



FIRST LIGHT

Domestic Abuse and Sexual Violence Support for All



*"My sincerest thank
you to all at 'First Light ' for
being just exactly that"*

- Service user

IMPACT REPORT 2022 - 2023

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/or sexual violence.

We are independent from statutory agencies, including the Police.
Every year we support thousands of people towards a safer life, free from violence and abuse.

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



FIRST LIGHT
Domestic Abuse and Sexual
Violence Support Team 2017

Plymouth & South Devon: Sexual Violence Counselling
Devon, Cornwall & Isles of Scilly: Sexual Violence Advisor (ISVA) Service
Swindon & Wiltshire: Independent Sexual Violence Advisor (ISVA) Service
Swindon & Wiltshire: Independent Sexual Assault Referral Centre (SARC)



Cornwall and Isles of Scilly: Domestic Abuse and Sexual Violence Support



National: Church-Related Abuse Support Service

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Our Year in Brief: 2022 - 2023

14,002

people supported
across all services

15%

INCREASE FROM 2022

Our Devon and Cornwall Independent
Sexual Violence Advisors (ISVA) Service
supported

2,610

people across the South West

22%

of people supported had a
physical & learning disability

35%

of people supported struggled
with their mental health

729

children, young people and adults were referred to
Sexual Violence Counselling

With acceptance rate of 94%

96% accessed support within 3 months

With a total of 1,755 sessions delivered

SAFER FUTURES

Ending Abuse in
Cornwall &
Isles of Scilly.

Our helpline handled an incredible

17,195
calls

1,239 people referred to the Independent
Domestic Violence Advisory Service

597 people referred to the Domestic
Abuse Support Service

699 referrals from GP's, a part of
the trial Primary Care program

1,233

referrals to Recovery Pathway



1,133

connected to our
Therapy Service



With user
satisfaction at **96%**

319

people supported at
Swindon SARC

44% of referrals struggled
with their mental health

Acute
referrals

58%

Historic
referrals

41%

Safe Spaces has been in
contact with

1,382

Clients via phone, video calls,
texts and emails.

With

63

Referrals into the service

With an average time per client of

2hrs 36mins

With

390

support sessions delivered

*Since taking over the service on the
9th January 2023*



Chief Executive Statement

Lyn Gooding

It never ceases to amaze me the resilience of people to overcome adversity. I am immensely proud of everyone who works, volunteers and supports the work of First Light, who have strived together in an effort to improve the lives of all those affected by domestic abuse and sexual violence.

2022/23 was an exciting but challenging year, in which we saw First Light grow from a Southwest-based charity, to securing our first national service. We have secured the new Safe Spaces Service, supporting adult victims of church-related abuse within the Church of England, the Catholic Church of England and Wales, and the Church of Wales.

In addition to Safe Spaces we also successfully mobilised our existing Sexual Assault Referral Centre (SARC) based in Swindon & Wiltshire to a new seven year contract, delivered in partnership with Gloucestershire Health and Care NHS Foundation Trust, as well as secure the Wiltshire Independent Sexual Violence Advisor (ISVA) service, recently recommissioned by the Office of the Police & Crime Commissioner for Wiltshire, for which the new contract went live on the 1st April this year.

Last year, as we saw life return to near normal following what seemed like a never ending COVID pandemic, we continued to experience an ever increasing demand for help across all our services, which last year saw us support over 14,000 people of all ages and genders, providing help and support to help them cope and recover from the trauma of abuse. This was only possible due to the skills, expertise, dedication and compassion of our paid staff, volunteers and partners, who worked together to alleviate the suffering of children and adults, helping them lead healthier, happier lives.

On behalf of everyone here at First Light, I wanted to extend our very grateful thanks to all our fundraisers and funders, as without you we could not make the positive difference that sadly so many people need.

Our sincerest thanks and I hope you enjoy reading more about our achievements over the last twelve months.

Lyn Gooding
Chief Executive

Chair of Trustees Statement

Michelle Davies

Firstly, I want to take this opportunity to say a huge 'thank you', to familiar and new faces that have so warmly welcomed me into First Light. I was honoured to take up the position of Chair of Board of Trustees in January. I have worked with First Light since the very beginning and I am immensely proud of the progress and growth this wonderful charity has achieved over the last decade. A larger charity, growing in strength means more victims and survivors, adults and children receiving much needed services, services that they are entitled and deserved of and ones we are committed to delivering.

2022 continued to be a challenging year for First Light to operate as we weathered the tail end of the Covid 19 pandemic. We saw increasing demand for support across all our services and I am struck by the resilience and commitment of staff and volunteer who continued to work tirelessly throughout this challenging and changing landscape for our clients.

On behalf of the board, I wish to extend a huge thanks to every member of staff and volunteer and to all our partners, sponsors, and supporters.

I also wish to thank the previous chair, Paul Mullin, for his tenure over the past 9 years adeptly leading the board through huge change and organisational growth.

In all my interactions with First Light staff there is a clear commitment to always doing more. I want to ensure that the board harnesses this energy and resolve to improve outcomes for clients in the future and ensure it runs through everything we seek to achieve. In the next 12 months our ambition is to:

- Establish and grow the awareness of Safe Spaces, our national Church related abuse service which transitioned to First Light in January 2023.
- Successfully re-tender for the Safer Futures contract which we run in Cornwall and the Isles of Scilly.
- Develop our voice as an organisation in campaigning for a place we live in safety, free from domestic abuse and sexual violence.
- Embed the service and address the demands in the newly acquired Wiltshire ISVA service.
- Develop our training offer to give those in the private, public, education and other sectors the skills to support those affected by domestic abuse and sexual violence.

I do hope you enjoy reading this impact report and seeing the work that we carry out for so many that truly changes lives.

Independent Sexual Violence Advisor (ISVA) Service

Our team of dedicated Independent Sexual Violence Advisors (ISVAs) provide essential assistance and guidance to victims and survivors of rape and sexual assault across Devon, Cornwall, and the Isles of Scilly. We deliver crucial independent sexual violence advice and support, empowering individuals on their journey.

We are committed to assisting those who have bravely reported recent or historic incidents of rape or serious sexual assault to the Police. By working closely with various agencies within the criminal justice system and the community, our Advisors ensure that survivors receive comprehensive support tailored to their unique circumstances and needs.

Thanks to the generous support from the Henry Smith Charity, Garfield Weston Foundation and by the contract commissioned by the Office of the Police

and Crime Commissioner, we were able to make a significant impact. During the last year, we received a total of 1,683 new referrals from survivors of sexual violence. In addition, we provided essential and personalised support to 927 individuals currently in our care from 2021/22.

Our specialised team of Adult, Male, Children, Young People, LGBTQ+ and Neurodiverse ISVA's played a crucial role in providing a comprehensive range of services, including;

- safety planning
- accurate and impartial information
- emotional and practical support
- acting as a single point of contact to liaise with relevant third-party services.

We recognised the importance of supporting survivors throughout their entire journey, including the challenging court process. Our team is there every step of the way, offering support before, during, and after court proceedings, where applicable.

Every voice matters

To effectively connect with diverse communities, we acknowledge the significance of representation. We have specialist and trained ISVAs catering to LGBTQ+, male, children, young people and neurodiverse, who are adept at identifying their unique needs and providing tailored support.

21% of all referrals identified as LGBTQ+

19% of all referrals were aged 0 - 15 years old

10% of all referrals identified as Male

37% of all referrals were aged 16 - 24 years old

Sexual Violence Counselling

First Light's Counselling Team, based at our Plymouth Therapy Centre, over the past year have made a remarkable impact. Through our unwavering commitment to supporting survivors of recent, historic, and childhood sexual violence, we have provided trauma-informed counselling and crucial pre and post-trial support to those engaged in the criminal justice process.

The demand for our services has been significant, with 729 referrals received for counselling, catering to Children, Young People, and Adults. We are proud to report that an impressive 94% of these referrals were accepted into our program, ensuring that we could extend our support to those in need. With 96% of all referrals receiving the vital counselling support they required within just 3 months.

Our dedicated team provided 1,755 counselling sessions to children and adults. These figures not only reflect the high demand for our services but also demonstrate our team's commitment to providing timely and impactful support to survivors on their path to healing.

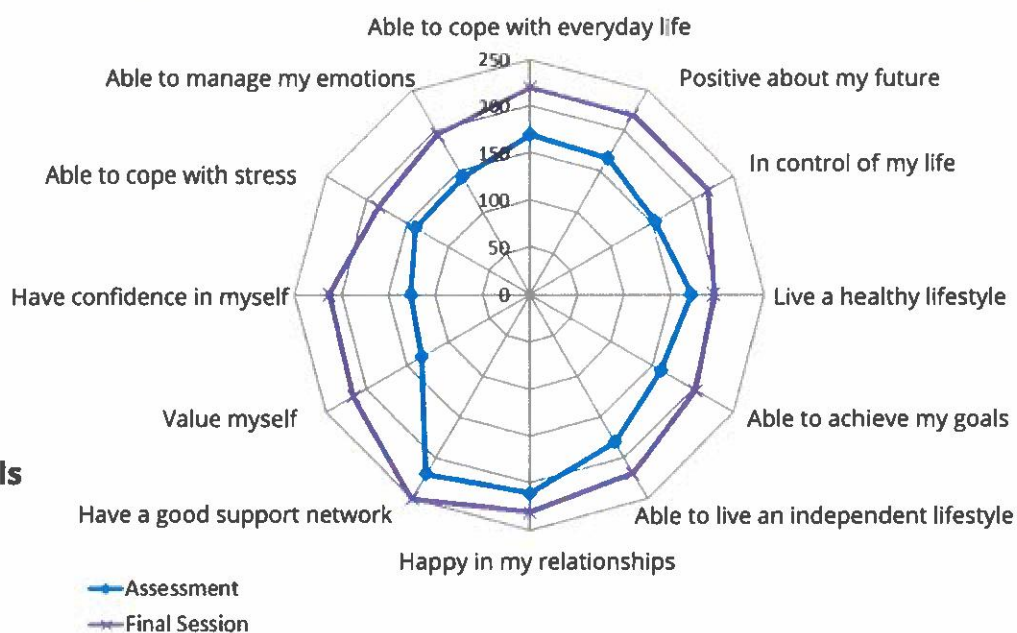
70 men and boys supported towards recovery.

↑ 20%

increase from the previous year

In collaboration with Operation Emotion and moMENTum, we have improved recovery support for male victims of sexual violence.

This diagram demonstrates the collective distanced travelled by individuals we supported during 2022 - 2023



Chris's Story



"I was very apprehensive at first, but I was immediately put at ease. I learned so much about myself with the gentle support of the staff."

"I would like to offer my sincere gratitude to everyone, for giving me this opportunity to help myself heal."

Chris* recently disclosed childhood sexual abuse by his father, of which he had never spoken. Chris tried to move on with his life and put it behind him – marriage, children and a career working with disadvantaged young people. But found he was unable to maintain these things as time went on.

Chris is diagnosed with Complex PTSD, anxiety and depression. He turned to alcohol to manage his mental health. Over the years he reduced his social contact with others, including his grown-up children and grandchildren which he feels guilty about. Chris feels his world is ever shrinking.

The Triage Team's initial support was to listen and provide emotionally support.

Having listened to Chris, we provide him with a number of options to help him make an informed decision about what he wanted to do next. Chris decided to report his abuse to the police and has now been assigned a Sexual Violence Adviser for longer-term support.

Part of the support offered included the completion of a comprehensive needs and risk assessment which clearly illustrated the devastating impact the abuse had on his life, as a result a number of referrals were also made to other services to meet his wider needs.

Chris is now in a stable, supportive relationship and has given up drinking. He ultimately wants to have 'some level of a normal life'.



Kiley's Story

One of our Domestic Violence Advisor, from our integrated Domestic Abuse and Sexual Violence service (Safer Futures), has been supporting single mother Kiley* to flee from a physically violent relationship.

Shortly after meeting her partner, Kiley moved into his flat and quickly became pregnant. She was not allowed to work, was not on the tenancy agreement, and he maintained control of all the household income including their benefits.

This left Kiley with no rights to stay in her home and no access to money to flee on her own. As the physical violence escalated, Kiley was isolated and afraid.

With a new baby, Kiley's perinatal mental health began to quickly deteriorate.

Kiley fled with her son with just the clothes she could fit in a carrier bag and under her buggy.

They are now in temporary accommodation but have very little. Her son's £50 supermarket voucher through Bauer Radio's Cash For Kids bought him clothes and toys which she had no choice but to leave behind.

Kiley and her son are now doing very well. They are looking to move into permanent housing and Kiley continues to be supported by First Light's Safer Futures service.

Sexual Assault Referral Centre Service (SARC)

Through dedicated commitment and compassion, our Crisis Worker Team at the Sexual Assault Referral Centre for Swindon & Wiltshire, commissioned by NHS England, has provided essential support to victims of rape and sexual assault, empowering them to reclaim their lives and find healing in the face of adversity.

Over the past year, our team has extended a caring hand to 319 individuals, offering a lifeline of support to victims of rape and sexual assault. Among these, we have supported 216 young people aged 16-25 years, ensuring that they receive the dedicated care they deserve.

Our commitment to inclusivity and accessibility is evident in the varied sources of referrals to our centre.

- A significant 34% of all new referrals came directly from the survivors themselves, demonstrating the vital role of self-empowerment and importance in seeking help.

- Additionally, 40% of referrals were made by the police, underlining the close collaboration we share to ensure a swift and supportive response.

- We are especially mindful of the 44% of referrals who disclosed that they struggled with their mental health, reinforcing our dedication to providing tailored care for all survivors, irrespective of their circumstances.

Crisis Advocate Rachel

We're incredibly proud of our Crisis Advocate Rachel, who was nominated for and won the 2022 Tackling Violence Against Women and Girls Together Conference award for Unsung Hero for Supporting Victims of VAWG

Over 6 months, Rachel has supported over 100 women and girls between the ages of 16 and 74 in their recovery from sexual violence.

She has gone above and beyond to help victims of violence against women and girls in addressing self-blame, guilt, and emotional wellbeing by providing a holistic approach to addressing client's care and support needs following sexual violence.

Rachel has liaised with numerous organisations to ensure her clients have access to the best possible care to enable them to process the trauma they have suffered and move forward with their recovery.



The feedback that Rachel has received from her clients

"I feel valued, supported and cared for"

"It's great there are people out there that can help. More importantly they want to help. You are a credit, and you should be very proud of yourself, thank you"

"Thank you for being so friendly and supportive. you have been such an amazing support to have"

We have made a
significant difference in
the lives of

8,607

individuals through Safer
Futures in the past year.

We are proud to have collaborated with the national children's charity, Barnardo's, to deliver the Integrated Domestic Abuse and Sexual Violence Service 'Safer Futures' for Cornwall and Isles of Scilly, commissioned by Safer Cornwall.

Together we have provided critical crisis support and recovery services to individuals affected by domestic abuse and sexual violence while fostering an environment that encourages healing and recovery.

Independent Domestic Violence Advisor (IDVA)

With our Independent Domestic Violence Advisor service, **we have supported 1,149 high-risk individuals and families during the most challenging moments of their lives.** By working closely with each person, we develop personalised safety plans and provide ongoing support, ensuring their safety in both the short and long term.

Volunteer Mentoring

Through our volunteer mentoring programme, we extend a helping hand to those affected by domestic abuse and sexual violence, offering extra time and support to help them move forward. In the past year, **we received 105 referrals for mentoring support, making a positive impact on the lives of those in need.**

Domestic Abuse Support

Our compassionate Domestic Abuse Support Advisors (DASAs) have been a beacon of hope for 1,309 individuals, offering a listening ear and the support they need to navigate through difficult times.

LGBTQ+ Support

Recognising the unique challenges faced by the LGBTQ+ community, our dedicated LGBTQ+ IDVA has assisted 109 individuals. We have actively engaged with various community events to foster connections and provide much-needed support.

Recovery Pathway

Our Recovery Pathways service functions as a dedicated compass, expertly guiding individuals and families towards the tailored support they require. It provides access to therapeutic support, that is tailored to address each person's traumatic experiences, in which 1,133 individuals were supported. **Our commitment to transformative care has led to 1,233 referrals into the Recovery Pathways, ensuring that individuals and families are seamlessly connected to the precise resources and support that align with their unique needs.**

Supporting Families Outreach

Working in partnership with Cornwall Council, our Domestic Abuse Support Advisers (Outreach DASAs) have collaborated with the Family Assessment and Support Teams of Children's Services. **This joint effort aims to identify and support families affected by domestic abuse and sexual violence at an early stage, leading to the support of 151 families over the past year.**



Legal Clinic

Continuing our partnership with Coodes Solicitors, we have facilitated free clinics with a specialist Domestic Abuse Lawyer, empowering individuals to understand their legal options. Over the year, pro bono legal advice was given to 188 individuals, helping them access their rights and protection through the law.

The Family Law Company offered their services to address the increase in demand for the legal Clinic. This partnership has provided essential support while helping reduce waiting periods. Currently, due to existing capacity constraints, This has been put on hold. However, they continue to help in conflicts of interest cases and usually contact referrals within 48 hours.

Training and Education

Our Safer Futures delivery partner Barnardo's also provides:

- **Change 4 U:** A domestic abuse programme that provides single-gender group support to individuals displaying abusive behaviour within their relationships.
- **Healthy Relationships In Schools:** This programme equips children and young people with a clear understanding of what constitutes a healthy and respectful relationship.
- **Reconnect:** A long-term recovery and resilience programme for children and young people who have been affected by domestic abuse.
- **SUsie:** This programme offers trauma-informed support to men and women recovering from domestic abuse.
- **Domestic abuse and sexual violence training** for professionals across all sectors, empowering them to recognise and address these critical issues.



Safe Spaces, our national Church-related abuse service, has made a significant impact in providing support for survivors since its transition to First Light on January 9th, 2023.

As an independent, dedicated, and compassionate support service, we continue to offer a safe, confidential, and personal space for those who have experienced abuse within the Church or as a result of their affiliation with the Church of England, the Catholic Church in England and Wales, or the Church in Wales.

The creation of the Safe Spaces service was inspired by survivors of church-related abuse, whose invaluable input helped shape its design and select the organisation to operate it.

Our commitment involves expanding our team throughout the upcoming year. This expansion will fortify our support services, enabling us to reach and empower even more survivors, while continuing to provide a safe space for those seeking support and guidance.

From January to March 2023.

We have been in contact with 1,382 Clients, via phone, video calls, texts and emails

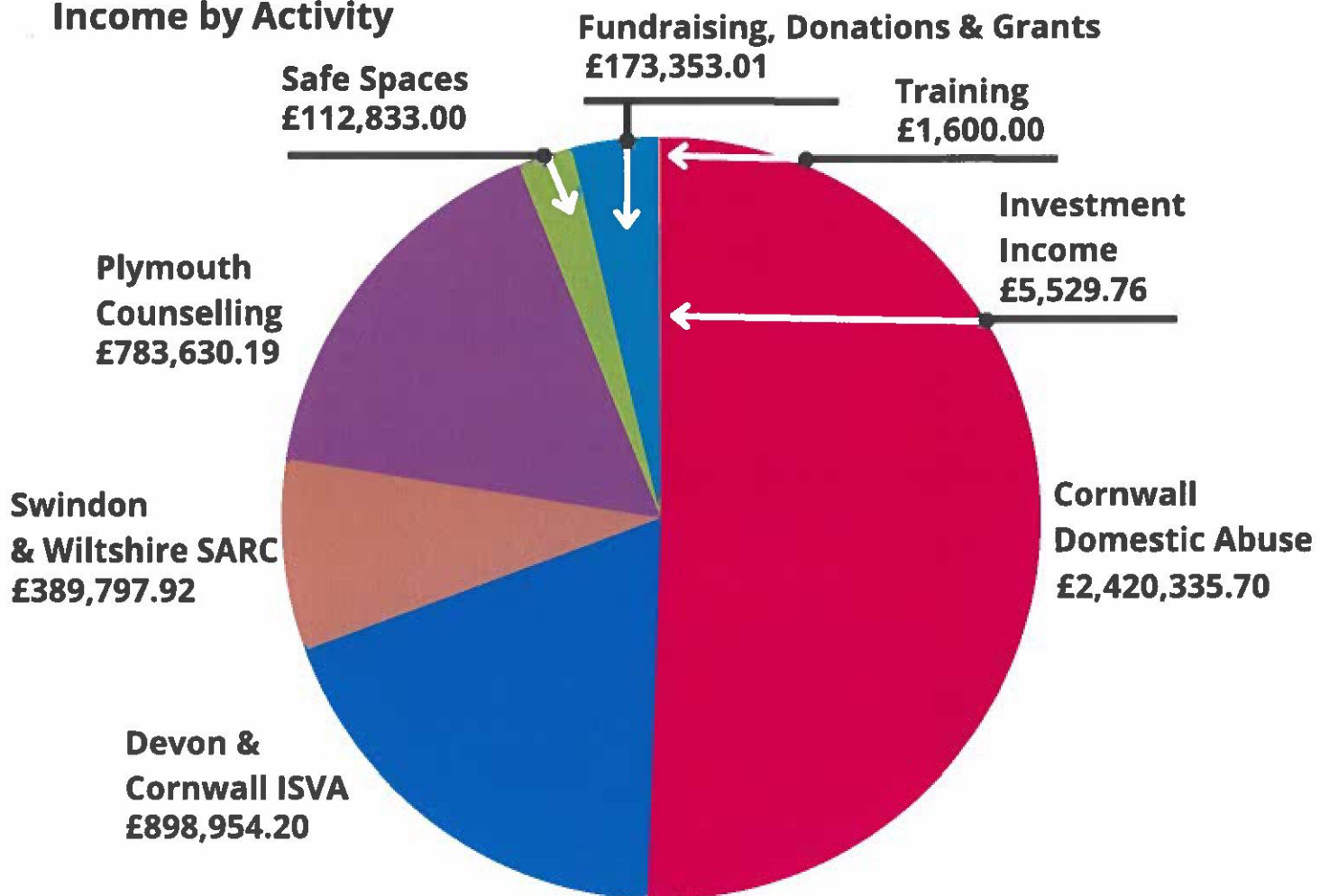
Our team has conducted 390 support sessions.

With each session lasting an average of 2 hours and 36 minutes.

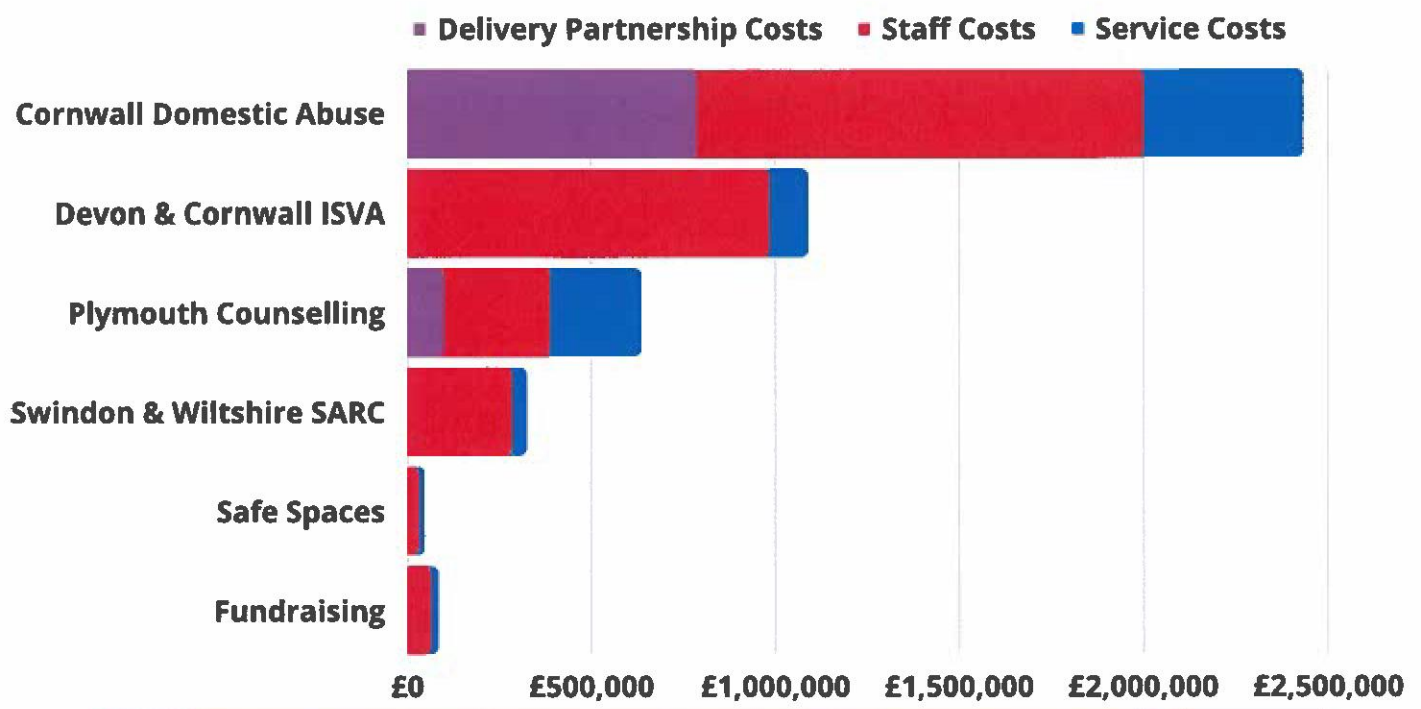
We have provided essential assistance to those seeking support and advice.

Financial Performance

Income by Activity



Expenditure by Activity



Thank you from First Light

Working in isolation is not an option for us. The life-changing support we have provided to thousands of individuals was made possible solely through the generous contributions of our volunteers, funders, donors, fundraisers, and partners.

Our impact report is a testament to the positive influence that resulted from this collaborative effort to bring about change and offer essential support to those affected by Domestic Abuse or Sexual Violence.

In the past year, your invaluable support has enabled us to assist 14,002 people. On behalf of the entire team at First Light, we extend our heartfelt gratitude to you.

Fundraising



Plymouth Run

First Light entered a team of four runners into the Plymouth Run in May. All running different distances but with the same goal, to raise money and awareness for the charity.

The team raised an incredible £1,840 so a huge thank you and well done to our fundraisers.

Facebook Birthday fundraiser

A huge thank you to Shaz (former service user) for raising an amazing £190 through her Facebook birthday fundraiser. Facebook birthday fundraisers are a great way to raise money for First Light, by letting your friends and family donate to a good cause.

Co-op Local Community Fund

We are delighted to have been working with Co-op's Local Community Fund over the past year, where 1p for every £1 spent on Co-op goods goes towards local causes.

Thanks to Co-op customers, we received an incredible £3,801.09 from a Co-op in Plymouth, and £3,218.70 from a Co-op in Truro. This funding contributed towards Domestic Abuse Volunteer Mentors in Cornwall and a Children and a Young Person Therapist in Plymouth.



If you would like to raise money for First Light, contact our Fundraising Team for more information on 03458 121212 or hello@firstlight.org.uk.

Our Volunteers

Our sincerest gratitude goes out to each and every individual who selflessly dedicated their precious time to support numerous people facing domestic abuse or sexual violence, with special recognition to:

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



"I wanted to be a Volunteer Mentor as I'm really passionate about the cause. I also saw it as a great way to start a career in this area as I've found my passion and now want to use that to make a difference."

- Volunteer Mentor

Our Funders & Partners

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



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

Report of the Trustees and
Financial Statements
For The Year Ended 31 March 2023
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 2023

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Report of the Trustees
For The Year Ended 31 March 2023

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 2023. 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 2023

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 charities 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. While 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 2023 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 2023

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 objects 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 2023 are £2,208,329 (2022 £2,015,150). Of this £695,545 are unrestricted reserves (2022 £724,470) and £1,512,782 (2022 £1,290,680) are restricted. Free reserves, which are unrestricted reserves excluding tangible fixed assets, were £665,693 (2022 £693,676)

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 Charles Hayward Foundation, Devon & Cornwall Police, Cornwall Community Foundation, Coop Community Fund, Norman Family Charitable Trust, Hobson Charity, Access to Justice Foundation, Albert Hunt Trust, Bauer Radio Cash for Kids), Sexual Assault Referral Centre in Wiltshire (NHS England supported by the, the Office of the Police and Crime Commissioner Wiltshire, Mid-Counties Coop Fund), Independent Sexual Violence Advisory Services in Devon and Cornwall (Police and Crime Commissioner supported by Henry Smith Charity & Garfield Weston Foundation, Cornwall Council, Devon Community Foundation and Diocese of Truro, Jamieson-Bystock Trust, Marjorie & Geoffrey Jones Charitable Trust, Dr & Mrs Darlington), Sexual Violence Therapy in Plymouth (Plymouth City Council, NHS England, The Office of the Police and Crime Commissioner Devon & Cornwall, Ministry of Justice).

The Trustees recognises the significant change in the national funding landscape between statutory and charitable provision, albeit somewhat restricted due to other cost of living pressures, continues to offer limited opportunities to address the increase in demand for those in need of support. The work of our Grants & Trusts Fundraiser together with a Community & Corporate Fundraiser 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, largely to ensure protection under the Financial Services Compensation Scheme (FSCS) as growth from interest is currently low. 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 2023

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 be between 3 and 6 months of the expenditure.

Budgeted expenditure for 2023/24 is £5,495,064. The policy is to have reserves covering 3 to 6 months budgeted expenditure and therefore the target funds are;

Expenditure for 23/24 £5,495,064

50% of Expenditure £2,747,532

Per month £228,961

3 months Reserves £686,883

6 months Reserves £1,373,766

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 30 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 £686,883 to £1,373,766.

The unrestricted reserves as at 31 March 2023 are £695,547, 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. Where there are insufficient restricted funds for a service, unrestricted funds will be utilised to cover any shortfall, provided this does not compromise the organisations 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

During 2022-23 we secured two new service contracts, namely the Wiltshire ISVA Service and Safe Spaces Service, which supports adult survivors of church related abuse, the latter being our first national service, which required a change to our Articles of Association. TUPE and recruitment played a major role in establishing these new services, and work is underway to induct and upskill the new teams in to First Light, in order to provide an efficient and effective service to victims of abuse.

Report of the Trustees
For The Year Ended 31 March 2023

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 2022-23 in response to securing our first national contract) 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, every effort is made to recruit and fill these gaps.

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.

In January 2023 our Chair of Trustees stood down after completing a maximum term of nine years dedicated service on the board. With the assistance of Anna Jay of Public Leader's Appointments, we conducted a recruitment drive to appoint a new Chair as well as fill a number of other identified skills gaps. As a result we were successful in appointing five new Trustees to the board.

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 ten 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 Director of Governance & Compliance is to ensure appropriate governance and compliance across the organisation. 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 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Remuneration arrangements

Following the completion of the bi-annual terms, conditions and remuneration review, the Board of Trustees awarded staff a 3% pay rise with effect from 1st April 2022, followed by the provision of two pro-rata non-consolidated payments each of £500 to all staff paid in October 2022 and January 2023 to counteract the increasing cost of living pressures, which were running at approximately 10% at the time the decision to award the payment was made.

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.

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 Tackling Domestic Abuse Plan published March 2022.

Locally Cornwall Council's Action for a Safer Cornwall, Cornwall & the Isles of Scilly Domestic Abuse & Sexual Violence Strategy 2023-2028. 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. In order to mitigate the risk, the Director of Governance & Compliance's primary duty is to ensure appropriate governance and compliance across the organisation. This includes leading on key areas including, Health and Safety, Information Governance and Quality Standards.

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 the Quality Standards for Services Supporting Male Victims / Survivors recently achieved by our Swindon & Wiltshire SARC and Devon & Cornwall ISVA service.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03440794 (England and Wales)

Registered Charity number

1090457

Registered office

The Business Centre
2 Cattedown Road
Plymouth
Devon
PL4 0EG

Report of the Trustees
For The Year Ended 31 March 2023

Trustees

A Chitty
V Martin
P N Mullin Chair of Trustees (resigned 1.2.23)
P Naylor
A Ludgate (resigned 1.2.23)
T Smith
T Godwin (resigned 1.2.23)
E Hoskin (resigned 11.7.22)
M R Davies (appointed 22.11.22)
F Fueller (appointed 4.10.22)
C P Jones (appointed 4.10.22)
S N Dupre-Echeverria (appointed 11.7.22)
A A Foulger (appointed 7.6.22)
B Van Loo-Born (appointed 7.6.22)

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.

AUDITORS

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

First Light South West Ltd (Registered number: 03440794)

Report of the Trustees
For The Year Ended 31 March 2023

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 17/10/2023 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 2023 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 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; 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:


First Light South West Ltd (Registered number: 03440794)

Balance Sheet
31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
FIXED ASSETS					
Tangible assets	13	29,852	68,207	98,059	66,303
CURRENT ASSETS					
Debtors	14	418,960	-	418,960	134,038
Cash at bank		544,255	1,487,625	2,031,880	2,795,100
		<u>963,215</u>	<u>1,487,625</u>	<u>2,450,840</u>	<u>2,929,138</u>
CREDITORS					
Amounts falling due within one year	15	(297,520)	(43,050)	(340,570)	(980,291)
NET CURRENT ASSETS		<u>665,695</u>	<u>1,444,575</u>	<u>2,110,270</u>	<u>1,948,847</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>695,547</u>	<u>1,512,782</u>	<u>2,208,329</u>	<u>2,015,150</u>
NET ASSETS		<u>695,547</u>	<u>1,512,782</u>	<u>2,208,329</u>	<u>2,015,150</u>
FUNDS	17				
Unrestricted funds				695,547	724,470
Restricted funds				1,512,782	1,290,680
TOTAL FUNDS				<u>2,208,329</u>	<u>2,015,150</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 17/10/2023 and were signed on its behalf by:


V Martin - Trustee

First Light South West Ltd
Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
For The Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Grants, donations and legacies	2	24,246	4,769,630	4,793,876	4,185,138
Charitable activities	4				
Charitable Activities		1,600	-	1,600	400
Investment income	3	5,530	-	5,530	46
Total		31,376	4,769,630	4,801,006	4,185,584
EXPENDITURE ON					
Raising funds	5	50,259	650	50,909	44,704
Charitable activities	6				
Cornwall DASV		6,198	2,448,129	2,454,327	1,865,996
Counselling		347	675,623	675,970	494,298
Devon & Cornwall ISVA		2,905	1,050,153	1,053,058	801,791
Wiltshire SARC		592	324,746	325,338	319,052
Safe Spaces		-	43,196	43,196	-
Swindon & Wiltshire ISVA		-	5,029	5,029	-
Total		60,301	4,547,526	4,607,827	3,525,841
NET INCOME/(EXPENDITURE)		(28,925)	222,104	193,179	659,743
RECONCILIATION OF FUNDS					
Total funds brought forward		724,470	1,290,680	2,015,150	1,355,407
TOTAL FUNDS CARRIED FORWARD		695,545	1,512,784	2,208,329	2,015,150

The notes form part of these financial statements

First Light South West Ltd

Cash Flow Statement
For The Year Ended 31 March 2023

	Notes	31.3.23 £	31.3.22 £
Cash flows from operating activities			
Cash generated from operations	1	<u>(704,311)</u>	<u>1,010,139</u>
Net cash (used in)/provided by operating activities		<u>(704,311)</u>	<u>1,010,139</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		<u>(64,439)</u>	<u>(37,352)</u>
Interest received		<u>5,530</u>	<u>46</u>
Net cash used in investing activities		<u>(58,909)</u>	<u>(37,306)</u>
Change in cash and cash equivalents in the reporting period		<u>(763,220)</u>	<u>972,833</u>
Cash and cash equivalents at the beginning of the reporting period		<u>2,795,100</u>	<u>1,822,267</u>
Cash and cash equivalents at the end of the reporting period		<u><u>2,031,880</u></u>	<u><u>2,795,100</u></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 2023

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

	31.3.23	31.3.22
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	193,179	659,743
Adjustments for:		
Depreciation charges	32,683	24,235
Interest received	(5,530)	(46)
Increase in debtors	(284,922)	(96,579)
(Decrease)/increase in creditors	(639,721)	422,786
Net cash (used in)/provided by operations	(704,311)	1,010,139

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.22	Cash flow	At 31.3.23
	£	£	£
Net cash			
Cash at bank	2,795,100	(763,220)	2,031,880
	2,795,100	(763,220)	2,031,880
Total	2,795,100	(763,220)	2,031,880

The notes form part of these financial statements

First Light South West Ltd

Notes to the Financial Statements **For The Year Ended 31 March 2023**

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 2023

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.

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.

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.

2. GRANTS, DONATIONS AND LEGACIES

	31.3.23	31.3.22
	£	£
Donations	22,246	11,198
Grants	4,771,630	4,173,940
	<u>4,793,876</u>	<u>4,185,138</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

2. GRANTS, DONATIONS AND LEGACIES - continued

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

	31.3.23	31.3.22
	£	£
BBC Children In Need	-	51,038
Safer Cornwall	2,402,336	2,045,694
Ministry of Justice	294,581	257,765
Safer Plymouth	162,279	178,279
Police & Crime Commissioner for Devon and Cornwall	236,093	841,036
Office of the Police and Crime Commissioner - D&C ISVA	772,770	-
NHS England - Wiltshire SARC	131,126	262,251
Diocese South West	2,000	1,000
National Lottery Awards for All	-	9,989
Leathersellers	-	15,000
Tudor Trust	-	30,000
NHS Devon Clinical Commissioning Group (CCG)	185,171	166,646
Cornwall Foundation Trust Emergency Fund	1,000	1,000
CAST	-	1
Charles Hayward Foundation	25,000	25,000
Garfield Weston Foundation	20,000	20,000
Gloucestershire Health & Care NHS Foundation Trust	22,579	27,686
Henry Smith Charity	60,000	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	2,000	1,000
Persimmon Homes Community Champions	1,000	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
Access to Justice Foundation	13,000	-
Victim Support	5,000	-
Dutchy Health	11,740	-
The Hobson Charity	4,000	-
Cornwall Council - D&C ISVA	83,363	-
Children's Society	40,199	-
Clear	20,000	-
Victim Support - Therapy	125,000	-
Great Western Railways	2,250	-
Weinstock Fund	3,000	-
Safe Spaces	112,833	-
Swindon & Wiltshire ISVA	14,940	-
Cash 4 Kids	2,350	-
Souter Charitable Trust	-	-
	3,000	-
Jamieson-Bystock	2,000	-
Albert Hunt Trust	4,000	-
Co-op Community Fund	7,020	-

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

2. GRANTS, DONATIONS AND LEGACIES - continued

	4,771,630	4,173,940
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Of these £4,305,238 (2022 £3,890,913) are government grants.

3. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
Deposit account interest	5,530	46

4. INCOME FROM CHARITABLE ACTIVITIES

	31.3.23	31.3.22
	£	£
Training Activity Charitable Activities	1,600	400

5. RAISING FUNDS

Raising donations and legacies

	31.3.23	31.3.22
	£	£
Staff costs	34,465	31,953
Telephone	20	318
Postage and stationery	59	18
Fundraising expenses	4,888	452
Recruitment costs	183	93
Training	597	165
Subscriptions	2,959	1,542
Travel	1,113	178
Web maintenance & support	6,625	9,985
	50,909	44,704

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Grant funding of activities (see note 7) £	Support costs (see note 8) £	Totals £
Cornwall DASV	1,342,981	809,259	302,087	2,454,327
Counselling	349,507	70,000	256,463	675,970
Devon & Cornwall ISVA	826,074	45,000	181,984	1,053,058
Wiltshire SARC	272,182	-	53,156	325,338
Safe Spaces	36,014	-	7,182	43,196
Swindon & Wiltshire ISVA	217	-	4,812	5,029
	2,826,975	924,259	805,684	4,556,918

First Light South West Ltd

**Notes to the Financial Statements - continued
For The Year Ended 31 March 2023**

7. GRANTS PAYABLE

	31.3.23	31.3.22
	£	£
Cornwall DASV	809,259	792,807
Counselling	70,000	-
Devon & Cornwall ISVA	45,000	-
	924,259	792,807

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

	31.3.23	31.3.22
	£	£
Cornwall Refuge Trust	25,000	115,000
Barnardos	784,259	572,489
Operation Emotion	57,500	36,144
MoMENTum Devon CIC	57,500	24,174
The Women's Centre Cornwall	-	45,000
	924,259	792,807

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 & Cornwall ISVA £	Wiltshi re SARC £	Swindon & Wiltshire ISVA	Safe Space s	Total £
Support costs:							
Finance	124	19	64	28	-	-	235
Premises	47,407	216,602	24,483	3,933	80	869	292,505
Office	111,693	27,617	61,445	26,770	2,246	1,790	230,640
Staffing	41,572	5,576	37,226	7,819	-	1,355	93,983
Travel	48,916	765	35,408	4,209	578	3,168	91,231
Other	45,867	4,901	20,042	8,924	1,908	-	84,810
Governance	6,508	983	3,316	1,473	-	-	12,280
Total	302,087	256,463	181,984	53,156	4,812	7,182	805,684

9. NET INCOME/(EXPENDITURE)

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

	31.3.23	31.3.22
	£	£
Auditors' remuneration	5,385	5,130
Other non-audit services	6,585	7,770
Depreciation - owned assets	32,683	24,237

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

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

	31.03.23	31.03.22
	£	£
Salaries	2,304,963	1,721,107
Social security	204,974	146,134
Employers pension	45,766	36,525
Clinical supervisor	34,437	42,255
	<u>2,590,140</u>	<u>1,946,021</u>

The pension liability outstanding as at 31 March 2023 is £8,579 (2022 £16,140). Pension costs are allocated to different funds in line with the time each employee spends on each activity.

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

	31.3.23	31.3.22
Charitable activities	22	54
Management and admin	83	25
	<u>105</u>	<u>79</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	31.3.23	31.3.22
£60,001 - £70,000	<u>1</u>	<u>-</u>

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Grants, donations and legacies	137,200	4,047,938	4,185,138
Charitable activities			
Charitable Activities	400	-	400
Investment income	46	-	46
Total	<u>137,646</u>	<u>4,047,938</u>	<u>4,185,584</u>
EXPENDITURE ON			
Raising funds	44,704	-	44,704
Charitable activities			
Cornwall DASV	1,208	1,864,788	1,865,996
Counselling	205	494,093	494,298
Devon & Cornwall ISVA	711	801,080	801,791
Wiltshire SARC	289	318,763	319,052
Total	<u>47,117</u>	<u>3,478,724</u>	<u>3,525,841</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
NET INCOME	90,529	569,214	659,743
RECONCILIATION OF FUNDS			
Total funds brought forward	633,941	721,466	1,355,407
TOTAL FUNDS CARRIED FORWARD	<u>724,470</u>	<u>1,290,680</u>	<u>2,015,150</u>

13. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1 April 2022	151,292	15,578	166,870
Additions	55,708	8,731	64,439
At 31 March 2023	<u>207,000</u>	<u>24,309</u>	<u>231,309</u>
DEPRECIATION			
At 1 April 2022	86,554	14,013	100,567
Charge for year	30,109	2,574	32,683
At 31 March 2023	<u>116,663</u>	<u>16,587</u>	<u>133,250</u>
NET BOOK VALUE			
At 31 March 2023	<u>90,337</u>	<u>7,722</u>	<u>98,059</u>
At 31 March 2022	<u>64,738</u>	<u>1,565</u>	<u>66,303</u>

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade debtors	311,730	110,699
Prepayments and accrued income	107,230	23,339
	<u>418,960</u>	<u>134,038</u>

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade creditors	225,518	43,353
Social security and other taxes	46,732	52,479
Other creditors	68,320	884,459
	<u>340,570</u>	<u>980,291</u>

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

	31.3.23 £	31.3.22 £
Deferred income brought forward	852,431	483,750
Deferred income released	(809,381)	(483,750)
Income deferred	-	852,431
Deferred income carried forward	<u>43,050</u>	<u>852,431</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

16. LEASING AGREEMENTS

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

	31.3.23	31.3.22
	£	£
Within one year	142,650	142,344
Between one and five years	3,917	17,929
	<u>146,567</u>	<u>160,273</u>

Operating lease payments included as an expense in the accounts total £277,718 (2022 £228,265)

17. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	724,470	(28,923)	695,547
Restricted funds			
Safer Cornwall - DASV	628,433	104,279	732,712
BBC Children In Need	23,969	(23,969)	-
Ministry of Justice	3,829	187,573	191,402
NHS England	45,000	(45,000)	-
Police & Crime Commissioner for Devon & Cornwall	142,742	(100,474)	42,268
NHS England - Wiltshire SARC	131,025	67,493	198,518
NHS, OPCC, Safer Plymouth - Therapy	189,897	43,522	233,419
National Lottery Awards For All	8,978	(8,978)	-
Devon Community Foundation	552	(55)	497
Cornwall Foundation Trust Emergency Fund	655	72	727
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	(66)	265
National Benevolent Charity	10,000	-	10,000
Wiltshire Community Foundation	5,000	-	5,000
Cornwall Community Foundation	20,000	(20,000)	-
Dutchy Health	-	4,798	4,798
The Hobson Charity	-	2,978	2,978
Great Western Railways	-	2,250	2,250
Weinstock Fund	-	3,000	3,000
Safe Spaces	-	69,638	69,638
Swindon & Wiltshire ISVA	-	9,910	9,910
Cash 4 Kids	-	1,400	1,400
Albert Hunt Trust	-	4,000	4,000
	<u>1,290,680</u>	<u>222,102</u>	<u>1,512,782</u>
TOTAL FUNDS	<u>2,015,150</u>	<u>193,179</u>	<u>2,208,329</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

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	31,376	(60,299)	(28,923)
Restricted funds			
Safer Cornwall - DASV	2,402,334	(2,298,055)	104,279
BBC Children In Need	-	(23,969)	(23,969)
Ministry of Justice	294,582	(107,009)	187,573
NHS England	-	(45,000)	(45,000)
Police & Crime Commissioner for Devon & Cornwall	772,772	(873,246)	(100,474)
NHS England - Wiltshire SARC	131,123	(63,630)	67,493
NHS Devon Clinical Commissioning Group	185,171	(185,171)	-
NHS, OPCC, Safer Plymouth - Therapy	162,282	(118,760)	43,522
National Lottery Awards For All	-	(8,978)	(8,978)
Devon Community Foundation	-	(55)	(55)
Cornwall Foundation Trust Emergency Fund	999	(927)	72
CAST	-	(1)	(1)
Charles Hayward Foundation	25,000	(25,000)	-
Garfield Weston Foundation	20,000	(21,768)	(1,768)
Gloucestershire Health & Care NHS Foundation Trust	22,579	(22,579)	-
Henry Smith Charity	60,000	(60,000)	-
Northbrook Community Trust	-	(15,000)	(15,000)
Police & Crime Commissioner for Wiltshire and Swindon	236,093	(236,093)	-
Ecclesiastical	-	(50,000)	(50,000)
Volant Charitable Trust	-	(5,000)	(5,000)
The Norman Family Charitable Trust	2,000	(2,000)	-
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	-	(66)	(66)
Cornwall Community Foundation	-	(20,000)	(20,000)
Access to Justice Foundation	13,000	(13,000)	-
Victim Support	5,000	(5,000)	-
Dutchy Health	11,739	(6,941)	4,798
The Hobson Charity	4,001	(1,023)	2,978
Cornwall Council - D&C ISVA	83,363	(83,363)	-
Children's Society	40,199	(40,199)	-
Clear	20,000	(20,000)	-
Victim Support - Therapy	125,000	(125,000)	-
Great Western Railways	2,250	-	2,250
Weinstock Fund	3,000	-	3,000
Safe Spaces	112,834	(43,196)	69,638
Swindon & Wiltshire ISVA	14,939	(5,029)	9,910
Co-op Local Community Fund - Cornwall DA	3,219	(3,219)	-
Co-op Local Community Fund - Plymouth Therapy	3,801	(3,801)	-
Cash 4 Kids	2,350	(950)	1,400
Souter Charitable Trust	3,000	(3,000)	-
Jamieson-Bystock Trust	2,000	(2,000)	-
Albert Hunt Trust	4,000	-	4,000

First Light South West Ltd

**Notes to the Financial Statements - continued
For The Year Ended 31 March 2023**

17. MOVEMENT IN FUNDS - continued

	4,769,630	(4,547,528)	222,102
TOTAL FUNDS	4,801,006	(4,607,827)	193,179

Comparatives for 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
	721,466	569,214	1,290,680
TOTAL FUNDS	1,355,407	659,743	2,015,150

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

17. MOVEMENT IN FUNDS - continued

Comparative 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)	-
	<u>4,047,938</u>	<u>(3,478,724)</u>	<u>569,214</u>
TOTAL FUNDS	<u>4,185,584</u>	<u>(3,525,841)</u>	<u>659,743</u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

17. MOVEMENT IN FUNDS - continued

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

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	633,941	61,606	695,547
Restricted funds			
Safer Cornwall - DASV	311,808	420,902	732,710
BBC Children In Need	19,866	(19,866)	-
Ministry of Justice	5,743	185,659	191,402
Police & Crime Commissioner for Devon & Cornwall	5,295	36,974	42,269
NHS England - Wiltshire SARC	104,129	94,391	198,520
NHS, OPCC, Safer Plymouth - Therapy	167,830	65,588	233,418
Devon Community Foundation	-	497	497
Cornwall Foundation Trust Emergency Fund	795	(68)	727
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)	-
The Big Give	-	265	265
National Benevolent Charity	-	10,000	10,000
Wiltshire Community Foundation	-	5,000	5,000
Dutchy Health	-	4,798	4,798
The Hobson Charity	-	2,978	2,978
Great Western Railways	-	2,250	2,250
Weinstock Fund	-	3,000	3,000
Safe Spaces	-	69,638	69,638
Swindon & Wiltshire ISVA	-	9,910	9,910
Cash 4 Kids	-	1,400	1,400
Albert Hunt Trust	-	4,000	4,000
	<u>721,466</u>	<u>791,316</u>	<u>1,512,782</u>
TOTAL FUNDS	<u><u>1,355,407</u></u>	<u><u>852,922</u></u>	<u><u>2,208,329</u></u>

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

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	169,022	(107,416)	61,606
Restricted funds			
Safer Cornwall - DASV	4,448,024	(4,027,122)	420,902
BBC Children In Need	51,038	(70,904)	(19,866)
Ministry of Justice	552,347	(366,688)	185,659
NHS England	45,000	(45,000)	-
Police & Crime Commissioner for Devon & Cornwall	1,481,825	(1,444,851)	36,974
NHS England - Wiltshire SARC	393,376	(298,985)	94,391
NHS Devon Clinical Commissioning Group	351,817	(351,817)	-
NHS, OPCC, Safer Plymouth - Therapy	340,560	(274,972)	65,588
National Lottery Awards For All	9,989	(9,989)	-
Devon Community Foundation	600	(103)	497
Cornwall Foundation Trust Emergency Fund	1,999	(2,067)	(68)
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	50,000	(50,000)	-
Garfield Weston Foundation	40,000	(40,000)	-
Gloucestershire Health & Care NHS Foundation Trust	50,265	(50,265)	-
Henry Smith Charity	80,000	(80,000)	-
Northbrook Community Trust	15,000	(15,000)	-
Police & Crime Commissioner for Wiltshire and Swindon	289,634	(289,634)	-
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	3,000	(3,000)	-
Persimmon Homes	2,000	(2,000)	-
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	(435)	265
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)	-
Access to Justice Foundation	13,000	(13,000)	-
Victim Support	5,000	(5,000)	-
Dutchy Health	11,739	(6,941)	4,798
The Hobson Charity	4,001	(1,023)	2,978
Cornwall Council - D&C ISVA	83,363	(83,363)	-
Children's Society	40,199	(40,199)	-
Clear	20,000	(20,000)	-
Victim Support - Therapy	125,000	(125,000)	-
Great Western Railways	2,250	-	2,250

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

17. MOVEMENT IN FUNDS - continued

Weinstock Fund	3,000	-	3,000
Safe Spaces	112,834	(43,196)	69,638
Swindon & Wiltshire ISVA	14,939	(5,029)	9,910
Co-op Local Community Fund - Cornwall			
DA	3,219	(3,219)	-
Co-op Local Community Fund - Plymouth			
Therapy	3,801	(3,801)	-
Cash 4 Kids	2,350	(950)	1,400
Souter Charitable Trust	3,000	(3,000)	-
Jamieson-Bystock Trust	2,000	(2,000)	-
Albert Hunt Trust	4,000	-	4,000
	<u>8,817,568</u>	<u>(8,026,252)</u>	<u>791,316</u>
TOTAL FUNDS	<u>8,986,590</u>	<u>(8,133,668)</u>	<u>852,922</u>

18. RELATED PARTY DISCLOSURES

There were no related party transactions in the year nor in the year 2022.

Key management personnel remuneration totalled £61,387 (2022 £58,594)

19. PURPOSE OF RESTRICTED FUNDS

Cornwall Foundation Trust Emergency Fund provides funds that support clients needs in Cornwall for travel
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. The CCG (Integrated Care Board) contributed to the charity's office rent and rates in Plymouth. Additional funds this year received to provide therapy services for sexual violence clients in Devon.

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 to fund a project which aims to appropriately coordinate and grow the therapeutic services offered to victims of historical sexual abuse in response to increasing needs.

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

19. PURPOSE OF RESTRICTED FUNDS - continued

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.

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.

Gloucestershire NHS 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 a 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.

Access to Justice Foundation is a contribution to offer legal clinic sessions and access to legal advice.

Victim Support is commissioned funding for Cornwall Domestic Abuse Isles of Scilly service.

The Hobson Charity is a contribution for IT equipment to allow efficient hot desking for the Cornwall Domestic Abuse helpline.

First Light South West Ltd

Notes to the Financial Statements - continued
For The Year Ended 31 March 2023

19. PURPOSE OF RESTRICTED FUNDS - continued

Police and Crime Commissioner for Devon and Cornwall and the Isles of Scilly- a grant partnership with The Children's Society funding the provision of therapeutic support for children and young people.

Police and Crime Commissioner for Devon and Cornwall and the Isles of Scilly- a grant partnership with Operation Emotion and MoMentum to provide sexual violence and abuse peer support for men.

Police and Crime Commissioner for Devon and Cornwall and the Isles of Scilly - a grant partnership with CLEAR to provide adult therapy within the Plymouth sexual violence therapy service.

Great Western Railways Customer and Communities Improvement Fund is a contribution for client transport to and from the Wiltshire and Swindon SARC.

Weinstock Fund is a contribution to a part time Engagement and Outreach Co-ordinator at the Wiltshire and Swindon SARC service.

Safe Spaces is for national support for victims and survivors of church related abuse.

Co-op Local Community Fund is a contribution for children and young people Plymouth sexual violence therapy service.

Cash4Kids is Bauer Radios Pirate FM cash for kids scheme providing vouchers for children affected by the cost of living crisis.

Souter Charitable Trust is a grant to support the Cornwall Domestic Abuse Volunteer Mentoring programme.

Jamieson-Bystock Trust is a contribution for CYP ISVA in Torbay and South Devon within the Devon and Cornwall ISVA service.

Albert Hunt Trust is a grant towards recovery pathways supporting children and young people in Cornwall and the Isles of Scilly within the Cornwall DA service.

First Light South West Ltd

Detailed Statement of Financial Activities
For The Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
INCOME AND ENDOWMENTS		
Grants, donations and legacies		
Donations	22,246	11,198
Grants	<u>4,771,630</u>	<u>4,173,940</u>
	4,793,876	4,185,138
Investment income		
Deposit account interest	5,530	46
Charitable activities		
Training	<u>1,600</u>	<u>400</u>
Total incoming resources	4,801,006	4,185,584
EXPENDITURE		
Raising donations and legacies		
Wages	33,447	31,340
Pensions	1,018	613
Telephone	20	318
Postage and stationery	59	18
Fundraising expenses	4,888	452
Recruitment costs	183	93
Training	597	165
Subscriptions	2,959	1,542
Travel	1,113	178
Web maintenance & support	<u>6,625</u>	<u>9,985</u>
	50,909	44,704
Charitable activities		
Wages	2,510,930	1,878,157
Pensions	44,749	35,912
Agency and subcontractors	260,684	131,648
Project expenses	10,612	5,288
Grants to institutions	<u>924,259</u>	<u>792,807</u>
	3,751,234	2,843,812
Support costs		
Finance		
Bank charges	235	184
Other		
Rent, rates and water	266,121	248,187
Insurance	29,960	26,926
Light and heat	730	328
Telephone	54,161	43,362
Postage and stationery	17,989	27,145
Subscriptions and memberships	27,506	27,482
Web maintenance and support	101,025	62,617
Cleaning and maintenance	8,664	5,928
Carried forward	506,156	441,975

This page does not form part of the statutory financial statements

First Light South West Ltd

Detailed Statement of Financial Activities
For The Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
Other		
Brought forward	506,156	441,975
Room hire	16,989	7,372
SARC consumables	1,656	29
Sundries	702	858
Travel	91,231	56,989
Staff entertainment	1,155	673
Payroll services	8,610	4,824
Training	52,369	43,249
Recruitment costs	33,004	10,238
Legal fees	48,612	26,818
Plant & machinery depreciation	30,112	23,609
Fixtures & fittings depreciation	2,573	627
	<hr/> 793,169	<hr/> 617,261
Governance costs		
Auditors' remuneration	5,385	5,130
Auditors' remuneration for non audit work	6,585	7,770
Bookkeeping	310	6,980
	<hr/> 12,280	<hr/> 19,880
Total resources expended	<hr/> 4,607,827	<hr/> 3,525,841
Net income	<hr/> 193,179 <hr/>	<hr/> 659,743 <hr/>



FIRST LIGHT

Domestic Abuse and Sexual Violence Support for All



www.firstlight.org.uk

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

Company number: 03440794 registered in England and Wales.

Charity registration number: 1090457.

The Business Centre, 2 Cattedown Road, Cattedown, Plymouth, PL4 0EG