



# First Light

Domestic Abuse and Sexual Violence Support for All

Our Impact Report  
2024 - 2025

Because  
it's  
not just  
someone  
else's story.

# Domestic Abuse and Sexual Violence affects us all.

We believe change happens when voices unite. By building new collaborations, strengthening partnerships, and listening deeply to those affected, we can ensure every voice is heard, believed, and supported.

From friends and family to neighbours and colleagues, every year thousands of people are impacted by domestic abuse and sexual violence.

That's why we offer a range of supportive services, ensuring every voice is heard, every story is believed, and every person is supported.

This impact report offers just a small reflection of our ongoing work and the journeys of those affected by abuse.

**It's a testament to what we can achieve when we come together for change.**

# Who We Are



First Light is not just a logo or a name, but a reflection of every team member's dedication, every individual we assist, and every voice that often remains unheard.

We stand proudly as an independent voice, where everyone will be believed, heard, and supported, no matter their gender, age, or ethnicity.

**Because everyone who has experienced abuse deserves to be heard.**

We are independent from statutory agencies, including the Police.

## OUR VISION

A society where everyone lives in safety free from sexual violence and domestic abuse.

## OUR VALUES

Trust  
Integrity  
Respect  
Progression  
Collaboration

## OUR MISSION

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

- **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.



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## Lyn Gooding Chief Executive Officer

I am proud to present this year's Impact Report, which reflects the strength, compassion and dedication of everyone at First Light.

This year has been one of change, challenge and growth. Across every service, our teams have shown what care and commitment can achieve when people come together with a shared purpose.

We have continued to stand beside survivors of domestic abuse and sexual violence, offering a safe place to be heard, believed and supported. Every member of our team has worked tirelessly to meet rising demand while maintaining the warmth and humanity that define First Light.

One significant change this year was the end of our Devon and Cornwall Independent Sexual Violence Advisor service contract. For more than six years, this service made a lasting difference to thousands of

people across the region. We are proud of the care, advocacy and hope our team provided, and grateful to every staff member who helped build such a trusted and respected service.

Though the contract has now passed to a new provider, the impact of our work and the lessons we learned will continue to shape how we support survivors across the South West.

Our work this year has been shaped by listening to survivors, partners and our own teams. Their voices have guided improvements, informed campaigns and strengthened partnerships.

We have seen the impact of this in every area, from our Independent Sexual Violence Advisor services in Swindon and Wiltshire, to our counselling work in Plymouth, and our ongoing support through Safe Spaces and Domestic Abuse services across Cornwall and the Isles of Scilly.

The launch of campaigns like Happy Healthy Love and Pledge4Change reminded us how powerful awareness can be when it is grounded in support and community. We also began a new chapter through our brand refresh, created in-house and shaped by survivor feedback, and proudly signed the Armed Forces Covenant to extend our commitment to those who serve and their families.

None of this would have been possible without our dedicated staff, volunteers, funders and partners. Their commitment continues to turn compassion into action, helping people rebuild their lives with dignity and hope.

As we look ahead, we will continue to grow our services and build new partnerships to ensure every voice is heard, believed and supported.

# Michelle Davies

## Chair of Trustees

On behalf of the Board of Trustees, I want to extend my heartfelt thanks to every member of our team, our volunteers, funders, and partners. Your dedication continues to transform lives and create safer futures for those affected by domestic abuse and sexual violence.

This year's Impact Report reflects not only the scale of our work but the depth of compassion and resilience that defines First Light. Across all our services we have seen extraordinary commitment in the face of rising demand and complex challenges.

As trustees, we remain focused on ensuring that First Light continues to grow sustainably, advocate boldly, and deliver services that are trauma-informed, inclusive, and survivor-led.

We are proud of the progress made this year, from the launch of new campaigns like Happy Healthy Love and Pledge4Change, to the signing of the Armed Forces Covenant

and the thoughtful brand refresh that reflects our values and vision.

Looking ahead, our priorities for the next 12 months include:

- Deliver against our new 5-year strategy to 'Do more, Do it Well and Do it Together' to drive our mission forward
- Future proof our organisation with a workforce that are trained, resourced and equipped with the necessary skills, knowledge and support to perform their duties safely, efficiently and to a high standard
- Build our national presence and extend our reach through Safe Spaces and digital outreach
- Support the seamless mobilisation of recommissioned and new services
- Energise and elevate our fundraising efforts to unlock new opportunities, bring sustainability and grow our Client Crisis Fund's into other service areas
- Launch new campaigns that

amplify survivor voices and challenge stigma

- Expand our external training offer to raise awareness and build communities of upstanders not bystanders
- Secure new partnerships and opportunities for service expansion

This report is more than a summary of achievements; it is a testament to the courage of survivors and the unwavering commitment of those who walk alongside them.

I hope you find inspiration in these pages and join us in our mission to ensure that every voice is heard, believed, and supported.

Michelle Davies

# Our Strategy for 2025 to 2030

Introducing Our Strategy for 2025 to 2030

As we step into the next chapter of our journey, we are proud to unveil our new five-year strategy. This is a roadmap shaped by insight, ambition, and the voices of those we serve.

It is a commitment to deepening our impact, driving innovation, and standing firm in our values.

Built on the foundations of our past successes and the lessons we've learned, our 2025 to 2030 strategy sets out a clear direction for how we

will continue to challenge injustice, empower communities, and create lasting change. It reflects our belief that meaningful progress comes from collaboration, courage, and a relentless focus on what matters most.

## OUR STRATEGY 2025 – 2030

OUR VISION	DO MORE	KEY CHALLENGES
<p>A society where everyone lives in safety free from sexual violence and domestic abuse</p>	<p><b>Scale up our response to domestic abuse and sexual violence to meet the growing need</b></p> <p><b>What we will do</b></p> <ul style="list-style-type: none"><li>• Grow and diversify income specifically unrestricted income</li><li>• Create, promote and deliver a non-commissioned product offering</li><li>• Grow our profile as a known and trusted charity in the South West, and nationally</li></ul> <p><b>How will we know</b></p> <ul style="list-style-type: none"><li>• We receive sustainable and scalable unrestricted income from diverse sources</li><li>• We have a range of products that are realising unrestricted income</li><li>• We have increased our audience reach, grown our supporter base, and improved brand recognition, measured through recognised tools against industry benchmarks</li></ul>	<ul style="list-style-type: none"><li>• Potentially new Government leadership</li><li>• Government policy &amp; priorities</li><li>• Economic downturn (Cost of living crisis)</li><li>• Increased mental health needs and drug and alcohol dependency</li><li>• Service users journey through the criminal justice system</li><li>• Recruitment of staff</li><li>• Social Isolation of service users</li></ul>
OUR MISSION	DO IT WELL	WHAT WE DO BEST
<p>To work together to build safer lives free from domestic abuse and sexual violence by:</p> <ul style="list-style-type: none"><li>• Educating and preventing</li><li>• Protecting and supporting</li><li>• Enabling coping and underpinning recovery</li><li>• Giving a voice</li></ul>	<p><b>Innovate to improve the quality, equity and equality of our service offer</b></p> <p><b>What will we do</b></p> <ul style="list-style-type: none"><li>• Attract, retain, and develop a high-performing workforce</li><li>• Have infrastructure, systems and processes that meet the needs of the organisation.</li><li>• Evaluate and measure our impact and learn for the future</li></ul> <p><b>How will we know</b></p> <ul style="list-style-type: none"><li>• We become an employer of choice</li><li>• We have the right policies in place and positive staff feedback via staff questionnaires</li><li>• We have robust governance that scrutinises outcomes and can demonstrate organisational learning to influence future strategy and service provision</li></ul>	<ul style="list-style-type: none"><li>• Providing quality services to domestic abuse and sexual violence service users</li><li>• Providing good support to our staff</li><li>• Working innovatively</li><li>• Working with partners</li><li>• Having dedication, commitment and bravery</li><li>• Maintaining a clear communication for service users throughout their journey</li></ul>
OUR CORE VALUES	DO IT TOGETHER	
<p>Trust Integrity Respect Progression Collaboration.</p>	<p><b>Influence societal and system response to domestic abuse and sexual violence</b></p> <p><b>What will we do</b></p> <ul style="list-style-type: none"><li>• Influence national direction, policy, funding and commissioning</li><li>• Help shape institutions to increase our reach for collective change</li><li>• Work collaboratively with service providers to create a network for service delivery</li></ul> <p><b>How will we know</b></p> <ul style="list-style-type: none"><li>• First Lights ask is reflected in national direction, policy, funding and commissioning</li><li>• We have a network of institutions who have changed their behaviours and practices as a result of our collaboration</li><li>• Domestic abuse and sexual violence services are integrated within the Southwest region</li></ul>	
<b>LISTEN AND ACT ON THE VOICES OF LIVED EXPERIENCED</b>		

# First Light Brand Refresh

In 2025, First Light began a thoughtful and sustainable brand refresh, marking a new chapter in how we visually represent our mission, values, and the voices we uplift.

The refresh is being introduced gradually through a soft launch. From April onwards, our updated logo will appear organically on newly created or printed materials.

Existing resources, such as leaflets, posters, and paperwork will continue to be used to ensure sustainability and responsible use of funding. This approach allows us to prioritise investment in our services and support, rather

than incur additional costs for rebranding.

Our refreshed logo was developed in-house at no cost, shaped by feedback from our teams, services, and survivors' voices. It reflects who we are today, a bold, compassionate organisation committed to action and advocacy.

The new design speaks with conviction, uplifts voices, and instils a sense of purpose. It ensures visibility across all formats and backgrounds, visually reinforcing our tone and drive to motivate change.

## Why It Matters

Our logo is more than a visual identity, it is a symbol of trust, authenticity, and our commitment to those we support. It will only be used on work that truly reflects our values and mission.

When someone sees the First Light logo, we want them to recognise it as a promise: that no one is ever alone in their journey, and that everyone will be heard, believed, and supported.





# Our Impact

2024 - 2025

## Service Impact

13,429

referrals into our services

17,639

people supported  
due to Domestic  
Violence or Abuse

2,856

people supported  
disclosed having a  
disability

4,662

people supported  
due to Sexual  
Violence or Abuse

11,088

people supported  
were over the 18  
years old.

1,787

people supported  
due to Church-  
related Abuse

2,069

people supported  
were children and  
young people

## Digital Impact

155,783

people accessed the First Light, Safer Futures  
or Safe Spaces website over the last year

473,979

pages viewed,  
accessing resources,  
information, advice  
and referrals

292,018

people have viewed  
our campaigns and  
content across our  
social media

1,328

pieces of content  
posted across  
Facebook, LinkedIn,  
Instagram, and X

9,985

types of engagement  
(likes & shares) with  
our content across all  
social platforms



Over the past year,

24,088

people supported by our services

13%

increase in support  
provided since 2024



## Social Value Impact

- Combined social value generated: ≈ **£256 million**.
- Combined direct savings to public services: ≈ **£56 million**.
- Major beneficiaries: **NHS** (£14 m), **Police** (£11 m), **Local Authorities** (£11 m), **CPS + MoJ** (£11 m), **Housing** (£2.8 m), and **Community/ Workforce wellbeing** (£5.6 m).
- Overall social return remains consistent across services at ~**£10-£12 social benefit per £1 invested**.

### Impact Measurement

Total Social Value Created Societal  
Cost Avoided)

Broader societal benefit of our  
intervention, including reductions in  
emotional harm, lost productivity, and  
service costs.

Total Supported × (Societal Cost Per  
Case × Central Impact Assumption%) =  
Estimated Value

Public-Service Savings (Direct Cost  
Avoided)

The direct financial savings to public  
services such as health, police, criminal  
justice, social care, and housing.

Total Supported × (Estimated Public-  
Service Cost Per Case × Central Impact  
Assumption%) = Estimated Value

### Totals Across All First Light Services

Total Social Value Created (Societal)	£256,100,912
Public-Service Savings (Direct)	£56,088,220

### % Breakdown into sector

NHS & Mental Health (25%)	£14,022,055
Police (20%)	£11,217,644
CPS (10%)	£5,608,822
MoJ (10%)	£5,608,822
Local Authority / Safeguarding (20%)	£11,217,644
Housing (5%)	£2,804,411
Community & Productivity (10%)	£5,608,822

# Geographical footprint of First Light

Cornwall & Isles of Scilly	<p><b>Domestic Abuse Support &amp; Safer Futures Service</b></p> <p>Total Supported: 17,639 people</p> <ul style="list-style-type: none"><li>Referrals: 10,808</li><li>Advice &amp; Support: 6,831</li></ul>	<p>Gender Breakdown (of referrals):</p> <ul style="list-style-type: none"><li>Women: 7,576</li><li>Men: 1,757</li><li>Other: 187</li></ul> <p>Age Breakdown (of referrals):</p> <ul style="list-style-type: none"><li>Adults: 9,018</li><li>Children: 1,571</li></ul>	<p><b>Independent Sexual Violence Advisory (ISVA) Service</b></p> <p>Total Supported: 727 people</p> <ul style="list-style-type: none"><li>Referrals: 267</li><li>Advice &amp; Support: 460</li></ul>	<p>Gender Breakdown</p> <ul style="list-style-type: none"><li>Women: 242</li><li>Men: 23</li><li>Transgender: 1</li><li>Other: 1</li></ul> <p>Age Breakdown</p> <ul style="list-style-type: none"><li>Adults: 205</li><li>Children: 61</li></ul>
Plymouth	<p><b>Plymouth Sexual Violence Counselling</b></p> <p>Total Referrals: 599</p> <p>Gender Breakdown</p> <ul style="list-style-type: none"><li>Women: 472</li><li>Men: 68</li><li>Non-binary: 4</li><li>Transgender: 4</li></ul>	<p>Age Breakdown</p> <ul style="list-style-type: none"><li>Adults: 431</li><li>Children (13–18): 118</li></ul>	<p><b>Independent Sexual Violence Advisory (ISVA) Service</b></p> <p>Total Supported: 504 people</p> <ul style="list-style-type: none"><li>Referrals: 187</li><li>Advice &amp; Support: 317</li></ul>	<p>Gender Breakdown</p> <ul style="list-style-type: none"><li>Women: 163</li><li>Men: 21</li><li>Non-binary: 1</li><li>Other: 1</li></ul> <p>Age Breakdown</p> <ul style="list-style-type: none"><li>Adults: 148</li><li>Children: 39</li></ul>
Devon			<p><b>Independent Sexual Violence Advisory (ISVA) Service</b></p> <p>Total Supported: 820 people</p> <ul style="list-style-type: none"><li>Referrals: 410</li><li>Advice &amp; Support: 410</li></ul>	<p>Gender Breakdown</p> <ul style="list-style-type: none"><li>Women: 354</li><li>Men: 41</li><li>Non-binary: 5</li><li>Transgender: 6</li><li>Other: 4</li></ul> <p>Age Breakdown</p> <ul style="list-style-type: none"><li>Adults: 291</li><li>Children: 119</li></ul>
Swindon & Wiltshire	<p><b>Sexual Assault Referral Centre (SARC)</b></p> <p>Total Referrals: 387 people</p> <p>Gender Breakdown</p> <ul style="list-style-type: none"><li>Women: 335</li><li>Men: 50</li><li>Other: 2</li></ul>	<p>Age Breakdown</p> <ul style="list-style-type: none"><li>Adults: 375</li><li>Children: 11</li></ul>	<p><b>Independent Sexual Violence Advisory (ISVA) Service</b></p> <p>Total Supported: 1,625 people</p> <ul style="list-style-type: none"><li>Referrals: 580</li><li>Advice &amp; Support: 1,045</li></ul>	<p>Gender Breakdown</p> <ul style="list-style-type: none"><li>Women: 509</li><li>Men: 68</li><li>Non-binary: 2</li><li>Transgender: 4</li><li>Other: 2</li></ul> <p>Age Breakdown</p> <ul style="list-style-type: none"><li>Adults: 432</li><li>Children: 150</li></ul>
England & Wales	<p><b>Safe Spaces - Church-related Abuse</b></p> <p>Total Supported: 1,787 people</p> <ul style="list-style-type: none"><li>Referrals: 191</li><li>Advice &amp; Support: 1,596</li></ul>		<p>Gender Breakdown</p> <ul style="list-style-type: none"><li>Women: 96</li><li>Men: 92</li><li>Other: 1</li></ul>	

Our Impact

\*The data collected comes from clients who choose to disclose their gender, age, and any disabilities.

# Our Services

We're here for anyone affected by sexual violence, domestic abuse and church-related abuse, no matter when it happened. Whether someone is looking for immediate help, emotional support, or guidance through the justice system, our services are designed to meet each person's needs in a safe, understanding, and non-judgemental way.

Our **Independent Sexual Violence Advisor (ISVA) Services** provide specialist support to people of all ages and genders who have experienced rape, sexual assault, or sexual abuse. If someone chooses to report to the police, an ISVA will guide them through every stage of the process, from initial contact to attending court. For those who are unsure or don't wish to report, we offer support to help them understand their options and make the decision that feels right for them.

Every person is assigned a dedicated support coordinator who listens, understands their needs, and helps them access the right care.

We also offer **Sexual Violence and Abuse Counselling** for adults, children, and families who have experienced sexual abuse. Our trained counsellors work in a trauma-informed way, providing a safe and confidential space to talk, reflect, and begin to heal. For those involved in a trial, we can offer support both before and after the court process. Our counselling is flexible and person-centred, recognising that everyone's journey is different.

For those who have experienced a recent assault, our **Sexual Assault Referral Centre (SARC)** is often the first point of contact. We provide immediate crisis support, including access to a forensic medical examination, carried out by a specially trained team. If someone doesn't want to report to the police straight away, any evidence collected can be stored safely for up to two years. We also offer other areas of wellbeing such as screening for sexual infections and any concerns surrounding possible pregnancy. We also offer the option to make onward referrals to sexual health and a person's GP for follow-up support outside the forensic window, ensuring that care is still available.

Whether someone chooses to report or not, access counselling or not, we're here to help them feel heard, supported, and safe. Everything we do is shaped by the needs of the people we support.

Learn more about our  
Swindon & Wiltshire  
ISVA Service



Learn more about our  
Gloucestershire  
ISVA Service



Learn more about our  
Plymouth Sexual  
Violence  
Counselling Service



Learn more about our  
Swindon & Wiltshire  
SARC



Learn more about our  
Cornwall & Isles of  
Scilly Safer Futures  
Service



Our **Domestic Abuse and Sexual Violence Service** offers comprehensive, trauma-informed support for individuals affected by domestic abuse and sexual violence across a wide range of needs. A core part of the service is safety planning and empowerment, working closely with individuals to reduce risk and help them feel safe both now and in the future. The service empowers people to take confident steps forward in their recovery. It also operates through a multi-agency approach, collaborating with social workers, police, and other statutory and voluntary organisations to ensure clients' voices are heard and their needs are met.

Overall, this service supports survivors by offering holistic, person-centred care that prioritises safety, empowerment, and long-term recovery, making a meaningful difference in the lives of those affected by abuse.

Learn more about our  
National Safe Spaces  
Service



Our **Church-related Abuse Service** offers a comprehensive range of support tailored to the needs of survivors. This includes advocacy to help individuals navigate church procedures, report abuse, and access appropriate services. Emotional support is provided in a safe and confidential environment, allowing survivors to share their experiences and receive compassionate care. Practical assistance is also available, including guidance and referrals to other relevant organisations.

In addition, Safe Spaces facilitates peer support by connecting individuals with others who have faced similar experiences, building a sense of community and understanding. To ensure accessibility and flexibility, an out-of-hours helpline is available, offering support beyond standard working times.

# Swindon and Wiltshire Sexual Assault Referral Centre (SARC)

This year, Swindon and Wiltshire SARC have continued to be a place of safety and care for people affected by sexual violence. Our team has worked with dedication and compassion through a year that has tested every part of the service. Despite challenges, we've grown, learned and made a real difference to the lives of survivors.

**In the past year, we have supported 387 people**

Every number represents someone who has taken an incredibly brave step to seek help. For each person, we've offered medical care, emotional support and space to be heard without judgement.

We've seen that when survivors are met with understanding and respect, they begin to regain a sense of control. That is the real impact of our work, helping people start to rebuild their lives at their own pace and in their own way.

## **The difference we made**

Our work reaches far beyond the walls of the centre. By supporting survivors, we help reduce long-term harm and strengthen communities. When people are able to access help early, they are less likely to experience further trauma, isolation or poor mental health. This

not only improves individual wellbeing but also reduces pressure on local health and social care systems.

## **What we've achieved**

We've also continued to build strong partnerships with police, health services and community organisations. These relationships mean survivors get joined-up care, and our collective knowledge continues to grow. It is social value in action, with services working together to create a safer and more supportive community.



## **What we've learned**

Every survivor's story is different, and we've learned to keep adapting. We've simplified processes, improved communication and made sure our team has the right training and support. Flexibility has become one of our greatest strengths.

We've also seen the importance of accessibility. Many of the people we supported this year live with a disability, 186 in total, including those with physical, learning or mental health needs. We've worked hard to make sure our environment and approach reflect that diversity, offering care that truly meets each person's needs.

## **Facing challenges together**

Recruitment and staffing have been difficult at times, but the team's commitment has never wavered. Everyone has stepped up to make sure survivors still received the care they needed. We've also tackled technical and facility challenges head-on, always focusing on safety, dignity and quality.

## **Looking ahead**

We're proud of what we've achieved, but we know there's more to do. In the year ahead, we will:

- Use survivor feedback to shape our service
- Grow and train our team
- Make our spaces even more welcoming
- Strengthen our community partnerships
- Keep raising awareness and challenging stigma

We'll continue to listen, learn and stand alongside survivors, creating lasting impact for individuals, families and communities across Swindon and Wiltshire.

**"Honestly, thank you so much for everything. You guys are amazing and I can't thank you enough.**

**Whilst I hope I don't ever see you again because of the circumstances, I am so glad I met you. It was less scary than I imagined, thanks to you."**



## Social Value & Impact

Supporting 387 survivors through forensic examination and trauma-informed care, generating an estimated £4.57 million in total social value. This includes £1.09 million in direct public-service savings, with approximately £327,000 attributed to efficiencies within the criminal justice system.

The service improves evidence preservation, reduces repeat offending, and enhances case progression. It also lowers demand on health and justice services by providing early access to specialist support.

For every £1 invested, the SARC delivers an estimated £10 to £12 in social value, demonstrating its critical role in supporting survivors and strengthening system-wide responses to sexual violence.

## Overall Outcomes

- Each SARC attendance represents immediate evidence preservation, which improves conviction prospects and reduces repeat offending – benefits not fully captured in cost models.
- NHS and mental-health savings are significant: faster access to trauma care reduces later-life healthcare costs and long-term PTSD incidence.
- Early intervention improved evidence preservation, supporting stronger justice outcomes and reducing repeat reports.
- The service contributed to more efficient use of police and court resources, helping reduce case backlogs and re-investigations.
- The value for money ratio is roughly £10–£12 in social benefit per £1 invested in SARC provision.

Funded by



The  
**Weinstock**  
Fund

“I didn’t know what to expect when I arrived at the SARC. I was scared, overwhelmed, and unsure if I could even walk through the door. But from the moment I was greeted, something shifted.

The women who welcomed me were incredible. Kind, calm, and reassuring. I felt safe with them, truly safe, for the first time since the assault. One of them even called me back after I hung up the phone earlier, when I was too panicked to speak. If she hadn’t, I don’t think I would have found the courage to try again. That call meant everything.

Inside, the atmosphere was nothing like I imagined. It wasn’t clinical or cold, it was warm, respectful, and gentle. I was treated with dignity. I didn’t feel judged. I felt listened to. Kayleigh and Sarah were lovely. After speaking with them, I felt more relaxed, more reassured. I was glad I came.

Even the medical part, which I had dreaded, was handled with such care. That might sound strange, but it meant a lot to feel comfortable in such a vulnerable moment.

I left the SARC feeling lighter. Not healed, not fixed, but supported. The awful situation I was in felt manageable, thanks to them. I hope I never have to go back, but I’ll always be grateful I met them.

Thank you so much for everything.”

*\*This story has been adapted to protect the identity of the individuals and is based on a collection of real experiences and feedback.*

# Swindon & Wiltshire

# Swindon and Wiltshire Independent Sexual Violence Advisor (ISVA) Service

This year, our ISVA team in Swindon and Wiltshire has continued to stand alongside survivors of sexual violence, providing emotional and practical support at every stage of their journey. It has been a year of pressure and progress, and our team has remained steady, compassionate and focused on the people who need us most.

Every person we meet has a different story. Some need help to report to the police, others want emotional support, and many just need someone to listen. Whatever the situation, our ISVAs stand beside them, offering choice, information and stability.

Our work also strengthens local systems. Through close partnerships with police, health teams, schools and charities, we have helped improve how survivors are identified and supported. Joint training and shared learning have led to better communication between professionals, more coordinated responses and greater trust in the system.

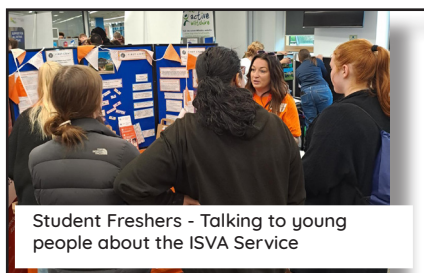
By reaching into rural and underrepresented communities, we have helped remove barriers to support. Each outreach visit or awareness session helps reduce stigma and encourages more people to come forward. This community presence builds understanding and safety for everyone.

grow, and sustainable funding is essential if we are to keep meeting that need. Survivors should not have to wait for help, and our communities should not have to choose between visibility and availability.

**"I've just completed my third trauma stabilisation session. If I hadn't been offered support and a listening ear, I probably wouldn't be here today, I had no one else to talk to."**

Over the past year, **580 people were referred** to the ISVA service. Alongside this, we offered advice and **ongoing help to 1,045** others, including family members and friends affected by sexual violence.

Many people we support live with a disability or health condition. This year, **632 clients disclosed one or more disabilities**, including physical, learning and mental health needs. Understanding and responding to these needs is central to how we work.



Student Freshers - Talking to young people about the ISVA Service

## Learning and improvement

This year we simplified our internal systems, streamlined paperwork and improved how we track each person's journey. We introduced new digital tools and held regular learning meetings to share experiences across the team. These changes have helped us stay consistent, focused and responsive.

We've also seen that visibility matters. Being present in local spaces builds trust and helps people find us when they might not otherwise reach out.

## Challenges

Recruitment has remained one of our biggest challenges. Limited staffing affects how many people we can reach and how quickly we can respond. Demand for our service continues to

## Looking ahead

In the coming year we plan to:

- Grow our team through new funding and recruitment, including trainee roles
- Expand outreach in underrepresented communities through local events and our new "ISVA Ally" scheme
- Keep improving how we assess and record support, using survivor feedback to shape our work

The ISVA service exists to make sure every survivor is heard, believed and supported. Through partnership, persistence and care, we continue to create lasting social value across Swindon and Wiltshire.



Hosted Dr. Olivia Chapple, High Sheriff of Wiltshire to our Services

## The difference we made

The ISVA service helps survivors regain confidence, safety and control. This reduces the risk of long-term trauma and supports recovery, benefiting not only individuals but also families, workplaces and communities. When people receive the right support early, they are more likely to stay engaged with services, maintain their wellbeing and rebuild their lives.

## Social Value & Impact

Supporting 1,625 survivors across Swindon and Wiltshire, generating an estimated £19.15 million in total social value. This includes £4.58 million in direct public-service savings across health, policing, justice, safeguarding, and housing sectors.

This includes approximately:

- £1.15m NHS savings
- £0.9m Police savings
- £0.46m CPS savings
- £0.46m MoJ savings
- £0.9m local authority/safeguarding savings

By reducing repeat victimisation, improving mental health outcomes, and enhancing multi-agency efficiency, the ISVA service delivers a return of approximately £10 to £12 for every £1 invested. This highlights the powerful and lasting impact of trauma-informed advocacy for individuals and communities.

## Overall Outcomes

The social value generated reflects meaningful, life-changing outcomes for survivors.

This has led to:

- Improved mental health and wellbeing
- Reduced repeat victimisation
- Greater engagement with the criminal justice system

These outcomes contribute to:

- Safer communities
- More resilient public services
- Enhanced recovery journeys for those affected by sexual violence

The service:

- Strengthen multi-agency collaboration and reduces duplication across systems.
- Survivors receive timely, trauma-informed support that improves individual wellbeing.
- Long-term capacity is built across health, justice, and safeguarding sectors.

## Funded by



# Swindon & Wiltshire

“I was 16 when I reported being groomed online. I was already struggling with my mental health, autism, and an eating disorder. Support from mental health services had broken down, and I felt like I was on my own.

I was referred to First Light and met my ISVA at home, which felt easier for me. She listened, didn't judge, and helped me feel more in control. We talked about what I was going through, and did activities that helped me open up about my anxiety, self-harm, and thoughts of suicide.

With my mum's consent, a safeguarding referral was made. Since then, I've been given a crisis worker, I'm accessing DBT, and my family is waiting for therapy. It's been a huge help – my mum said it finally felt like someone was really listening.

We've talked about trauma, coping strategies, healthy relationships, and what to expect from the police process. But almost a year on, I still haven't had my interview with the police. There's been confusion and delays, which has caused even more stress for me and my family.

Right now, I stay in touch with my ISVA by text or call. It helps knowing she's still there. Things aren't perfect, but for the first time in a long time, I don't feel completely alone.”

*\*This story has been adapted to protect the identity of the individuals and is based on a collection of real experiences and feedback.*



## Survivor Story

### Safety, Kindness, and Care at the SARC

Arriving at the Sexual Assault Referral Centre (SARC) can be a daunting experience, but for one survivor, the care they received made all the difference. From the moment they were welcomed, they felt safe, supported, and respected.

“The staff were incredible and amazing. I felt so safe with them.”

The survivor had expected the process to be frightening, but the compassion and professionalism of the team helped ease those fears.

“Honestly, thank you so much for everything. You are amazing and I can’t thank you enough. Whilst I hope I don’t ever see you again because of the circumstances, I’m so glad I met you. It was less scary than I imagined thanks to you.”

Another survivor shared how the team’s approach helped them feel reassured and respected:

“I felt much more reassured and was happy I came to the SARC. The staff were lovely, and I felt more relaxed after talking to them. I didn’t feel judged.”

The impact of the service extended beyond the appointment itself. One survivor reflected on the importance of a follow-up call:

“Thank you for calling me back when I hung up the phone. If you hadn’t, I don’t think I would have called again, and I was desperate for support. You were really patient with me and gave me the opportunity to talk. I will always be thankful.”

For many, the SARC team helped turn a traumatic moment into one of dignity, safety, and care:

“Thank you so much for everything. Honestly, you made an awful situation manageable.”

These stories highlight the vital role of the SARC, offering survivors a safe, respectful, and compassionate space where they feel heard, supported, and empowered to take the next step in their journey after sexual assault.

*\*This story has been adapted to protect the identity of the individuals and is based on a collection of real experiences and feedback.*





## Survivor Story Support for Children & Parents

For one young survivor and her family, the journey through the criminal justice system was long and emotionally challenging.

Over three years, they faced the uncertainty and stress that comes with preparing for court, all while trying to heal.

What made a profound difference was the support they received from their Independent Sexual Violence Advisor (ISVA).

“She had someone she could talk to throughout the whole process,” her parent shared. “The ISVA was kind and supportive, not just during the court proceedings, but in the years leading up to it. Without her support, I don’t think our daughter would have made it to court.”

The ISVA’s role extended beyond practical guidance, she became a trusted source of emotional support.

“She was a rock to our daughter during a very difficult period,” the parent continued. “Supportive, caring, attentive, wise, helpful. We were amazed to have access to such a service and are so grateful for everything she did.”

Even when the case required support across regional boundaries, the ISVA’s presence made a lasting impression.

“Thank you so much for supporting her at court recently, it was really appreciated. She spoke so highly of you and the support you offered her on the day, and for that I am very grateful,” said a professional from a partner service.

This story highlights the vital role ISVAs play in helping survivors feel safe, supported, and empowered throughout their journey, making the difference between facing the criminal justice system alone and moving through it with strength and confidence.

*\*This story has been adapted to protect the identity of the individuals and is based on a collection of real experiences and feedback.*





# Devon, Cornwall & Isles of Scilly Independent Sexual Violence Advisor (ISVA) Service

Our ISVA service across Devon, Cornwall and the Isles of Scilly supported thousands of people affected by sexual violence.

After six years of dedicated service, the contract moved to a new provider in October 2024. As we reflect on this chapter, we want to highlight the difference the service made and the lives it touched.

Over the past six months under our management, the service **supported 2,051 people** across the region. With **887 clients living with one or more disabilities**, including physical, learning or mental health conditions.

## The difference we made

Every person we supported received tailored guidance, emotional support and advocacy. Some needed help navigating the legal system, others needed practical advice or someone to listen. By being consistent and present, we gave people a reliable point of contact during times of fear and uncertainty.



Across Devon, Cornwall and the Isles of Scilly our team helped people start to regain control and rebuild their lives. Early support reduced the risk of long-term harm, improved wellbeing, and helped families, friends and communities stay strong.

The service also strengthened local systems. By working closely with police, health services, schools and other agencies, we improved how survivors are supported and helped create pathways for care that are clear, joined-up and compassionate. Outreach and awareness work encouraged more people to come forward and reduced barriers to accessing help.

## Learning and reflection

This period reminded us that every survivor's journey is different. Some faced multiple challenges beyond the abuse, including mental health, housing or family issues. Listening carefully, adapting support and being a steady presence made a real difference.

We also saw the importance of specialist support for children, young people, LGBTQ+ clients and neurodiverse individuals. Providing tailored services meant that more people felt understood and supported.

**"My ISVA has been by my side through the tough and the bad times, especially over the past year. They'll always be someone I look up to. I can't find the words to thank her enough for the wonderful guidance and care she shows to her clients."**

## Looking forward

Although our time delivering this service has ended, the impact remains. Survivors have been heard, supported and empowered. Systems have been improved, and pathways for care strengthened. The experiences and lessons from this service will continue to influence how support is delivered across Devon, Cornwall & the Isles of Scilly in the future.

## A heartfelt thank you

To the team who made this service what it was: thank you. Your care, professionalism and commitment changed lives. You helped people find their voice, their strength and their path forward.

To the survivors who trusted us with their stories: thank you. It was a privilege to walk alongside you.

Though our time delivering this service has come to an end, the impact remains.

The voices we helped amplify, the systems we helped shape, and the lives we helped rebuild will continue to echo long into the future.

We are proud of what we built. And we are hopeful for what comes next.

## Social Value & Impact

Supporting 2,051 survivors across Devon, Cornwall and the Isles of Scilly, generating an estimated £24.2 million in total social value. This includes £5.78 million in direct public-service savings across health, policing, justice, safeguarding, and housing sectors.

This includes approximately:

- £1.45m NHS & mental health savings
- £1.16m Police savings
- £0.58m CPS savings
- £0.58m MoJ savings
- £1.16m local authority and safeguarding savings

Through trauma-informed advocacy, the service has helped reduce repeat victimisation, improve mental health outcomes, and strengthen engagement with the criminal justice system.

For every £1 invested, the ISVA service delivers approximately £10 to £12 in social value, demonstrating its vital role in supporting recovery and building safer, more resilient communities.

## Overall Outcomes

The social value generated reflects meaningful, long-term outcomes for survivors:

- Improved mental health and emotional recovery
- Reduced repeat victimisation and trauma-related incidents
- Increased engagement with the criminal justice system

The service:

- Improved multi-agency coordination, reducing repeated contact and referrals.
- Survivors benefit from timely, trauma-informed support that promotes wellbeing and long-term stability.
- Public agencies experience increased efficiency, enabling better use of resources and improved outcomes for all involved.

## Funded by



Student Freshers - Talking to young people about the ISVA Service



Our ISVA was awarded the Chief Superintendent's Commendation



Inspire Justice Awards - Nominated for Equity, Diversity, and Inclusion Initiative of the Year



Inspire Justice Awards - We achieved the Highly Commended Award in the EDI Initiative of the Year

# Plymouth Sexual Violence Counselling Service

This year, our Sexual Violence Counselling service has continued to provide vital support across Plymouth.

We have recognised the ongoing need for support for children and have been campaigning to ensure all children are included in the Violence Against Women and Girls (VAWG) Strategy. This has been raised locally with MP Rebecca Smith to encourage a change to the Violence Against Women and Children (VAWC) Strategy.

Over the past year, the service supported **599 people** through referrals. Of those referred, **431 were adults, 103 young people aged 13-17, and 15 children aged 0-12**

**Every person we support has different needs.** Some need counselling to process trauma, others need guidance on coping strategies, and many need a safe space to be heard.

Our approach ensures that people feel supported, understood and respected at every stage of their journey.

Our team has also engaged in city-wide awareness events, including White Ribbon Day and the Man Culture event, helping raise understanding and challenge harmful attitudes.

**“My counsellor was brilliant. Within three sessions, I could really feel the positive impact. She truly listens, remembers, and understands.**

**Each session, she brings up the things I’m struggling with and helps me work through them. Overall, a great service. I would 1000000% recommend it to anyone going through what I did.”**

## The difference we made

By offering accessible, trauma-informed counselling, we help people regain control, rebuild confidence and improve wellbeing. Early support can reduce the long-term effects of abuse, strengthen families and allow communities to be healthier and safer.

Participating in city-wide events and campaigns allows us to raise awareness, challenge stigma and make sure survivors know where to find support. Working with local partners ensures that support is joined-up and responsive to the needs of adults, young people and children.

## Looking ahead

In the coming year, we plan to:

- Continue campaigning for inclusion of all children in the VAWG/VAWC Strategy
- Expand awareness work and continue participation in city-wide events
- Ensure counselling remains accessible, trauma-informed and responsive to the needs of everyone who contacts the service
- Work closely with partners to provide clear and joined-up support for children, young people and adults

**“My counsellor and First Light have helped me see that there is life after abuse. One that I can control and feel positive about.”**

Our Sexual Violence Counselling Service is built on trust, understanding and care. We are proud of what we have achieved and remain committed to making sure every survivor receives the support they need.

## Social Value & Impact

Supporting 599 victim-survivors of sexual violence and abuse, generating an estimated £7.08 million in total social value. This includes £1.69 million in direct public-service savings across health, policing, justice, safeguarding, and housing services.

This includes approximately:

- £423k NHS & mental health savings
- £338k Police savings
- £169k CPS savings
- £169k MoJ savings
- £338k Local authority safeguarding savings

Through specialist trauma-informed therapy, the service has helped reduce repeat victimisation, improve emotional recovery, and lower demand on crisis health and safeguarding systems. It also strengthens multi-agency coordination and supports better engagement with the criminal justice process.

For every £1 invested, the service delivers approximately £10 to £12 in social value, demonstrating its vital role in supporting recovery and resilience across Plymouth's communities.

## Overall Outcomes

The social value generated reflects meaningful, long-term outcomes for survivors:

- Therapy led to improved emotional wellbeing, reduced repeat victimisation, and fewer crisis health contacts.
- Survivors were better able to engage with the justice system and access coordinated support.
- Public services benefited from reduced duplication, lower demand, and more efficient multi-agency working.
- The service plays a vital role in building safer communities and supporting long-term recovery across Plymouth.

## Funded by



John  
Casson  
Foundation



“When I first reached out to First Light, I wasn’t sure what to expect. I was struggling, overwhelmed, and unsure if anyone could truly help. But from the very first session, my counsellor made a difference. She listened, really listened.

She remembered the things I said, understood what I was going through, and gently helped me work through it all. Within just three sessions, I could feel the positive impact.

Each time we met, she brought up the things I was struggling with, checked in, and helped me find ways to move forward. I felt seen. I felt heard. I felt supported.

I’m honestly not sure where I’d be without this service. First Light has been the only place that truly helped me through some of the most difficult times in my life. I’m sad to be leaving, but I’m leaving stronger.

Having somewhere to turn to with complex issues has improved my life twofold. I would recommend you to anyone who needs help. In fact, I’d recommend you a million times over.

Thank you for being there when I needed it most.”

Plymouth

*\*This story has been adapted to protect the identity of the individuals and is based on a collection of real experiences and feedback.*



# Cornwall & Isles of Scilly

## Domestic Abuse, Safer Futures Service

Over the past year, our Domestic Abuse team in Cornwall and the Isles of Scilly has continued to stand alongside families, offering support, understanding and a safe space to begin healing. Whether through one-to-one work, group sessions or community outreach, our focus has remained on helping people feel seen, heard and supported.

In the past year, the service **supported 17,639 people** in total. This includes **10,808 referrals** and **6,831 people** who received advice, ongoing support or help for family and friends.

Every person we worked with had different needs. Some needed safety planning, others wanted guidance on healthy relationships, and many needed emotional support or practical help to rebuild their lives. By being present, consistent and compassionate, we helped families take steps toward safety, confidence and stability.

### The difference we made

This year, the team increased its presence in the community, attending family hub days and Safer Cornwall events. These visits helped raise awareness, build trust and let people know where to turn for help.

We responded to the needs of professionals as well, providing more support around healthy relationships. Tools like the Bill of Rights and the Power and Control Wheel helped adults reflect on what they want and deserve in relationships, supporting positive change across families.

Through training on Adverse Childhood Experiences (ACEs) and trauma-informed practice, we improved how we support children affected by domestic abuse. Many parents did not realise the impact of domestic abuse on children, even when they are not directly witnessing it. By having these conversations gently and with care, we helped families move forward together.

I met you at a very low point in my life, and hearing you say you could see change in me definitely drove me forward to keep going. For that, thank you.”

### Challenges and learning

Recruitment challenges meant we had to think creatively about maintaining consistent support. This led to improvements such as keeping clients with the same key worker whenever possible and giving staff more opportunities to grow and specialise.



Honoured to speak at the Mawnan Women's Institute event.

We also identified areas where more focused support is needed, including older people, children experiencing familial violence, and neurodiverse clients. These areas will be a

priority for development in the coming year.

### Looking ahead

In the year ahead, we will:

- Keep building our team's skills and confidence through training and shared learning
- Expand our healthy relationships work and embed it further into our support
- Develop specialisms to better support older people, children and neurodiverse clients
- Strengthen our trauma-informed approach and keep clients at the heart of everything we do
- Continue listening to families, professionals and each other

“Just wanted to say a big thank you for the course and the one-to-one support offered. It really has been a life saver.”

This service is built on trust, care and the belief that change is possible. The support we provide helps people regain safety, confidence and hope, and we will continue to work until every voice is heard, believed and supported.



## Social Value & Impact

Supporting 17,639 individuals across Cornwall, generating an estimated £180 million in total social value. This includes £37.9 million in direct savings to public services including health, policing, justice, safeguarding, housing, and employment support.

Through early intervention, safety planning, advocacy, and trauma-informed support, the service has helped reduce repeat incidents, improve wellbeing, and lower demand on crisis services. It has also strengthened community resilience and supported recovery journeys for thousands of individuals and families.

For every £1 invested, the service delivers approximately £10 in social value, demonstrating its vital role in protecting lives, preventing harm, and supporting long-term wellbeing across Cornwall.

## Overall Outcomes

The social value generated reflects meaningful, long-term outcomes for survivors:

- The service supported over 17,000 individuals, helping them move towards safety, stability, and recovery.
- Early intervention and trauma-informed support reduced harm and improved wellbeing for individuals and families.
- Public services experienced lower demand across health, policing, justice, housing, and safeguarding.
- Survivors were better able to access coordinated support and rebuild their lives.
- The service strengthened community resilience and contributed to long-term social wellbeing across Cornwall & the Isles of Scilly.
- Investment in domestic abuse support protects lives and delivers lasting value for individuals, services, and society.

## Funded by



“For over 20 years, I lived in silence. I didn’t think what I was going through counted as abuse. My son said he was my carer, but I was isolated, unsupported, and afraid. I didn’t have the words for what was happening, coercion, control, emotional abuse. I just thought it was my life.

I’m older now, and my health makes it hard to leave the house, especially in the colder months. I can’t move easily, and my eyesight is poor. I felt trapped, not just physically, but emotionally. But then I found First Light.

They didn’t just listen, they understood. They helped me see that what I’d been experiencing wasn’t okay. They gave me the language to name it, and the tools to protect myself. My son has been evicted, and I’ve learned how to keep him out. I have a safety plan, a panic alarm, and I know what to do if he tries to come back.

They connected me with other services too, Adult Social Care, the Susie Project, Age UK. They even helped me understand how to get online so I can access more support. I’ve started setting boundaries with my son, even when it’s hard. I’m not giving him money anymore. I’m not letting him manipulate me.

I still struggle with loneliness, and it’s not easy cutting someone out of your life, even when they’ve hurt you. But I’m stronger now. I feel more confident. I know I’m not alone.

First Light made me feel seen. They made me feel safe. And for the first time in a long time, I believe I deserve that.”

*\*This story has been adapted to protect the identity of the individuals and is based on a collection of real experiences and feedback.*

# National Church-related Abuse, Safe Spaces Service

Throughout 2024, the Safe Spaces Service continued to provide a safe, supportive and understanding environment for survivors of church-related abuse. This year was one of growth, learning and deep commitment to those who reached out to us.

guidance for people navigating safeguarding and reporting processes.



## Challenges and learning

Like any growing service, we faced staffing and recruitment pressures. Rising demand meant we had to adapt quickly and find creative ways to maintain continuity of care. Some survivors experienced delays or disruptions in support, and we used this feedback to review processes, provide additional training, and make improvements.

**My experiences with Safe Spaces have been overwhelmingly positive. It's the knowledge that someone is on my side, not judging. My needs were fully understood.**

Through it all, we learned the importance of consistency, empathy and listening carefully. Being a reliable presence for survivors made a real difference during times of uncertainty and trauma.

Over the past year, the service supported **1,787 people** in total. This includes **191 referrals and 1,596 others who received advice, ongoing support or help for family and friends.**

Every person who contacted the service had different needs. Some required help accessing counselling, others needed guidance for reporting abuse, and many sought support to navigate complex systems or simply to be heard. By providing consistent, trauma-informed support, we helped people regain a sense of safety, control and hope.

## The difference we made

This year, we focused on making the service more accessible and responsive. We introduced our first peer support group and expanded outreach to reach more survivors. We listened closely to feedback and adapted our approach so that every voice was heard and every person felt believed and supported.

We also strengthened our partnerships with external agencies and community services, which helped us provide joined-up care and

**They have made an enormous difference, coming on board just as I was going under and desperately in need of extra help. They let me use the time how I want, which is absolutely great. They listen and always offer helpful encouragement and advice when relevant, and I know they really care.**

## Looking ahead

In the year ahead, we plan to:

- Expand the peer support offer, shaped by survivor feedback
- Strengthen links with external organisations and community services
- Continue improving systems to make access and communication easier
- Offer more training and development for staff to meet emerging needs
- Keep listening, learning and adapting so that survivors remain at the heart of everything we do

Safe Spaces is built on trust, empathy and the belief that healing is possible. We are proud of what we achieved in 2024, and we remain committed to ensuring every voice is heard, believed and supported.

## Social Value & Impact

Supporting 1,787 victim-survivors across England and Wales, generating an estimated £21.1 million in total social value. This includes £5.04 million in direct public-service savings across health, policing, justice, safeguarding, housing, and community services.

Through specialist trauma-informed support addressing sexual violence, domestic abuse, and spiritual abuse, the service has helped reduce repeat victimisation, improve mental health outcomes, and strengthen engagement with the justice system. It also improves multi-agency coordination and reduces duplicated service demand.

For every £1 invested, the service delivers approximately £10 to £12 in social value, highlighting its vital role in supporting recovery and protecting public resources.

## Overall Outcomes

The social value generated reflects meaningful, long-term outcomes for survivors:

- The service supported 1,787 individuals affected by sexual violence, domestic abuse, and spiritual abuse across England and Wales.
- Trauma-informed support led to improved emotional recovery, reduced repeat victimisation.
- Survivors experienced greater stability, improved wellbeing, and increased access to coordinated multi-agency support.
- Public services benefited from reduced demand across health, policing, safeguarding, housing, and justice sectors.
- The service helped prevent long-term harm, supported recovery, and strengthened community resilience.
- It plays a vital role in protecting individuals, reducing duplication across agencies, and delivering lasting social value.

Funded by



“For a long time, I didn’t know where to turn. The abuse I experienced within a church setting left me feeling confused, isolated, and deeply hurt. I needed someone who wouldn’t just listen, but who would stand beside me.


Talking to Sarah changed everything. She didn’t pretend to have all the answers, and that humility meant the world to me. She never took advantage of the power she could have held over me. Instead, she offered something far more powerful, presence. “What I need is someone to stand beside me,” I told her, and that’s exactly what she did.

Safe Spaces gave me more than just one-to-one support. They introduced me to the peer support group, and I honestly think it’s going to be the best thing I’ve ever been involved in. When I talk to others who’ve been through similar experiences, it’s like the weight I’ve been carrying around for years is lifted. There’s a sense of understanding, of shared strength, that I didn’t know I needed.

I’m still healing. But now, I’m not doing it alone.”

*\*This story has been adapted to protect the identity of the individuals and is based on a collection of real experiences and feedback.*

# England & Wales



*\*This story has been adapted to protect the identity of the individuals and is based on a collection of real experiences and feedback.*

## Survivor Story: Support for families

After 30 years of domestic and sexual abuse, a survivor and her teenage son faced escalating threats from her partner, whose deteriorating mental health made the situation increasingly volatile. Financially controlled and emotionally broken, the survivor was living in fear, receiving minimal support while trying to protect her son.

The son, deeply affected by the abuse and revelations of sexual violence, struggled to focus on his GCSEs amidst growing concern for his and his mother's safety. A violent incident involving weapons prompted the survivor to temporarily leave the home, though she later returned under an agreement that her partner would stay in a separate caravan on the property.

Despite this, the partner repeatedly breached the agreement, leading to a referral from school and social services. The survivor and her son applied for an emergency non-molestation order, which was granted and later contested. Although the order allowed the partner to remain on-site under strict conditions, he violated them and was arrested.

The son continues to deal with the emotional fallout, expressing anger and a sense of responsibility to protect his mother. Support from family services, school, police, and social care remains in place, helping the family navigate ongoing risks while focusing on recovery and education.



## Survivor Story: Primary Care, GP Support

After decades of coercive control, physical violence, and sexual abuse, a survivor in her seventies reached out for support. Her partner's health had deteriorated, but the abuse continued leaving her emotionally and physically vulnerable. She had previously been hospitalised due to injuries and was sleeping in a chair because her partner occupied their only bed.

Initial referrals were made through her GP, and meetings were arranged in safe locations, as phone contact was not secure. Although emergency accommodation was offered multiple times, the survivor withdrew each time, often due to fear or concern about losing access to her only source of emotional support, a close friend.

In mid-2024, the situation escalated when threats were made against both the survivor and her friend. Police were involved, and a multi-agency response was coordinated. A joint plan was developed with social care, enabling the survivor and her friend to seek housing together. Safety planning was put in place, and ongoing contact was maintained through her friend to ensure she felt supported.

Over time, the survivor built trust in the support service, expressing that she finally felt understood and safer with a plan and police involvement. She and her friend shared that they had complete trust in the team and were deeply grateful for the support they received.



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# #HappyHealthyLove Campaign: Healthy Relationships & Toxic Behaviours

In February 2025, First Light launched Happy Healthy Love as part of our Healthy Relationships and Toxic Behaviours Awareness Month. This campaign focused on empowering young people to recognise, build, and celebrate healthy relationships, while raising awareness of sexual violence and domestic abuse.

Rather than centring on negative behaviours, Happy Healthy Love highlighted what positive, respectful and supportive relationships look like. It brought together young voices, survivors, and partner organisations to share experiences, advice and support.

## Social Media Reach and Engagement

Across Instagram, Facebook and TikTok, we shared videos and informational posts on key topics including coercion, grooming, boundaries, signs of abuse, pressure, love bombing, consent, and healthy relationships.

## Key Highlights

### TikTok Launch:

- 14,347 video views
- 1,186 minutes (20+ hours) of watch time
- 43% of viewers aged 18–24

### Instagram Engagement:

- 21,282 content views
- 15,408 non-followers reached

### Facebook Takeover for Adults:

- 54,746 views

## Collaboration and Reach:

- Content provided by First Light and NSPCC
- Shared by universities, colleges, NHS Trusts, and community organisations across the South West

It was also amplified by community groups and services across the South West, including NHS Trusts, local partnerships, and support organisations.

Talking to Young People  
About Healthy and  
Unhealthy Relationships

”  
Everything's better when we  
openly talk, and respect  
each other boundaries  
so we all feel comfortable and  
safe.



HEALTHY  
RELATIONSHIPS  
AND  
TOXIC  
BEHAVIOURS

Awareness Month  
3rd to 28th February



How to Know If  
You're in a  
**Healthy  
Relationship**  
(And How to  
Build One)

## Lasting Impact

Due to its success, Happy Healthy Love secured additional funding to expand its reach and develop more resources for young people throughout 2025. The campaign continues to grow as a creative and collaborative space where young people can learn, connect and feel supported.

Funded by



Cornwall  
Community  
Foundation



PCC  
Office of the Police and  
Crime Commissioner  
Devon and Cornwall





# Pledge4Change Campaign:

## 16 days of Action Against Violence

As part of the 16 Days of Action, First Light continued its Action for Change campaign, encouraging organisations, schools, charities, and community groups to commit to meaningful action against domestic abuse and sexual violence.

### The Three Pledges we made in 2023 and what we did over 2024.

- **Create Change (#WeSeeYou)**

Raised awareness through media, launched the #TheyThinkItsAllOver campaign addressing abuse in sport, and challenged harmful myths with #LoveActually.

- **No Voice Left Unheard (#WeHearYou)**

Worked with survivors to shape services, created safe spaces for sharing experiences, and gathered feedback to drive improvements.

- **Empower Everyone (#WeBelieveYou)**

Delivered training, developed community resources, and built partnerships to improve access to support.

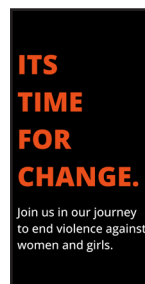
First Light extended its Pledge4Change campaign throughout November, encouraging individuals and organisations to commit to action against domestic abuse and sexual violence. A digital pledge badge

### Ongoing Engagement

Participants received a digital pledge badge, access to resources, and ongoing support. All pledges were featured on our Pledge4Change webpage and promoted during the 16 Days of Action.

### Campaign Impact

- 42 pieces of social content created
- 29,944 content views across all platforms
- 3 survivor stories recorded and shared
- BBC Spotlight interview with a survivor, which won the 2025 BSAW Journalism Awards in the Lived Experience category.
- 6 events attended across Cornwall, Swindon, and Wiltshire
- Bespoke landing page and resource hub with 33 pages of support materials

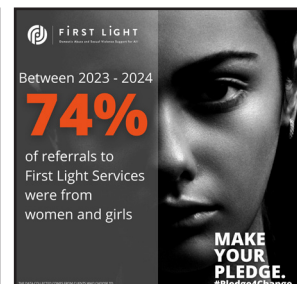


We are asking organisations, educational facilities, charities, sports clubs, communities, and individuals to make a pledge to support those affected by abuse and help create lasting change.

**16 DAYS OF ACTION.**

25th November - 10th December 2024

#Pledge4Change



Campaigns

# They Think It's All Over Campaign: Ending Abuse in and outside of sports

In 2024, First Light launched They Think It's All Over to raise awareness of abuse in and around sports. While football clubs make up just 12% of all UK sports clubs, abuse can occur across all sports, affecting people of all genders and ages.

The campaign called for stronger safeguarding, more research into the links between sport and abuse, and safer environments for players, fans, and communities at every level, from grassroots to professional.



## Next Steps

The campaign is still ongoing. First Light is now gathering its own research and data on the links between sport, domestic abuse, and sexual violence. This evidence will support a future funding bid to develop and deliver grassroots safeguarding training for sports teams and clubs across the region.



Nominated and runner-up in the  
CharityComms Best In-House Campaign

## Campaign Highlights

- Nominated and runner-up in the CharityComms Best In-House Campaign 2024
- Shared survivor stories and statistics across a range of sports
- Promoted the hashtag #TheyThinkItsAllOver to drive awareness and engagement
- Called for urgent research and safeguarding reform across the UK's 151,000 sports clubs

## Media and Community Reach

The campaign gained significant traction across radio, news, and social media, with coverage from:

- Media outlets: National and local newspapers, digital print, radio and social media.
- Political and public figures: Rebecca Smith MP, Devon & Cornwall PCC, Wiltshire & Swindon PCC, Philip Wilkinson
- Local authorities and services: Plymouth City Council, Trevi, Harbour Plymouth, Safer Cornwall, Wiltshire Police
- Community and support organisations: Man Culture, Operation Emotion, CPR and Saltash Foodbanks, Cornwall Counselling Hub, Together for Childhood Plymouth, and more
- Health and sports networks: Gloucestershire Health & Care NHS Trust, Active Cornwall, Active Devon, Active Avon & Somerset, Active Wiltshire

This widespread support helped amplify the campaign's message and encouraged open conversations about abuse in sport across the South West and beyond.

# Big Give Campaign: Crisis Fund for Women & Girls Fleeing Domestic Abuse

You Helped Us Raise Over  
**£10,000**  
to Support Women & Girls  
Fleeing Domestic Abuse.

## What Your Donations Achieved

- Your support allowed us to:
- Provide mobile phones to prevent tracking and harassment
  - Install letterbox locks and camera doorbells to improve home security
  - Cover travel costs like train tickets and taxi fares for those fleeing unsafe environments
  - Supply clothing, toiletries, and essentials for families who left everything behind
  - Assist with moving costs to help survivors start fresh in a safe place

First Light ran a domestic abuse campaign in partnership with The Big Give. Thanks to your generosity and the power of matched giving, we successfully raised over £10,000 to establish a Crisis Fund for women and girls escaping domestic abuse.

The Crisis Fund was created to provide immediate, practical support to survivors, helping them stay safe and begin rebuilding their lives.

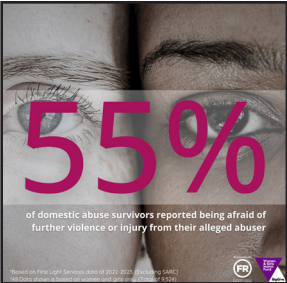
## Matched Giving Made a Big Difference



Every online donation made during the campaign week was doubled thanks to The Big Give.

This match funding helped us reach our goal faster and with greater impact. One donation truly became twice the support.

We are deeply grateful to every individual, business, and community group who stood with us.



Campaigns

# Community Fundraising



## What an incredible year!

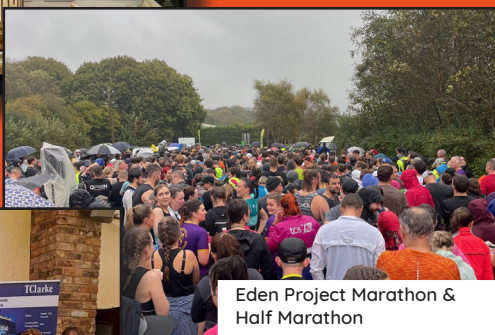
Thanks to your support, we've been able to provide vital, additional help to people affected by abuse. Your generosity has enabled us to offer a wide range of support, from crisis funds helping families flee domestic abuse, to Christmas presents for children forced to leave home during the holidays, to clothing and care packs for survivors of sexual assault, and so much more.

Everyone who has fundraised for us over the past year has played a part in making this possible. You've helped us go beyond what traditional funding can cover. You've helped ensure survivors feel safe, supported, and seen.

It's been truly inspiring to see so many people come together to stand against abuse and stand in solidarity with survivors. Whether you ran the Plymouth Half Marathon, hosted quiz nights, raffles, and competitions, or raised awareness through cake sales, jam stalls, charity pots, or Brikes, Trikes, and dog shows, you've helped create real change.



Coode's Solicitors hosted a fundraising Cake Sale & Quiz Night



Eden Project Marathon & Half Marathon



TClarke chose First Light as their Charity Partner and hosted a fundraising event in support.



Stephens Scown collected donations to support people escaping abuse.



Plymouth 10K and Half Marathon

Together, we've raised over

**£34,700** through fundraising in the last year. That's an extraordinary achievement, and it's all thanks to you.



It was a very challenging course with just under 500m of vertical ascent and the heavy rain fall and multi-terrain nature of the course made it an interesting challenge.

But so many people provided encouragement, and a large number made hugely supportive comments for both me running and also for the amazing work that First Light do.

A tough, emotional and rewarding day out which meant that those who kindly donated hopefully had the value returned to them for their kind pledges seeing a slightly broken, emotional and wet and muddy me cross that finish line!!”

- Alex, Running the Eden Project Marathon & Half Marathon

“It was our first specialist family finance team away day!

It’s always great to get us all together in person in one place as it reminds us what a great bunch of people we have.

We gathered our colleagues’ donations for First Light, a brilliant charity helping sufferers of domestic abuse to escape and restart their life.

- Sarah, Stephens Scown Solicitors

# Professional Training Empowering Workplaces



Over the past year, we've been delivering professional training to organisations and businesses, designed to empower you to support team members affected by sexual and domestic abuse or violence.

We're proud to announce that our courses are now AIM-accredited. This is a significant milestone, as it allows us to offer certified recognition to organisations taking meaningful action to support their teams.

## Providing Three Vital Courses

Our training is carefully developed to promote early intervention, deepen understanding, and equip professionals with the tools to offer effective support.

We currently offer the following courses:



Confidence in Your Response	The ABCs of Domestic Abuse	The ABCs of Sexual Abuse	Challenging Perceptions
<ul style="list-style-type: none"><li>• Interpersonal skills for responding to disclosures</li><li>• Understanding the impact on survivors</li><li>• Trauma-informed practice</li></ul>	<ul style="list-style-type: none"><li>• Increased understanding of domestic abuse</li><li>• Trauma-informed approaches to response</li><li>• Professional terminology and myth-busting</li></ul>	<ul style="list-style-type: none"><li>• Increased understanding of sexual abuse</li><li>• Trauma-informed approaches to disclosures and support</li><li>• Overview of the criminal justice process and support pathways</li></ul>	<ul style="list-style-type: none"><li>• Exploring societal, cultural, and historical impacts on survivors</li><li>• Challenging myths and victim-blaming</li><li>• Applying a trauma-informed lens to support those affected by VAWG (Violence Against Women and Girls)</li></ul>

Funded by





# Thinking About a Career Change?

## Why First Light Might Be Your Next Step

### What Our Team Says

“Working for First Light has been incredible for me. Everyone is working towards the same goal and is willing to support each other in any way they can. They allow me to work from home or in office based on the needs of my work. This organisation views staff as people, not just workers.”

“I had no experience in the sector when I got the job as an ISVA and have been given a lot of chances to show my skills and progress. I’ve learnt so much and met amazing people.”

“Helping people out of their trauma is incredibly rewarding. To be part of a team doing the same is validating and fulfilling.”

“The best thing about working for First Light is the passion of the team. They care so much about what they are doing.”

At First Light, we don’t just offer jobs. We offer purpose, growth, and a community of passionate people working together to make a difference.

Whether you’re new to the sector or looking for a fresh start, First Light is a place where your values, wellbeing, and career aspirations are supported every step of the way.

In the past year alone, **20% of our team changed roles internally, and 38% of our senior and team leaders started as practitioners.**

We believe in nurturing talent and helping people grow.

### Make an Impact

Working at First Light means being part of a team that supports survivors, innovates services, and builds safer communities. Every day is different, and every role contributes to meaningful change.

If you’re ready to make a difference and grow in a supportive, values-driven organisation, we’d love to hear from you.

### Why Join Us?

We offer a sector-leading benefits package designed to support your wellbeing, development, and life outside of work:

- Flexible working options tailored to your needs
- 25–30 days annual leave plus bank holidays
- Paid sick leave, compassionate leave, and domestic crisis leave
- Real Living Wage employer
- Personal Support Hour with external supervisors
- Employee Assistance Programme with counselling, legal, and financial advice
- Paid wellbeing day annually
- Free 24/7 GP helpline for you and your household
- Support for pregnancy loss, menopause, neurodiversity, and gender transition
- Training and development tailored to your learning style
- Innovation and Long Service Awards
- Blue Light and Charity Discount Cards

We also offer a comprehensive induction, adjustment passports, and a formal Joint Consultation Committee to ensure your voice is heard.

Creating Change

# Support for Family Friends & Children

## Resources That Support You

This year, we've developed dedicated resources to support people affected by sexual violence or domestic abuse. Whether you are a parent, a young person, or an adult survivor, we are here for you.



### For Parents and Carers

When a child or young person experiences abuse, it can be overwhelming for those who care for them.

Our resources help parents and carers:

- Understand trauma and how it affects children
- Learn how to respond with compassion
- Navigate the criminal justice system
- Access support for themselves and their family

You are not alone. We are here to help you support your child.



### For Children and Young People

If something has happened to you that doesn't feel right, it's okay to talk about it. Abuse is never your fault.

Our resources for young people offer:

- Safe, confidential support
- Help with difficult feelings
- Guidance to disclosing abuse.
- Information about your rights and support options

We will listen, believe you, and help you feel safe again.



### For Adults

If you have experienced sexual violence or domestic abuse, recently or in the past, you deserve support.

Our adult-focused resources provide:

- Emotional and practical support
- Trauma-informed guidance
- Help navigating the justice system
- Access to counselling and recovery services

You are not alone. We are here to support your journey.

# Support for Professionals, Organisations and Sports Clubs

This year, we've expanded our support by developing tailored resources for professionals, organisations, and sports settings. These tools are designed to help people respond confidently, compassionately, and appropriately to anyone affected by sexual violence or domestic abuse.



## For Professionals

Whether you work in education, healthcare, social care, or the criminal justice system, you may be the first person someone turns to for help.

Our resources for professionals provide:

- Guidance on responding to disclosures
- Trauma-informed approaches to support
- Understanding the impact of abuse
- Signposting and referral pathways

We help professionals feel confident in offering the right support at the right time.



## For Organisations

Workplaces play a vital role in supporting staff affected by abuse.

Our resources for organisations include:

- Accredited training for managers and teams
- Policies and procedures for safe, supportive environments
- Awareness-raising materials
- Advice on creating a culture of safety and respect

We help organisations take meaningful action and become part of the solution.



## For Sports Settings

Coaches, volunteers, and club leaders are in a unique position to spot signs of abuse and offer support.

Our sports-focused resources offer:

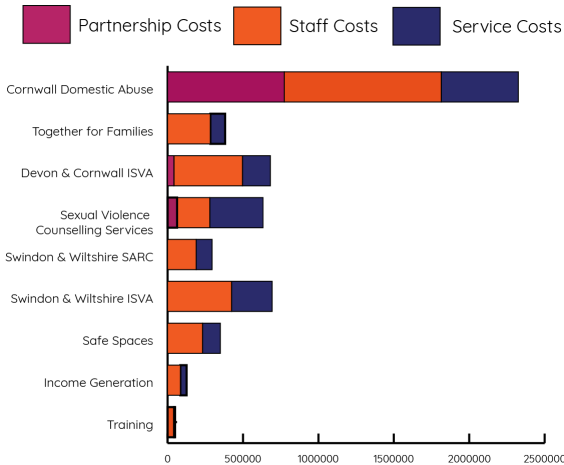
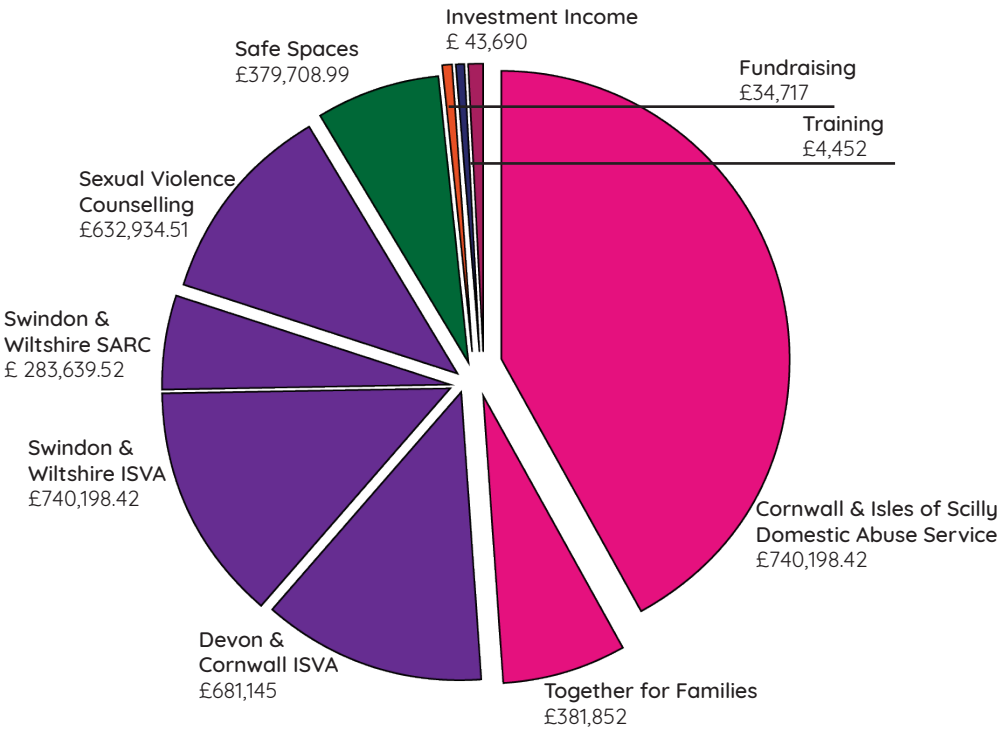
- Training on perceptions and disclosures
- Guidance on supporting young people and adults
- Information on reporting concerns

We work with sports communities to ensure everyone feels safe, supported, and heard.

# Financial Performance

## Income by Activity

Cornwall & Isle of Scilly	£2,325,043
Domestic Abuse	£381,852
Together for Families	£681,145
Devon & Cornwall ISVA	£740,198
Swindon & Wiltshire ISVA	£283,640
Swindon & Wiltshire SARC	£632,935
Plymouth Therapy	£379,709
Safe Spaces	£34,717
Fundraising	£4,452
Training	£43,690
Investment Income	£43,690



## Expenditure by Activity

Cornwall & Isle of Scilly Domestic Abuse		
Partnership Costs	£773,243.02	
Staff Costs	£1,041,380.14	
Service Costs	£510,419.84	
Total	£2,325,043.00	
Together for Families		
Partnership Costs	£283,428.97	
Staff Costs	£98,423.03	
Service Costs	£381,852.00	
Total	£663,704.00	
Devon & Cornwall ISVA		
Partnership Costs	£42,000.00	
Staff Costs	£454,282.39	
Service Costs	£184,862.61	
Total	£1,351,508.20	
Plymouth Sexual Violence Counselling		
Partnership Costs	£63,000.00	
Staff Costs	£216,714.65	
Service Costs	£353,219.86	
Total	£632,934.51	

Swindon & Wiltshire SARC		
Partnership Costs	£189,636.84	
Staff Costs	£105,314.16	
Service Costs	£294,951.00	
Total	£589,902.00	
Swindon & Wiltshire ISVA		
Partnership Costs	£424,025.20	
Staff Costs	£268,660.80	
Service Costs	£692,686.00	
Total	£1,385,372.00	
Safe Spaces		
Partnership Costs	£231,514.63	
Staff Costs	£98,423.03	
Service Costs	£349,574.00	
Total	£679,511.66	
Income Generation		
Partnership Costs	£84,964.13	
Staff Costs	£41,308.94	
Service Costs	£126,273.07	
Total	£252,546.14	
Training		
Partnership Costs	£43,491.32	
Staff Costs	£6,167.68	
Service Costs	£49,659.00	
Total	£99,318.00	



# Our Funders and Partners



## Thank You from First Light

This year's impact report reflects the power of compassion, collaboration, and commitment. Together, we have supported 24,088 people affected by sexual violence, domestic abuse, and church-related abuse. This increase speaks to both the growing need and the strength of our collective response.

We are especially proud to have launched a dedicated crisis fund for women and girls experiencing domestic abuse, ensuring urgent, life-saving support reaches those who need it most.

None of this would be possible without you, our volunteers, funders, donors, fundraisers, charity partners, staff, and trustees. Your belief in our mission and your continued support have helped us reach more people, amplify more voices, and drive meaningful change.

On behalf of everyone at First Light, thank you for standing with us.

# Whats next for First Light?

As we look ahead, First Light is proud to launch our five-year strategy for 2025 to 2030, setting out a bold vision to deepen our impact and expand our reach. This strategy is rooted in our mission to support anyone affected by sexual violence, domestic abuse, and church-related abuse, and to ensure that every voice is heard and every person receives the support they need and deserve.

Our focus is on collaboration. We are building new partnerships and finding innovative ways to ensure every voice is heard, believed and supported. We aim to expand our services into new counties, guided by our values and driven by the voices of survivors.

We are committed to empowering everyone. Friends, family members, guardians, and colleagues will be supported with tools, training, and resources to help them understand the important role they play and how they can support the people they care about.

There is still much to do. But with your continued support, we will keep pushing forward, reaching more people, shaping new models of care, and leading the conversation around abuse and recovery.

**Together, we will create a future where safety, dignity, and freedom are available to all.**

We invite you to  
join us in this journey,  
as we work together  
to create a society where

safety,

dignity

and freedom

are not just ideals  
but lived realities.

The logo for First Light is centered in the upper half of the image. It consists of the words "First" and "Light" stacked vertically in a bold, white, sans-serif font. The text is set against a dark orange, irregularly shaped background that resembles a lightbulb or a drop, which is itself set against a lighter orange background.

# First Light

First Light is the operating name of First Light South West Ltd  
The Business Centre, 2 Cattedown Road, Cattedown,  
Plymouth, Devon, PL4 0EG.  
Registered Company & Charity in England and Wales  
Company number: 03440794 | Charity number: 1090457



Registered with  
**FUNDRAISING  
REGULATOR**



Company registration number: 03440794

Charity registration number: 1090457

# First Light South West Ltd

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2025



**WESTCOTTS**

CHARTERED ACCOUNTANTS  
& BUSINESS ADVISERS

# **First Light South West Ltd**

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## **First Light South West Ltd**

### **Reference and Administrative Details**

<b>Chief Executive Officer</b>	L Gooding
<b>Trustees</b>	B Van Loo-Born (Resigned 27/05/2025) M Davies T Smith (Resigned 10/10/2024) A A Foulger V Martin S Dupre-Echeverria A Chitty F Fueller C Jones A H Young (Resigned 07/05/2025) H Frumson Belitsky C Lewis (Resigned 11/11/2024) K L Jones S J Snyder
<b>Secretary</b>	T Godwin (Appointed 21/12/2024)
<b>Charity Registration Number</b>	1090457
<b>Company Registration Number</b>	03440794
<b>Registered Office</b>	The Business Centre 2 Cattedown Road Plymouth PL4 0EG
<b>Auditor</b>	Westcotts (SW) LLP Plym House 3 Longbridge Road Plymouth Marsh Mills Devon PL6 8LT

# **First Light South West Ltd**

## **Trustees' Report**

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 2025. 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).

### **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 charity's purpose and objectives 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.
- ☐ 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.

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

The vision of our charity is a society 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.

All this activity is underpinned by our organisational values:

Trust  
Integrity  
Respect  
Progression  
Collaboration

The 2025 aim of our charity is to be the domestic abuse and sexual violence organisation that is recognised as impactful, effective and efficient, and that the community want to:

- ☐ Be supported by, when in crisis.
- ☐ Work or volunteer for.
- ☐ Fund or commission.



## **First Light South West Ltd**

### **Trustees' Report**

- ☐ Personally support by giving financially, pro-bono skills and or experience and time.
- ☐ Partner with to deliver integrated services.
- ☐ Its forecasts for levels of income for the current and future years, taking into account the reliability of each source of income and the prospects for developing new income sources
- ☐ Its forecasts for expenditure for the current and future years on the basis of planned activity
- ☐ Its analysis of any future needs, opportunities, commitments or risks, where future income alone is likely to fall short of the amount of the anticipated costs
- ☐ Its assessment, on the best evidence reasonably available, of the likelihood of a shortfall arising which means that reserves are necessary, and the potential consequences for the charity of not being able to make up the shortfall

#### **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 remained 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 priorities 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 as outlined in our strategy
4. Ensure our Income Generation 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

#### **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.

# **First Light South West Ltd**

## **Trustees' Report**

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, while we also continue to highlight and promote our services through our websites, which last year was viewed by 118,694 users.

## **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.

The charity has in place an Ethical Fundraising Policy and a Refusals policy to aid this ongoing stewardship of fundraising activities

First Light's Income Generation strategy sets out our ambitions for the next three years. Our Chief Operating Officer and the Development 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**

The charities reserves as at 31 March 2025 are £1,860,704 (2024 £1,916,180). Of this £754,773 are unrestricted reserves (2024 £603,299) and £1,105,931 (2024 £1,312,881) are restricted.

### **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, Access to Justice Foundation, Royal Cornwall Hospitals Charity), Sexual Assault Referral Centre in Wiltshire (NHS England supported by the, the Office of the Police and Crime Commissioner Wiltshire, Wiltshire Community Foundation, Independent Sexual Violence Advisory Services in Devon and Cornwall (Police and Crime Commissioner supported by Henry Smith Charity, Cornwall Council, Diocese of Truro, Sexual Violence Therapy in Plymouth (Plymouth City Council, NHS England, The Office of the Police and Crime Commissioner Devon & Cornwall, Victim Support, Ministry of Justice, Rayne Foundation, Heydown Trust, Northbrook Community Trust), Safe Spaces advocacy service (Safe Spaces England & Wales).

## **First Light South West Ltd**

### **Trustees' Report**

The Trustees recognise 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 Development Team 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.

#### **RESERVES POLICY**

When considering the charity's reserves policy, Trustees refer to the Charity reserves: building resilience - GOV.UK document and have applied an integrated approach to setting our reserves policy incorporating strategic, operational, and budgetary planning.

The charity's target level of reserves is informed by:

Utilising the Charity Commission guidance, trustees adopted the Charity Commission six step process, including consideration of the financial impact of risk. Based on that approach, Trustees have determined the unrestricted reserves target should be circa £650,000. Currently the charity's unrestricted reserves of £754,773 are with +/- 20% of the target figure.

#### **FUTURE PLANS**

The Trustees together with the senior management team have launched their 2025 - 2030 five-year strategy which details the organisations aspiration to actively contribute to reshaping societal perspectives and responses to domestic abuse and sexual violence, fostering a climate conducive to meaningful change by:

- DO MORE – Scale up our response to domestic abuse and sexual violence to meet growing need
- DO IT WELL – Innovate to improve the quality, equity and equality of our service offer
- DO IT TOGETHER – Influence societal and system response to domestic abuse and sexual violence

#### **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.

## **First Light South West Ltd**

### **Trustees' Report**

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.

#### **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 are responsible for the strategic direction and policy of the charity. At present, the Trustees have fourteen 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.



# First Light South West Ltd

## Trustees' Report

### 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 and the Trustee Code of Conduct
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives are set out in the three-year Income Generation plan 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.

As well as mandatory e-learning courses which include safeguarding, GDPR, equality & diversity, all Trustees also receive dedicated domestic abuse and sexual violence awareness training to help them better understand the purpose of the organisation.

### Remuneration arrangements

Following the completion of the bi-annual terms, conditions and remuneration review, the Board of Trustees increased relevant salaries in line with the Real Living Wage.

### Role Profiles, Regrades & Salary Bands Structure

First Light recently undertook a review of our salary bandings, the recommendations of which were subsequently ratified by the Board of Trustees in March 2025, following recommendations from the Remuneration Committee, made up of members from the Senior Leadership Team and nominated Trustees, who oversaw the work of the Pay and Grading Task and Finish Group.

During this process it was identified that some roles within the organisation needed re-grading in order to ensure we offer a fair and comparable salary against roles with similar levels of responsibility. In addition to this, a salary comparison exercise was also conducted looking at other charities doing the same or similar work to benchmark where our salaries sit and how our bands.

No one has been adversely affected as a result of this work, and no-one will receive a reduction in their pay.

### Terms and Conditions – Effective from 01<sup>st</sup> April 2025

Points	Bands #													
	A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	£23,810	£23,810	£24,570	£24,956	£24,956	£26,925	£27,879	£28,441	£29,228	£29,890	£33,724	£39,345	£43,002	BoT*
2		£24,570	£24,818	£25,350	£25,350	£27,194	£28,441	£29,228	£29,890	£31,476	£35,546	£40,191	£44,966	BoT*
3					£26,925						£36,047	£41,875		

All pay bands / points are based on 1.0 Full Time Equivalent (1.0 FTE).

\* denotes determined by the Board of Trustees, based on similar points in comparable organisations.

† denotes up to 10% uplift can be applied to any band / point to reflect recruitment challenges and market factors. This must be agreed during the application stage of recruitment only and cannot be individually negotiated with potential candidates. Uplift based on points up to 10%.

## **First Light South West Ltd**

### **Trustees' Report**

#### **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 Finance & Audit Committee, Operations Committee, Fundraising & Communications Committee as well as the Full Board on a quarterly 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.

## **First Light South West Ltd**

### **Trustees' Report**

#### **STATEMENT OF TRUSTEES' RESPONSIBILITIES**

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

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

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

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

In so far as the trustees are aware:

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

## **First Light South West Ltd**

### **Trustees' Report**

#### **AUDITORS**

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

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

Approved by order of the board of trustees on 13/11/25 and signed on its behalf by:

  
.....  
V Martin

Trustee



## **First Light South West Ltd**

### **Independent Auditor's Report to the Members of First Light South West Ltd**

#### **Opinion**

We have audited the financial statements of First Light South West Ltd (the 'charity') for the year ended 31 March 2025, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, 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 United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2025 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 auditor responsibilities for the audit of the financial statements section of our report. We are independent of the charity 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 charity's ability to continue as a going concern for a period of at least twelve months from when the original financial statements were 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 auditor's report 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.

## **First Light South West Ltd**

### **Independent Auditor's Report to the Members of First Light South West Ltd**

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 there is a material misstatement in the financial statements or a material misstatement of the other information. 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.

#### **Opinion on other matter 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 Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

#### **Matters on which we are required to report by exception**

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

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.

#### **Responsibilities of trustees**

As explained more fully in the (set out on page ), the trustees 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 charity'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 charity or to cease operations, or have no realistic alternative but to do so.

#### **Auditor 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 an auditor's report 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:

## First Light South West Ltd

### Independent Auditor's Report to the Members of First Light South West Ltd

- 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 materials effects 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 obtain an understanding of the entity's policies and procedure 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 and advisor.
- 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 transactions 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 scepticism throughout the audit.

A further description of our responsibilities is available on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

#### Use of our report

This report is made solely to the charitable company's trustees, 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 charity's trustees those matters we are required to state to them in an auditor's 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 its trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Adam Croney ACA (Senior Statutory Auditor)

For and on behalf of  
Westcotts (SW) LLP, Statutory Auditor  
Plym House  
3 Longbridge Road  
Plymouth  
Marsh Mills  
Devon  
PL6 8LT

Date: 20/11/25.....

## First Light South West Ltd

### Statement of Financial Activities for the Year Ended 31 March 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
<b>Income and Endowments from:</b>					
Donations and legacies	3	34,717	5,374,522	5,409,239	5,281,275
Charitable activities	4	11,968	-	11,968	5,230
Investment income	5	43,690	-	43,690	32,061
Total income		<u>90,375</u>	<u>5,374,522</u>	<u>5,464,897</u>	<u>5,318,566</u>
<b>Expenditure on:</b>					
Raising funds	6	(126,537)	-	(126,537)	(84,671)
Charitable activities	7	<u>(91,477)</u>	<u>(5,302,359)</u>	<u>(5,393,836)</u>	<u>(5,526,044)</u>
Total expenditure		<u>(218,014)</u>	<u>(5,302,359)</u>	<u>(5,520,373)</u>	<u>(5,610,715)</u>
Net (expenditure)/income		(127,639)	72,163	(55,476)	(292,149)
Transfers between funds		279,113	(279,113)	-	-
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>603,299</u>	<u>1,312,881</u>	<u>1,916,180</u>	<u>2,208,329</u>
Total funds carried forward	17	<u>754,773</u>	<u>1,105,931</u>	<u>1,860,704</u>	<u>1,916,180</u>

The notes on pages 17 to 34 form an integral part of these financial statements.



## First Light South West Ltd

(Registration number: 03440794)  
Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
<b>Fixed assets</b>			
Tangible assets	13	27,770	64,940
<b>Current assets</b>			
Debtors	14	247,895	149,150
Cash at bank and in hand		<u>1,977,450</u>	<u>2,453,833</u>
		2,225,345	2,602,983
<b>Creditors: Amounts falling due within one year</b>	15	<u>(392,411)</u>	<u>(751,743)</u>
<b>Net current assets</b>		<u>1,832,934</u>	<u>1,851,240</u>
<b>Net assets</b>		<u>1,860,704</u>	<u>1,916,180</u>
<b>Funds of the charity:</b>			
Unrestricted funds		754,773	603,299
Restricted funds		<u>1,105,931</u>	<u>1,312,881</u>
<b>Total funds</b>	17	<u>1,860,704</u>	<u>1,916,180</u>

The financial statements on pages 14 to 34 were approved by the trustees, and authorised for issue on 13/11/25 and signed on their behalf by:

  
.....  
V Martin  
Trustee

The notes on pages 17 to 34 form an integral part of these financial statements.

## First Light South West Ltd

### Statement of Cash Flows for the Year Ended 31 March 2025

	Note	2025 £	2024 £
<b>Cash flows from operating activities</b>			
Net cash expenditure		(55,476)	(292,149)
<b>Adjustments to cash flows from non-cash items</b>			
Depreciation	6	42,752	72,353
Sale of intangible fixed assets		107	972
Investment income	5	<u>(43,690)</u>	<u>(32,061)</u>
		(56,307)	(250,885)
<b>Working capital adjustments</b>			
(Increase)/decrease in debtors	14	(98,745)	269,810
(Decrease)/increase in creditors	15	<u>(359,332)</u>	<u>411,173</u>
Net cash flows from operating activities		<u>(514,384)</u>	<u>430,098</u>
<b>Cash flows from investing activities</b>			
Interest receivable and similar income	5	43,690	32,061
Purchase of tangible fixed assets	13	<u>(5,689)</u>	<u>(40,206)</u>
Net cash flows from investing activities		<u>38,001</u>	<u>(8,145)</u>
Net (decrease)/increase in cash and cash equivalents		(476,383)	421,953
Cash and cash equivalents at 1 April		<u>2,453,833</u>	<u>2,031,880</u>
Cash and cash equivalents at 31 March		<u>1,977,450</u>	<u>2,453,833</u>

The notes on pages 17 to 34 form an integral part of these financial statements.

# **First Light South West Ltd**

## **Notes to the Financial Statements for the Year Ended 31 March 2025**

### **1 Charity status**

The charity is limited by guarantee, incorporated in England, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

### **2 Accounting policies**

#### **Summary of significant accounting policies and key accounting estimates**

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

#### **Statement of compliance**

The financial statements have been prepared in accordance with 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

#### **Basis of preparation**

First Light South West Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

#### **Going concern**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

#### **Income and endowments**

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.

#### **Donations and legacies**

Voluntary income received by the 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.

#### **Grants receivable**

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.

## **First Light South West Ltd**

### **Notes to the Financial Statements for the Year Ended 31 March 2025**

#### ***Investment income***

Investment income is included when receivable.

#### ***Charitable activities***

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.

#### ***Support costs***

Costs comprise direct expenditure including direct staff costs attributable to the activity. Staff costs are allocated in accordance to time spent on projects. Administration and management costs are allocated in the same way. Other costs are allocated in proportion to income generated by the activity.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs involving the public accountability of the charity and its compliance with regulation and good practice. These costs include costs related to statutory examinations and legal fees together with an apportionment of overhead and support costs. These costs are included within charitable activities when relevant.

#### **Taxation**

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

## First Light South West Ltd

### Notes to the Financial Statements for the Year Ended 31 March 2025

#### Tangible fixed assets

Individual fixed assets costing £500 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

#### Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Plant and machinery	33% straight line
Fixtures and fittings	25% reducing balance

#### Research and development

Research and development expenditure is written off as incurred.

#### Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

#### Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

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



# First Light South West Ltd

## Notes to the Financial Statements for the Year Ended 31 March 2025

### Financial instruments

#### Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

#### Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

### 3 Income from donations and legacies

	2025 £	2024 £
Donations	34,717	22,212
Grants	5,374,522	5,259,063
	<u>5,409,239</u>	<u>5,281,275</u>

All donations in the period were unrestricted, £1,000 of grant income was unrestricted with the rest being income from restricted funds.

	Total 2025 £	Total 2024 £
Safer Cornwall (DASV Service)	2,047,860	1,906,438
Ministry of Justice	368,991	364,044
NHS, Police & Crime Commissioner for D&C, Safer Plymouth (Plymouth Counselling service)	143,445	119,445
Police & Crime Commissioner for Devon and Cornwall	-	1,520

## First Light South West Ltd

### Notes to the Financial Statements for the Year Ended 31 March 2025

	<b>Total 2025 £</b>	<b>Total 2024 £</b>
Police and Crime Commissioner - D&C ISVA	521,589	878,374
Gloucester Health & Care NHS England - W&S SARC	278,640	294,472
Diocese South West	1,000	2,000
NHS Devon Clinical Commissioning Group (CCG)	224,611	193,949
Cornwall Foundation Trust Emergency Fund	3,020	2,000
Garfield Weston Foundation	-	20,000
Henry Smith Charity	33,333	60,000
Access to Justice Foundation	62,038	51,431
Victim Support	130,000	130,000
Cornwall Council - D&C ISVA	-	43,050
Safe Spaces	378,709	336,143
Rayne Foundation	20,000	20,000
Northbrook Community Trust	15,000	15,000
Tesco Community Grant	375	2,125
Royal Cornwall Hospitals Charity	18,861	12,694
Cornwall Supporting Families	381,852	247,892
Heydown Trust	-	750
Wiltshire Community Fund	9,090	5,000
Police and Crime Commissioner for Wiltshire	736,108	552,736
	<u>5,374,522</u>	<u>5,259,063</u>

Of these £5,147,143 (2024: £4,833,511) are government grants.

#### 4 Income from charitable activities

	<b>Total 2025 £</b>	<b>Total 2024 £</b>
Training	<u>11,968</u>	<u>5,230</u>

## First Light South West Ltd

### Notes to the Financial Statements for the Year Ended 31 March 2025

#### 5 Investment income

	<b>Total 2025 £</b>	<b>Total 2024 £</b>
Deposit account interest	<u>43,690</u>	<u>32,061</u>

#### 6 Expenditure on raising funds

	<b>Total 2025 £</b>	<b>Total 2023 £</b>
Staff costs	87,811	66,550
Telephone	795	1,141
Postage and stationery	123	17
Fundraising expenses	4,443	4,660
Subscriptions	1,715	4,258
Travel	655	754
Web maintenance and support	5,365	1,554
Legal fees	25,533	4,348
Recruitment costs	<u>97</u>	<u>1,389</u>
	<u>126,537</u>	<u>84,671</u>

# First Light South West Ltd

## Notes to the Financial Statements for the Year Ended 31 March 2025

### 7 Expenditure on charitable activities

	Activity undertaken directly £	Grant funding of activity £	Activity support costs £	2025 £
Cornwall DASV	1,210,229	774,382	291,029	2,275,640
Plymouth Therapy	263,140	63,000	366,203	692,343
Devon & Cornwall ISVA	460,782	42,000	192,485	695,267
Wiltshire SARC	224,876	-	70,075	294,951
Safe Spaces	233,465	-	116,109	349,574
Swindon & Wiltshire ISVA	429,501	-	263,185	692,686
CC-Together for families	286,117	-	57,599	343,716
Training	43,914	-	5,745	49,659
	<u>3,152,024</u>	<u>879,382</u>	<u>1,362,430</u>	<u>5,393,836</u>

	Activity undertaken directly £	Grant funding of activity £	Activity support costs £	2024 £
Cornwall DASV	1,254,032	615,712	328,000	2,197,744
Plymouth Therapy	265,248	23,030	284,158	572,436
Devon & Cornwall ISVA	957,544	100,920	340,302	1,398,766
Wiltshire SARC	200,408	-	82,329	282,737
Safe Spaces	191,107	-	79,919	271,026
Swindon & Wiltshire ISVA	306,244	-	200,776	507,020
CC-Together for families	191,818	-	65,200	257,018
Training	27,929	-	11,368	39,297
	<u>3,394,330</u>	<u>739,662</u>	<u>1,392,052</u>	<u>5,526,044</u>

All expenditure on charitable activities is use of restricted funds except for training expenditure, which is entirely unrestricted (£48,616 not including depreciation), and unrestricted depreciation (£42,752) which is apportioned between departments based on support cost allocations.

# First Light South West Ltd

## Notes to the Financial Statements for the Year Ended 31 March 2025

### 8 Grant-making

#### Analysis of grants

	2025 £	2024 £
Devon & Cornwall ISVA	42,000	100,920
Plymouth Therapy	63,000	23,030
Cornwall DA	774,382	615,712
	<u>879,382</u>	<u>739,662</u>

Below are details of material grants made to institutions

Name of institution	2025 £	2024 £
Operation Emotion	56,500	52,655
MoMENTum Devon CIC	56,500	52,655
Survivors Alliance Partnership	34,000	18,640
Barnardos	732,382	615,712
	<u>879,382</u>	<u>739,662</u>

### 9 Analysis of support costs

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

	Premises	Office	Staffing	Travel	Other	Governance	Total 2024
	£	£	£	£	£	£	£
Cornwall DASV	59,183	101,649	86,797	25,067	5,989	12,344	291,029
Plymouth Therapy	300,383	23,226	39,095	193	1,169	2,137	366,203
D&C ISVA	16,582	48,486	99,387	19,798	3,754	4,478	192,485
Wiltshire SARC	6,774	31,648	20,654	7,500	1,395	2,104	70,075
W&S ISVA	5,534	38,805	186,234	24,798	3,400	4,414	263,185
Safe spaces	2,442	25,070	81,129	3,814	1,740	1,914	116,109
Training	427	3,141	1,177	662	38	300	5,745
Together for families	5,525	19,738	12,765	14,270	2,043	3,258	57,599
<b>Total</b>	<b>396,850</b>	<b>291,763</b>	<b>527,238</b>	<b>96,102</b>	<b>19,528</b>	<b>30,949</b>	<b>1,362,430</b>



## First Light South West Ltd

### Notes to the Financial Statements for the Year Ended 31 March 2025

	Premises	Office	Staffing	Travel	Other	Governance	Total 2024
	£	£	£	£	£	£	£
Cornwall DASV	58,038	69,468	108,373	34,064	45,910	12,147	328,000
Plymouth Therapy	228,091	23,874	22,805	659	7,090	1,639	284,158
D&C ISVA	35,891	87,190	125,677	51,013	32,025	8,506	340,302
Wiltshire SARC	6,487	29,378	30,628	3,653	9,779	2,404	82,329
W&S ISVA	7,966	49,194	96,846	26,330	15,056	5,384	200,776
Safe spaces	3,838	16,481	44,201	4,980	7,815	2,604	79,919
Training	406	2,890	6,751	248	805	268	11,368
Together for families	5,606	14,087	32,509	4,282	5,801	2,915	65,200
<b>Total</b>	<b>346,323</b>	<b>292,562</b>	<b>467,790</b>	<b>125,229</b>	<b>124,281</b>	<b>35,867</b>	<b>1,392,052</b>

#### 10 Net incoming/outgoing resources

Net outgoing resources for the year include:

	2025 £	2024 £
Audit fees	8,925	8,500
Other non-audit services	3,400	3,250
Loss on disposal of tangible fixed assets	107	972
Depreciation of fixed assets	42,752	72,353

#### 11 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

The amount of travel expenses reimbursed to the trustees during the year totalled £2,332 (2024 - £545).

#### 12 Staff costs

	Total 2025 £	Total 2024 £
Salaries	3,093,176	3,159,668
Social security	271,163	262,657
Employers pension	62,537	61,808
	<b>3,426,876</b>	<b>3,484,133</b>

The pension liability outstanding as at 31 March 2025 is £11,467 (2024: £24,344). Pension costs are allocated to different funds in line with the time each employee spends on each activity.

## First Light South West Ltd

### Notes to the Financial Statements for the Year Ended 31 March 2025

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No	2024 No
Central	15	13
Cornwall DASV	44	53
D&C ISVA	16	32
Fundraising	3	2
Counselling	9	9
Wiltshire SARC	8	13
Safe spaces	7	5
S&W ISVA	16	8
Training	1	1
Together for families	10	5
	<u>129</u>	<u>141</u>

The number of employees whose emoluments fell within the following bands was:

	2025 No	2024 No
£60,001 - £70,000	<u>1</u>	<u>1</u>

### 13 Tangible fixed assets

	Plant and machinery £	Fixtures and fittings £	Total £
<b>Cost</b>			
At 1 April 2024	162,376	15,653	178,029
Additions	5,052	637	5,689
Disposals	<u>(9,119)</u>	<u>-</u>	<u>(9,119)</u>
At 31 March 2025	<u>158,309</u>	<u>16,290</u>	<u>174,599</u>
<b>Depreciation</b>			
At 1 April 2024	107,154	5,935	113,089
Charge for the year	40,234	2,518	42,752
Eliminated on disposals	<u>(9,012)</u>	<u>-</u>	<u>(9,012)</u>
At 31 March 2025	<u>138,376</u>	<u>8,453</u>	<u>146,829</u>
<b>Net book value</b>			
At 31 March 2025	<u>19,933</u>	<u>7,837</u>	<u>27,770</u>
At 31 March 2024	<u>55,222</u>	<u>9,718</u>	<u>64,940</u>

## First Light South West Ltd

### Notes to the Financial Statements for the Year Ended 31 March 2025

#### 14 Debtors

	2025 £	2024 £
Trade debtors	90,539	29,858
Prepayments	55,062	59,310
Accrued income	102,294	59,982
	<u>247,895</u>	<u>149,150</u>

#### 15 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	236,880	319,491
Other taxation and social security	54,484	61,185
Other creditors	11,794	24,549
Accruals & deferred income	89,253	346,518
	<u>392,411</u>	<u>751,743</u>

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

	2025 £	2024 £
Deferred income at 1 April 2024	317,513	43,050
Resources deferred in the period	32,253	317,513
Amounts released from previous periods	(317,513)	(43,050)
Deferred income at year end	<u>32,253</u>	<u>317,513</u>

#### 16 Obligations under leases and hire purchase contracts

The total value of future minimum lease payments was as follows:

	2025 £	2024 £
Within one year	60,161	27,161
In two to five years	87,203	101,989
	<u>147,364</u>	<u>129,150</u>

# First Light South West Ltd

## Notes to the Financial Statements for the Year Ended 31 March 2025

### 17 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2025 £
<b>Unrestricted funds</b>					
<b>General</b>					
General fund	603,299	90,375	(218,014)	279,113	754,773
<b>Restricted funds</b>					
Safer Cornwall	347,343	2,047,860	(2,028,251)	-	366,952
Ministry of Justice	167,808	49,879	(49,879)	(167,808)	-
Police & Crime Commissioner for Devon & Cornwall	85,171	521,589	(568,922)	-	37,838
NHS England - Wiltshire SARC	244,556	278,640	(294,811)	-	228,385
NHS Devon Clinical Commissioning Group	-	224,611	(224,611)	-	-
NHS, OPCC, Safer Plymouth - Therapy	254,919	143,445	(174,451)	(184,150)	39,763
Devon Community Foundation	97	-	(97)	-	-
Cornwall Foundation Trust Emergency Fund	1,775	-	(1,129)	(646)	-
Henry Smith Charity	-	33,333	(33,333)	-	-
Northbrook Community Trust	-	15,000	(15,000)	-	-
Cornwall Community Foundation	-	3,020	-	(3,020)	-
Access to Justice Foundation	-	62,038	(59,075)	(2,963)	-
Cornwall Supporting Families	-	381,852	(466,678)	84,826	-
Wiltshire Community Foundation	-	5,000	(5,000)	-	-
Wiltshire Community Fund - Older People	-	4,090	(1,761)	(2,329)	-
Victim Support - Therapy	-	130,000	(130,000)	-	-
Safe Spaces	137,317	378,709	(309,647)	-	206,379
Swindon & Wiltshire ISVA	69,453	736,108	(587,906)	-	217,655
Rayne Foundation	4,442	20,000	(12,460)	(3,023)	8,959
Tesco Community Grant	-	375	(375)	-	-
Royal Cornwall Hospitals Charity	-	18,861	(18,861)	-	-

## First Light South West Ltd

### Notes to the Financial Statements for the Year Ended 31 March 2025

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2025 £
MoJ - RASASF	-	319,112	(319,112)	-	-
Diocese South West	-	1,000	(1,000)	-	-
<b>Total restricted funds</b>	<b>1,312,881</b>	<b>5,374,522</b>	<b>(5,302,359)</b>	<b>(279,113)</b>	<b>1,105,931</b>
<b>Total funds</b>	<b>1,916,180</b>	<b>5,464,897</b>	<b>(5,520,373)</b>	<b>-</b>	<b>1,860,704</b>
	Balance at 1 April 2023 £	Incoming resources £	Resources expended £		Balance at 31 March 2024 £
<b>Unrestricted funds</b>					
<b>General</b>					
General fund	695,545	61,503	(153,749)		603,299
<b>Restricted</b>					
Safer Cornwall	732,714	1,949,488	(2,334,859)		347,343
Ministry of Justice	191,402	364,044	(387,638)		167,808
Police & Crime Commissioner for Devon & Cornwall	42,268	875,369	(832,466)		85,171
NHS England - Wiltshire SARC	198,518	294,472	(248,434)		244,556
NHS Devon Clinical Commissioning Group	-	193,949	(193,949)		-
NHS, OPCC, Safer Plymouth - Therapy	233,419	122,450	(100,950)		254,919
Devon Community Foundation	497	-	(400)		97
Cornwall Foundation Trust Emergency Fund	727	2,000	(952)		1,775
Garfield Weston Foundation	-	20,000	(20,000)		-
Henry Smith Charity	-	60,000	(60,000)		-
Northbrook Community Trust	-	15,000	(15,000)		-
The Big Give	265	-	(265)		-
Access to Justice Foundation	-	51,431	(51,431)		-
Cornwall Supporting Families	-	130,000	(130,000)		-
Dutchy Health	4,798	-	(4,798)		-
The Hobson Charity	2,978	-	(2,978)		-
National Benevolent Charity	10,000	-	(10,000)		-
Wiltshire Community Foundation	5,000	5,000	(10,000)		-
Great Western Railways	2,250	-	(2,250)		-
Weinstock Fund	3,000	-	(3,000)		-
Safe Spaces	69,638	336,143	(268,464)		137,317



## First Light South West Ltd

### Notes to the Financial Statements for the Year Ended 31 March 2025

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Swindon & Wiltshire ISVA	9,910	552,736	(493,193)	69,453
Cash 4 Kids	1,400	-	(1,400)	-
Albert Hunt Trust	4,000	-	(4,000)	-
Rayne Foundation	-	20,000	(15,558)	4,442
Tesco Community Grant	-	2,125	(2,125)	-
Royal Cornwall Hospitals Charity	-	12,694	(12,694)	-
MoJ - RASASF	-	247,892	(247,892)	-
Diocese South West	-	750	(750)	-
Devon & Cornwall Police	-	1,520	(1,520)	-
<b>Total restricted funds</b>	<b>1,512,784</b>	<b>5,257,063</b>	<b>(5,456,966)</b>	<b>1,312,881</b>
<b>Total funds</b>	<b>2,208,329</b>	<b>5,318,566</b>	<b>(5,610,715)</b>	<b>1,916,180</b>

## **First Light South West Ltd**

### **Notes to the Financial Statements for the Year Ended 31 March 2025**

#### **18 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.

## **First Light South West Ltd**

### **Notes to the Financial Statements for the Year Ended 31 March 2025**

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

## **First Light South West Ltd**

### **Notes to the Financial Statements for the Year Ended 31 March 2025**

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.

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

### Notes to the Financial Statements for the Year Ended 31 March 2025

#### 19 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2025 £
Tangible fixed assets	7,837	19,933	27,770
Current assets	810,244	1,415,101	2,225,345
Current liabilities	(63,308)	(329,103)	(392,411)
Total net assets	<u>754,773</u>	<u>1,105,931</u>	<u>1,860,704</u>
	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2024 £ (As restated)
Tangible fixed assets	15,839	49,101	64,940
Current assets	647,006	1,955,977	2,602,983
Current liabilities	(406,064)	(345,679)	(751,743)
Total net assets	<u>256,781</u>	<u>1,659,399</u>	<u>1,916,180</u>

#### 20 Analysis of net funds

	At 1 April 2024 £	Financing cash flows £	At 31 March 2025 £
Cash at bank and in hand	<u>2,453,833</u>	<u>(476,383)</u>	<u>1,977,450</u>
	At 1 April 2023 £	Financing cash flows £	At 31 March 2024 £
Cash at bank and in hand	<u>2,031,880</u>	<u>421,953</u>	<u>2,453,833</u>

#### 21 Related party transactions

There were no related party transactions in the year.

Key management personnel remuneration totalled £64,928 (2024: £61,936)