith Charity	20,000	(20,000)	-
Northbrook Community Trust	15,000	-	15,000
Police & Crime Commissioner for Wiltshire and Swindon	53,541	(53,541)	-
Ecclesiastical	50,000	-	50,000
The Noel Buxton Trust	3,000	(3,000)	-
Volant Charitable Trust	5,000	-	5,000
The Norman Family Charitable Trust	1,000	(1,000)	-
Persimmon Homes	1,000	(1,000)	-
The Gibbons Family Trust	2,000	-	2,000
The John Casson Foundation	1,000	-	1,000
The Truemark Trust	3,000	-	3,000
Lord Bamby's Foundation	2,000	-	2,000
ZVM Rangoonwala Foundation	500	-	500
The Big Give	700	(369)	331
Hendy Foundation	1,200	(1,200)	-
National Benevolent Charity	10,000	-	10,000
Asda Foundation	200	(200)	-
Wiltshire Community Foundation	5,000	-	5,000
European Regional Development Fund	1,814	(1,814)	-
Cornwall Community Foundation	20,000	-	20,000
The Leathersellers' Company Charitable Fund	15,000	(15,000)	-
	<u>7,232,755</u>	<u>(6,144,841)</u>	<u>1,087,914</u>
TOTAL FUNDS	<u>7,541,245</u>	<u>(6,196,290)</u>	<u>1,344,955</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

18. RELATED PARTY DISCLOSURES

There were no related party transactions in the year nor in the year 2021.

Key management personnel remuneration totalled £58,594 (2021 £59,002).

19. PURPOSE OF RESTRICTED FUNDS

Safer Cornwall funds provide Independent Domestic Violence Advisor (IDVA) and Domestic Abuse & Sexual Violence (DASV) services across Cornwall and the Isles of Scilly.

Safer Plymouth funds are to contribute towards the cost of providing sexual violence therapeutic services in Plymouth.

BBC Children In Need funds are for the salary and related costs for a Family Support Worker and a Children and Young Person's IDVA for the Cornwall and Isles of Scilly DASV Service for 18 months and 12 months respectively. The project will deliver support services for children and young people experiencing domestic abuse. The services will reduce feelings of isolation, increase understanding healthy relationships and improve self esteem.

Ministry of Justice funds are to contribute towards the direct costs of providing therapeutic services to victims of sexual violence and abuse, ISVA services and domestic abuse services.

NHS England continue to fund a Sexual Assault Referral Centre (SARC) service in Wiltshire. Additional funds have also been received this year from NHS England to provide therapy services for sexual violence clients in Devon. The CCG (Integrated Care Board) contributed to the charity's office rent and rates in Plymouth.

Office of the Police and Crime Commissioner (OPCC) funds are contributed specifically for the provision of Independent Sexual Violence Advisors (ISVA) in Devon and Cornwall.

National Lottery Awards for All are to improve our communications to reach men, LGBTQ+, people with learning difficulties, and people who speak a foreign language. By providing funds for marketing material, easy read translations to leaflets/posts and providing telephone and in person language interpretation. Funds are also to contribute towards the cost of providing a therapy triage for abuse victims.

Cornwall Foundation Trust Emergency Fund provides funds that support clients needs in Cornwall for travel and mobile phone credit.

Devon & Cornwall Police provided funds to provide domestic abuse trained staff to cover a rota for a Friday and Saturday evening to work alongside the police during out of hours when the police were called to a potential domestic abuse incident.

Barclays 100x100 UK Covid-19 Community Relief fund supported the recruitment of 4 staff members to expand the Covid Helpline Response team for a period of 12 months.

Tudor Trust funds supported the wellbeing of staff, volunteers and trustees, and also funded a project which aims to appropriately coordinate and grow the therapeutic services offered to victims of historical sexual abuse in response to increasing needs.

Tesco Bags for Help funds support children and young people requiring therapeutic recovery as a result of abuse and violence during the covid-19 pandemic.

The 29th May 1961 Charitable Trust funds support sexual violence triage administrator as a point of contact across Devon, Cornwall and Isles of Scilly.

Devon Community Foundation provide a fund available to support clients in need with travel, accommodation, mobile phones/topups who live in Devon.

Garfield Weston Triage is to fund a .5FTE North Devon & Exeter ISVA post for three years commencing April 2021.

Northbrook Community Trust, The John Casson Foundation, The Gibbons Family Trust, The Truemark Trust, Lorn Barnby's Foundation and ZVM Rangoonwala Foundation are to contribute towards under 11s sexual violence play therapy in Devon over three years.

Ecclesiastical is to support set up and running costs for the Volunteer Mentoring scheme for Cornwall DASV service and to set up a training arm.

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2022

19. PURPOSE OF RESTRICTED FUNDS - continued

Volant Charitable Trust and Noel Buxton Trust are to support set up and running costs for the Volunteer Mentoring scheme for Cornwall and Isles of Scilly DASV service.

The Big Give provides income to enable First Light to fundraise using social media platforms.

National Benevolent Charity and Wiltshire Community Foundation provide contributions towards the salary costs for an Engagement and Outreach role at the Wiltshire SARC.

Cornwall Community Foundation provide a fund available to support clients in need with travel, accommodation, mobile phones/topups, who live in Cornwall.

Charles Hayward contributes towards staff costs for the Recovery Pathway Administrator within the DASV service.

CAST funded a project for multiple organisations in the DASV sector to come together to design a digital tool for use in response to the Covid-19 pandemic.

Gloucester Health & Care NHS Foundation Trust cover the salary costs of the Clinical Director employed by the Swindon & Wiltshire SARC due to a secondment arrangement.

Henry Smith match fund a post within the Devon & Cornwall ISVA service, and further support the ISVA Triage post for the same service that was already funded by Henry Smith.

Police & Crime Commissioner for Wiltshire & Swindon provide funding for 1.5 FTE Crisis Support Advocate posts - their role is to support the ISVA service clients in Swindon & Wiltshire due to there being a waiting list for that service currently.

Norman Family provide funding towards the Devon & Cornwall ISVA triage service.

Persimmon Homes support the Devon Sexual Violence Therapy Service.

Hendy Foundation provided funding for SV advice and support for men. The budget includes promotion costs for males for the SARC and ISVA service, and clothing/toiletries for males at the SARC

Asda Foundation gifted a donation from the Digital Green Token Giving programme for the Swindon & Wiltshire SARC.

European Regional Development provided funding for translation, proofreading, typesetting and final check for 3 leaflets in Romanian, Nepali and Polish and amendments to include foreign language QR code.

Leathersellers fund is to support victims of historical sexual abuse.



First Light is the operating name of First Light South West Ltd.

A company registered in England & Wales, No. 03440794





A charity registered in England & Wales, No. 1090457.

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