THE BIRCHALL TRUST

England & Wales · Charity number 1109637

Details

Other names	SOUTH CUMBRIA RAPE AND ABUSE SERVICE, SOUTH CUMBRIA RAPE AND ABUSE SERVICE LIMITED
Status	Registered
Legal form	Charitable company
Company number	05424196
Registered	2005-05-24
Register	View on the Charity Commission register

Contact

Address	60 Hartington Street Barrow-In-Furness Cumbria LA14 5SR
Phone	01229820828
Email	enquiries@birchalltrust.org.uk
Website	www.birchalltrust.org.uk

Activities

Objects: THE CHARITY'S OBJECTS (THE OBJECTS) ARE TO RELIEVE THE MENTAL AND PHYSICAL DISTRESS OF PERSONS WHO ARE VICTIMS OF RAPE, SEXUAL ABUSE AND INCEST BY THE PROMOTION OF A SERVICE WHICH OFFERS SUPPORT, INFORMATION AND COUNSELLING IN THE SOUTH CUMBRIA AND SURROUNDING DISTRICTS (HEREINAFTER CALLED THE AREA OF BENEFIT) AND TO WORK TOWARDS THE ADVANCEMENT OF EDUCATION ABOUT SEXUAL CRIMES AND THE EFFECT ON THE VICTIMS OF SUCH CRIMES IN THE AREA OF BENEFIT. TO OFFER THE SERVICE TO PERSONS AND THEIR FAMILIES, FRIENDS AND PARTNERS, WHO MAY ALSO NEED SUPPORT, COUNSELLING OR EDUCATION.

Activities: We empower people (adults and children/young people) affected by rape, sexual abuse, or sexualised violence to recover from their trauma so they can lead safe and fulfilling lives. We cover issues including childhood abuse, child sexual exploitation, trafficking, sex workers and online abuse. We offer face to face and online counselling, play therapy, pre-trial therapy, education & peer support

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** SOUTH CUMBRIA AND SURROUNDING DISTRICTS
- Cumbria
- Lancashire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£890,524	£934,521	£476,820	27
2024-03-31	£854,247	£778,059	£520,817	22
2023-03-31	£512,923	£513,297	£444,629	18
2022-03-31	£523,048	£394,351	£445,003	10
2021-03-31	£410,733	£369,609	-	-

Trustees

Name	Role	Appointed
DAMIEN SISSONS		2025-06-01
Dr Paula Cook		2023-02-07
Jenna Rebecca Brown		2020-04-22
Lynne Wyre		2025-04-22
SIMON HANSON		2011-09-13

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THE BIRCHALL TRUST

England & Wales - Charity number 1109637

Accounts

Birchall

Supporting people affected by rape and sexual abuse

Annual Report

2024-25



Registered Charity No: 1109637 · Company Number: 5424196



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Chair's Review

2024/25 has been a year full of energy, dynamism, innovation and development in the way we work, as we follow through on our ambitious strategy in a funding environment more challenging than ever.

We continue to see steady increases in the number of individuals and families wanting to use our services, such that we are supporting more people from a broader geographical area than ever before. They tell us we support them to become more emotionally stable and help them to effectively manage symptoms such as anxiety, depression and post-traumatic stress disorder arising from the traumas they have been exposed to. Providing an appropriate therapeutic and safe environment for that to happen has necessitated creative approaches to accommodation and relationships with other agencies to optimise our resources enabling us to be in the right place for each person at the right time.

Maintaining our high standards of professionalism and continuing to be a leader in using trauma informed approaches to our work comes at a cost. The current political and financial policies put considerable strain on our finances and scope to respond to both the growing number of people who need our support and the increasingly complex experiences they have had. Sadly, many of our traditional sources of funding are disappearing and we have to compete against much larger national charities in complex application processes for ever smaller grants. Compete we do and will continue to do so.

We can't do any of what we do without our compassionate and enthusiastic skilled team of staff, volunteers, ambassadors, funders and Trustees. Thank you for all you do; it maybe a perceived small part to you but it can have a huge impact for someone else; in these tough times, please keep doing what you do for us.

2025/26 will likely be no less challenging, we remain excited rather than daunted and know that with your support we can continue to make a significant difference to those in Cumbria and Lancashire who need our help.

Dr. Paula Cook



About Us

We are an independent charity that provides specialist support services to adults, children and young people who have experienced sexual violence or exploitation, including rape, sexual assault and childhood sexual abuse.

We strive to provide high quality, specialist trauma informed services within a safe, non-judgemental environment.

Our mission is to empower people affected by rape, sexual abuse or sexual violence to recover from their trauma so they can lead safe and fulfilling lives.

Through a trauma informed approach we....

Realise We realise the damaging consequences of traumatic experiences and the opportunities that exist for healing through safe relationships.

Recognise We recognise the signs of trauma, and seek to address the underlying causes.

Respond We respond with empathy, integrating the knowledge of trauma into our policies and practice.

Resist We resist retraumatising people and aim to de-escalate the deep anxiety that adversity can cause.

Recover We support people who have experienced trauma to recover from their trauma, by enabling them to live in the present without being overwhelmed by the thoughts and feelings of the past.



Our Values

Safety

We recognise the impact of shame, we create safe spaces and make people feel safe, by building trusted relationships.

Trusted

We avoid judgement and understand shaming and blaming language can damage people and harm relationships. We are emotionally aware.
We believe and do not judge.

Choice

We ensure that the people using our services have a voice and their choices are important, We understand that everyone's experience matters.

Collaboration

We work together to achieve the best possible outcome, we are person centred and see the person' s strengths, building upon them. We are reflective and learn together.

Empowerment

We seek to make a difference, innovate and be the change we want to see. We make a difference, we are transparent, and take responsibility.

Our Services



Trauma Informed Counselling, F2F, telephone and online counselling, Pre-trial work, Play & Art Therapy for adults, Children and Young People.



Wellbeing Programme – supporting people to stabilise their lives and connect with their community through grounding, stabilisation, advocacy, practical & emotional support for adults and Young People.



Prevention – raising awareness and educating through training in schools, community groups and to professionals across the voluntary and statutory sectors.



Peer support & Groups – safe spaces for people to share, connect and build supportive relationships and strengthen their resilience.



Family Collaboration – working with parents/carers, friends of people affected by rape and sexual abuse to understand the impact of trauma.

The scale of the issue

- **1 in 4 women** have been raped or sexually assaulted since the age of 16 - 'Office of National Statistics' 2025
- **1 in 6 children** have been sexually abused - 'NSPCC' 2011
- **1 in 18 men** have been raped or sexually assaulted since the age of 16 - 'Office of National Statistics' 2025
- **71,227 rapes** were recorded by police between 1 July 2024 and 30 June 2025 -'Office of National Statistics' 2025

Fewer than **3 in 100 rapes** (2.7%) recorded by police in 2024 resulted in someone being **charged** that same year - Let alone convicted - 'Home Office' 2025.

But reports to the Police are only the tip of the iceberg as 5 in 6 women who are raped don't report – and the same is true for 4 in 5 men. Most people tell someone else what has happened. Why don't they tell the Police?

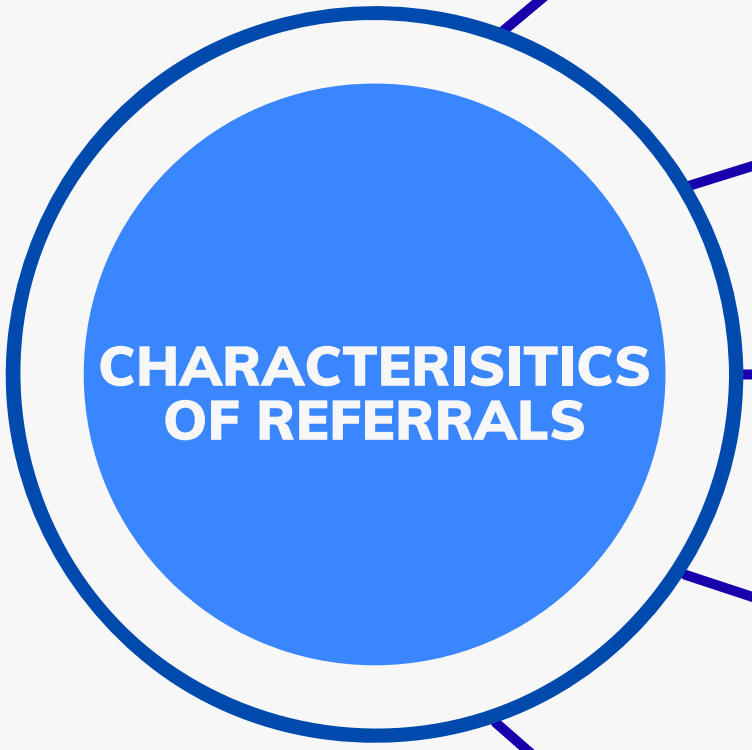
- 35% said 'embarrassment'
- 39% said they didn't think the police could help
- 31% said they thought it would be humiliating
- 24% thought the Police would not believe them.

MOJ research conducted in 2023 to recommission services found that people preferred services that were independent of the criminal justice system and had a preference to be supported by an organisation whose sole purpose is to help people who have experienced sexual violence.

Whilst reports to the Police continue at a low level, referrals to Birchall have increased further since last year rising to 1035 unique individuals in 2024/5.

548 Organisational Referrals (53%)

487 Self Referrals (47%)



971 people on the waiting list for all services on 31.3.25.

Fastest growing area of demand is Blackpool.

1

GENDER

Identifying as female remained static at 83% (829)
Identifying as male reduced slightly at 14% (144)
identifying as neither male or female increased to 3% (28)

2

SEXUALITY

600 (60%) identified as heterosexual
52 (5%) as Gay or Lesbian
84 (8%) as bisexual
64 (6%) as some other sexuality.
19% of all referrals coming from the LGBTQ+ community.

3

ETHNICITY

85% of referrals (851) were from people who identified as white or white British
7% belonging to Asian or Asian British, black or black British, Chinese, mixed or dual race or any other ethnic group.

4

DISABILITY

50% of the people reported having some form of disability.
72% of people reporting a disability, report that disability is related to their mental health.

5

AGE

14% children and young people (4-17)
41% 18-34 year age group
35% between 35 and 54 with 10% of clients over 55.

The effects of trauma



Experiences of abuse can lead to significant trauma, and for some, the effects may persist long-term without appropriate support. These traumatic experiences can impact various aspects of an individual's life, including their physical health, emotional well-being, impulse control, and self-perception.

Additionally, trauma can influence cognitive functions such as thinking, learning, and concentration, as well as the ability to form and maintain relationships. Many individuals who have faced abuse may also experience mental health challenges, including depression, anxiety, and PTSD (Post-Traumatic Stress Disorder).

Some common responses to trauma can manifest as nightmares, panic attacks, self-harm, and suicidal thoughts or attempts. The emotions tied to such experiences are often complex and overwhelming, encompassing feelings like anger, shame, and guilt. Trusting others and building connections can be particularly challenging for those affected.

Issues such as low self-esteem, poor self-care, and declining physical and mental health may also arise. In coping with these difficulties, some individuals may resort to drugs or alcohol. Others might engage in self-harming behaviours or develop eating disorders.

However, through therapeutic support services, individuals have the opportunity to process their trauma and work toward recovery. Many find that as they receive help, they experience improvements in their mental and physical health. This journey often leads to renewed educational or employment opportunities, and fosters involvement in community activities, which can enhance social support networks. Ultimately, this support aims to assist individuals in healing and moving forward from their past experiences, with the goal of improving their overall quality of life.

Head of Services Update

Overview:

This year has seen significant progression from the foundations we established last year. Our commitment to delivering high-quality support services has continued to strengthen our connections with the wider community engaging with clients from different backgrounds and geographies. Building on previous growth, we have developed our model of work further to reach individuals who have experienced rape and sexual abuse at an even earlier stage. Our approach to early intervention approach remains central to reducing the long-term impact of trauma and improving recovery outcomes.

As our reach has widened, the number of people coming forward, many experiencing extreme social isolation, has continued to rise. Despite increasing the number of appointments to over 280 per week, our waiting list has once again grown, reflecting the scale of demand across the region. This continues to present a significant challenge to balance the provision of outcome-focused, trauma-informed support with our desire to help more people and provide responsive services to keep people safe.

New Initiatives:

Building on last year's developments, we introduced a new assessment and triage system which has already made a noticeable difference, enabling people to receive support, guidance, and advocacy support at a much earlier point in their journey. We have also successfully rolled out group programmes across all areas, giving people more options for connection, peer support, and therapeutic engagement. This year, our collaborative work with statutory and child and adult community mental health providers has strengthened further. We are now more integrated into wider services, establishing valuable links that improve continuity of care and create clearer recovery pathways.

Monitoring and Evaluation:

We have continued to develop how we monitor our work has continued to develop, with a stronger focus on understanding how accessible our services are to people from diverse communities. By tracking personal characteristics and trauma levels, we have gained clearer insight into which groups remain under-represented and how trauma intersects with their personal needs. This year, we also launched a project to review the entire client journey, ensuring that people with the highest levels of need are prioritised effectively. Over the coming year, we look forward to deepening our evaluation processes to increase efficiency and introduce new ways of working to meet increasingly complex and diverse needs people present with.

Conclusion:

Reflecting on the progress made since last year, we are proud of the positive impact our services continue to have on people of all ages and communities across Lancashire and Cumbria. While challenges remain, our increased integration with partner services, improved pathways, and new triage and group offerings have strengthened our ability to respond to the growing need more quickly. We remain committed to our mission and look forward to building on these achievements in the coming year. Together, we can continue to create supportive, connected communities and provide essential services to those who need them most. Thank you for your ongoing support and collaboration.

Nicola Lord - Head of Services.



Focus on some of our services.

Counselling

Children's & Young Persons therapy:

In the past year, we enhanced our children's offer developing further the peripatetic model for play therapists giving them greater flexibility to deliver from family hubs and schools providing more choice and flexibility. Our dedicated counselling service for young people has adapted to receiving an increasing number of complex cases from CAMHS. We are proud to report that we have successfully provided services to 172 children and young people during this period, making a significant positive impact on their wellbeing and development.

Adult therapy:

Over the past year, our trauma counselling services for adults have experienced significant growth, reaching a total of 360 individuals. Our dedication to improving mental health and emotional well-being has enabled us to engage with people who will not report the incident or engage with statutory services, demonstrated by over 20% of referrals coming from people who have no other form of support. Referrals from health professionals also continue to rise, with professionals requesting that we help people manage trauma before they engage with specialist health services. As people coming to us earlier experience a higher level of distress non attendance has increased. We are now introducing new ways of increasing session utilisation to ensure a minimum of 85% attendance.

Pretrial therapy:

In the past year, 78 individuals engaged in pretrial therapy, providing them with valuable tools to manage their emotions and develop healthy coping mechanisms. With trials taking up to 5 years most clients require multiple interventions, particularly at the end as around 50% of cases lead to no conviction.

Wellbeing Service

The Wellbeing Service has continued to provide vital support to individuals focusing on mental health, physical health, and social wellbeing. This year has been marked by enhanced collaborative working, and innovative approaches to engaging communities less served. Wellbeing practitioners attend numerous meetings directly associated with client needs, including Domestic Abuse and Stalking Forums, Family Network meetings addressing issues related to family courts, and local Integrated Care Communities meetings involving multiple services. These engagements enable wellbeing workers to maintain up-to-date knowledge of services both nationally and locally, ensuring clients receive comprehensive support and their needs inform service developments.

Reflective practice has been introduced for all wellbeing practitioners, with the goal of developing self-awareness and professional growth, improving the quality of client support through critical reflection, and strengthening resilience and emotional wellbeing among staff. Efforts have also focused on identifying hard-to-reach communities and developing strategies for engagement. Key initiatives included outreach in rural and farming communities as well as dedicated work in Barrow to connect with isolated populations.

Groups

This year, we continued to deliver the Moving Forward Group, alongside the Parent Carer Group and look to move them online as well as expanding delivery locations for face to face groups. Plans for the new year include walking groups to promote physical and mental wellbeing and arts and crafts groups to encourage creativity and social connection. Digital resources have been expanded with wellbeing workers creating audio resources for grounding and meditation, which will be available via the self-help section on the Birchall website, providing accessible tools for emotional regulation.

Key Achievements

Staff development has been a priority, with all staff now equipped to deliver the Moving Forward Group through the Train the Trainer day exercise that saw experienced staff supporting and coaching less experienced staff to deliver group work. Partnership work has continued under our Domestic Abuse contract, with wellbeing workers based at the Refuge and Women's Community Matters, maintaining strong collaborative relationships.

The reduction in ISVA provision has significantly impacted the wellbeing service. Practitioners have worked to remain within boundaries while acknowledging the re-traumatising effects of the justice system. Training from Survivors Trust has improved understandings of criminal justice processes, and the concept of Kaleidoscopic Justice has been introduced, recognising that justice is not linear but multifaceted, encompassing emotional, social, and restorative dimensions beyond traditional legal outcomes.

Feedback

20-year-old female presenting with severe anxiety, emotional regulation difficulties, and trauma-related triggers. She felt invalidated by her support network and felt isolated. Using a range of grounding techniques, cognitive tools and reflective sessions she experienced a significant change successfully applying for work and re engaging with the her University Course. She stated, "*I feel empowered to assert boundaries and manage my anxiety. I've learned that my feelings are valid, and I can communicate them effectively.*"

Another client fed back: "*The Wellbeing Worker has helped me significantly and has started a healing journey which has already started to change my life for the better. She has not only been kind, patient, understanding and relatable but has also taken the time to learn how my mind works, explaining things to me in ways that make me consider alternative ways of thinking whilst meeting my need to understand the whys and what's and making helpful adjustments for my ADHD. Whilst this is only the beginning of my healing journey, I've never been able to get past the first hurdle despite having many other forms of help; this time has been very different. Wellbeing Worker genuinely cares and has a natural talent for the role she is in and I will forever be grateful for the help she has given me.*"

Conclusion

Demand for services continues to rise, and the ever-increasing waiting list necessitates changes to service delivery models in the coming year. Planned enhancements include the introduction of new types of group activities, digital resources, and streamlined, structured sessions to ensure that rather than just waiting people are connected and engaged to meet immediate needs. The Service has demonstrated resilience, adaptability, and commitment to improving lives despite challenges.

Through collaboration, innovation, and reflective practice, we have strengthened our capacity to support individuals and communities effectively.

Senior Practitioners



Sophie Dabbs



Alan Lee



Clare Warriner

Admin Update

This year has been a big step forward for Birchall's Administration Team. What started a few years ago with just one administrator has grown into a team of five, showing how much our service has expanded and how important admin is to keep everything running smoothly.

The team is the first point of contact for people using our services, answering questions, offering support, and helping guide them through referrals and allocations. Their work is busy, thoughtful, and full of care.

In April 2024, we started using an interpreter service to help clients who speak different languages. We also created simple guides for staff, so everyone feels confident working with interpreters and making sure communication is clear and respectful.

In February 2025, we introduced a new triage system and updated assessment forms to help us better understand what people need when they first get in touch so we can maintain their safety. We also made our referral process more trauma-informed, so people feel safer and more supported from the start.

Behind the scenes, the team has worked hard to introduce new administrative processes and make admin tasks smoother and more efficient.

We have also worked collaboratively with the Operational Management Team to secure and manage new locations in our drive to make our services available in every locality.

Our daily admin meetings have become a key part of our routine. They help us stay connected as a team, plan our day, and support each other.

As more requests come in from the police for counselling notes, especially under the pre-trial CPS guidelines, the team has built up their knowledge and skills. They now play a big role in checking, editing, and preparing notes, always making sure people give clear informed consent and that all sensitive data is only shared if it is relevant to the line of inquiry.

The Administration Team continues to grow in confidence, knowledge, and impact. Their work might be behind the scenes, but it's at the heart of everything we do.

Laura Gleaves - Senior Administrator



Training Update

Training Update
Over the past year, we have significantly enhanced our training offer to ensure it meets the evolving needs of our staff, clients, and partner organisations in an ever-changing environment. Our focus has remained on equipping staff with the key skills and knowledge needed to navigate emerging challenges confidently, while maintaining the highest standards of support. At the same time, we have continued to expand our training provision for external services, strengthening community awareness and professional practice across the region.

Internal Training
This year, we placed strong emphasis on developing a comprehensive and responsive internal training programme. Our priority has been to ensure staff feel confident and well equipped to meet the increasingly complex needs of the people accessing our services. Training has been delivered through a blended model of in-person sessions, online learning, e-learning modules, and structured group reflection.

Using iSpring software integrated within our Moodle platform, we created bespoke digital modules tailored to the realities of our work. These include Pre-Trial Note Taking, Supporting Neurodivergent Individuals, and a four-part trauma-focused course adapted from our core face-to-face training. All staff successfully completed these modules, which now form part of our mandatory induction for new starters.

We introduced a more structured annual training timetable featuring two organisation-wide Away Days and two dedicated training days. Away Days this year focused on developing the triage process, while training days concentrated on strengthening our knowledge around the LGBTQ+ community. Additional specialist learning opportunities were offered throughout the year, covering managing conflicts, suicide prevention, first aid, and mentoring.

We undertook a review of all internal mandatory training following the withdrawal of services from our previous provider. To ensure compliance and quality, we audited all completed staff training and conducted a detailed Training Needs Analysis to identify future development priorities. In addition, we introduced staff drop-in sessions to provide an open forum for questions and feedback on the new triage process, supporting a smooth transition and reinforcing our commitment to continuous improvement.

External Training
We continued to respond to training requests from external agencies, schools, and colleges, assessing each on a case-by-case basis. Trauma training remained central to our offer and we continued to deliver the trauma informed training across Cumbria to be rolled out as an e - learning module over the next year.

Looking Forward
Next year, we plan to launch a dedicated section to training on the website, offering our e-learning modules for purchase, deliver paid for training events available for external agencies to book, develop training for clients around pyschoeducation and face to face Harmful Sexual Behaviour training for schools. We remain committed to providing high-quality, accessible learning that strengthens safety, understanding, and resilience across our communities.



Sarah Griffith - Training Co-Ordinator

Our Impact – Statistics for the year:

Referrals for the year were at 1035, steadily rising as the year progressed settling to approximately 100 per month by year end. A change from the previous year with agency referrals now outweighing self-referrals 548 compared to 487).



3200

people accessed advice and information at community events.



186

students in FE colleges attended consent events from Burnley in the East across to Barrow and Blackpool in the West.



162

children and young people at risk attended face to face and peer workshops across 14 schools.



125

people attended training events across Cumbria and South Lancashire including groups from social care, the police and specialist health services.

" I never thought I would ever find my real self. I now have optimism for the future, and I will use what I have learned to carry on working on being me, with a strength and understanding I would have never found on my own."

We helped 1012 people in total providing 11,545 therapeutic sessions across the year.





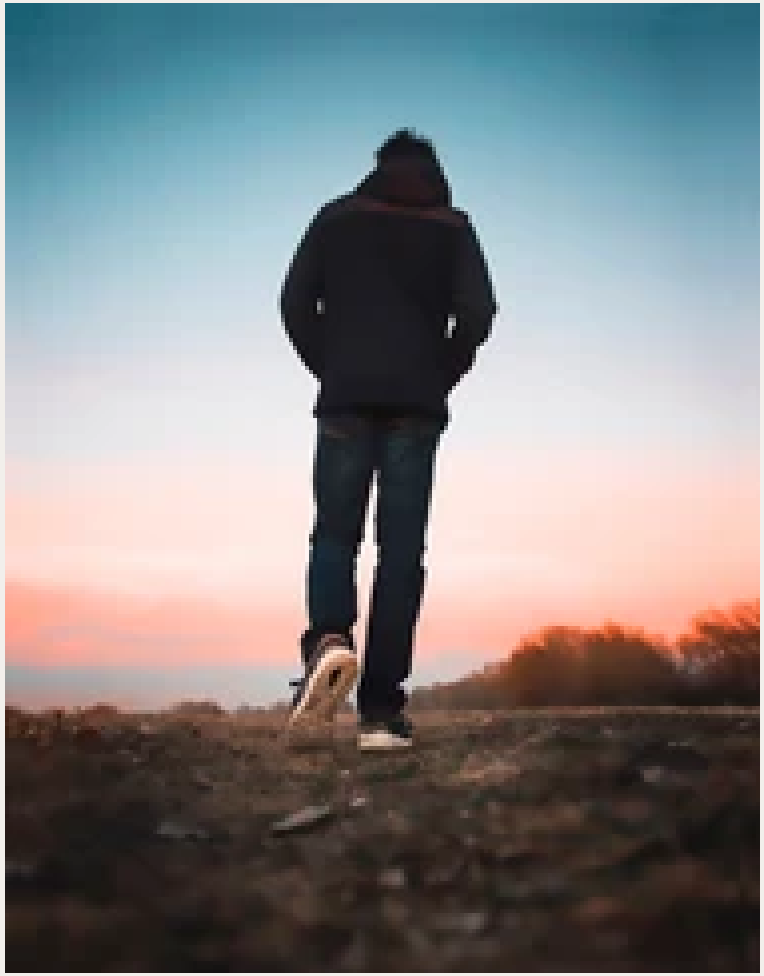








Alex’s Story



When Alex first contacted our service, they were struggling to cope with the impact of sexual violence they had experienced some years earlier. Like many survivors, Alex felt overwhelmed, isolated, and unsure where to turn. They described feeling anxious, disconnected from others, and blamed themselves for what had happened.

From their first contact, Alex was met with belief, compassion, and choice. Our team worked at Alex’s pace, ensuring they felt safe and in control at every stage. Through one-to-one support sessions, Alex was able to talk openly for the first time about their experiences, knowing they would not be judged or pressured. Simply being heard and believed was a powerful first step in their healing journey.

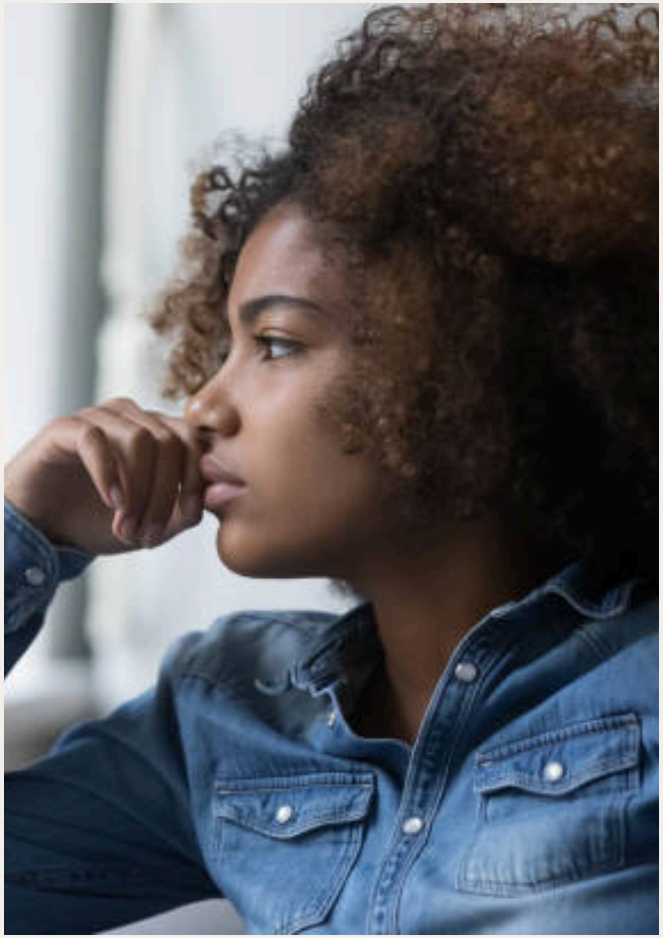
Over time, Alex engaged in specialist trauma-informed counselling, where they began to understand how trauma had affected their thoughts, emotions, and relationships. Together with their counsellor, Alex developed grounding techniques to manage anxiety and learned strategies to cope with flashbacks and difficult emotions. They received practical support, including information about their options and advocacy to help them navigate other services.

Healing was not a linear process, and there were moments when things felt challenging. However, Alex consistently told us that having a safe, supportive space made a significant difference. Gradually, they reported feeling more confident, less alone, and more connected to themselves and others.

By the end of their time with our service, Alex spoke about feeling a renewed sense of hope. While the impact of trauma had not disappeared, they felt better equipped to manage it and to move forward with their life on their own terms.

Alex’s journey reflects the resilience of survivors and the importance of specialist, survivor-centred support in helping people reclaim their sense of safety, strength, and self-worth.

Casey's Story



Casey accessed our wellbeing service and attended the Moving Forward group to address isolation and the long-term impact of sexual violence. At the point of referral, Casey reported feeling emotionally overwhelmed, disconnected from others, and uncertain about how to move forward. Support was provided in a trauma-informed, survivor-led way, ensuring Casey felt believed, respected, and able to engage at a pace that felt safe for them.

Through the wellbeing service, Casey developed a greater understanding of how trauma had affected their emotional responses, relationships, and sense of safety. They worked on building emotional stability through practical coping and grounding strategies, which helped to reduce anxiety and manage periods of distress in everyday life. This support also helped Casey begin to re-establish routines and improve their overall sense of wellbeing.

Attendance at the Moving Forward group played a key role in reducing Casey's isolation. Connecting with others who had shared similar experiences helped Casey feel less alone and increased their confidence to engage with others. Group participation supported peer connection, normalised their experiences, and strengthened their sense of belonging and self-worth.

By the end of their engagement with the service, Casey reported feeling more emotionally stable, more confident, and better equipped to manage the ongoing impact of trauma. While challenges remained, Casey described feeling more resilient, hopeful, and able to move forward with greater connection, understanding, and control over their life.

Client Feedback.

"My son has gone from being off the scale angry and confused with his emotions to being able to have a better understanding of his feelings and is able to turn behaviours around more positively a lot more than he ever has."

"It has been really beneficial – shared experiences and really good content. Already I feel I have more of an understanding of impact on my child/family and have been able to be more understanding and deal with negative situations with my child better."

Parent/Carer group feedback

"Thank you for your support. I'm moving forward and managing my self-harm better."

"I feel more empowered to do things more such as getting out of the house and enjoying my life instead of sitting in and feeling depressed."

Feedback on dealing with depression

"My therapist has been amazing. I have such bad anxiety and since leaving care, getting my own flat after moving out of a refuge after a year, in an area that I'm not from, I was isolating myself every day. I couldn't even walk to the shop, but she came to me to provide therapeutic support and since receiving support from her I am now going out a lot more. She helped me get an interview at college and supported me through it all."

""The girls really took to their counsellors, and they were happy to see them. During their counselling we received a letter from the paediatrician following up from when one of the children was admitted as an in-patient to hospital with an eating disorder, he had commented on how he really saw the benefits that they got from counselling, even how they interacted changed and was visibly clear."

Sibling sisters with two separate play therapists.

Funding Thanks

2024/5 was a year of relative financial stability but also one that was characterised by the frenetic activity involved in mitigating the risks of several multi year contracts from Trusts and Foundations coming to an end on 31st March 2025. Statutory funding continues to represent a significant proportion of funding representing almost 60% of our overall income. The vast majority of this funding comes from the MOJ with small contributions from the Police and Crime Commissioners Office (£43K in Lancashire and £23K in Cumbria). Whilst we are grateful for this kind award the funding from the PCC only helps us to deal with a fraction of cases that are referred by the Police and Victim Services.

To reduce risks of over reliance from one source we have been holding discussions with the ICB to introduce finding for the 23% of our cases that are referred by health professionals. Whilst this should represent approximately £230K of our income they only award us £23K for South Cumbria which is disappointing.

Despite assurances that commissioners would build on the good work of Mental Health Transformation providers new services were commissioned for both CYP and Adults mental health services and awarded to national and regional providers meaning much of the costs will leave the region.

Competition in Trusts and Foundations sector is becoming fierce with an increasing number of applicants applying for a limited number of grants. Whilst we have the honour of continuing support from some of our local Trusts and Foundations (Francis Scott, Walney Extension Fund and the John Fisher Foundation). This year we have also been honoured to receive funding from CRH Foundation Trust to support our Wellbeing Programme to reach out to people with intersectional needs. Thank you for your support.

We thank the Henry Smith Foundation for the award of the Flex fund which allows us some certainty for the year. We know that there is no guarantee that funding will continue from some of the larger national Trusts such as The Big Lottery and Children In Need but we continue to work in partnership with other organisations where we can to submit compelling bids and secure our future.

Consequently, there is a greater need than ever to review how we can work to diversify our income base particularly through increases in our unrestricted income.

Francis Scott Trust

NHS Lancashire & South Cumbria NHS Foundation Trust

Sir John Fisher Foundation

Walney Extension Community Fund

CRH Charitable Trust

Westmorland & Furness Council

CEO Review

This year marks a significant period of transition for our organisation as we move into a new chapter of leadership. Our focus is firmly on strengthening our resilience and responsiveness by introducing innovative ways of working to meet rising demand. We are committed to building a more empowering organisation, drawing on the expertise of our staff and clients ensuring that our services remain accessible, responsive, and aligned with the evolving needs of the communities we work in.

Looking ahead, our strategic priorities are clear. First, we will work to create a more sustainable funding base. The funding environment is becoming increasingly challenging, with some Trusts and Foundations that have previously supported us regularly, now moving away from funding rape and sexual abuse. We also face a significant level of uncertainty on how departments of Health, Justice, and the Home Office intend to collaborate to support us in the community sector. In the face of this uncertainty, we will redouble efforts to garner support from community groups and our wider network of supporters to raise the vital funds required to maintain our Reserves. This will help us manage the risks associated with a higher percentage of statutory funding and ensure financial resilience for the future.

Second, we will deepen partnership working across the sector to reduce duplication and improve efficiency. By collaborating more effectively, we can maximise the impact of finite resources and reach more individuals who need our help.

We will also transform our services to provide support earlier through shorter wellbeing interventions and a wider range of self help materials, helping people to "wait well" by accessing timely assistance. Alongside this, we will increase the availability of therapeutic, social, and activity groups, ensuring that those who come to us remain connected and supported throughout their journey.

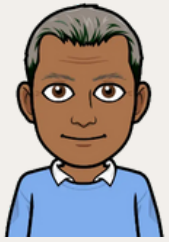
These priorities are not just organisational ambition, they are shaped by the voices of our staff and the people who we have listened to over the last 12 months. Their insights guide our commitment to innovation and inclusivity, ensuring that every step we take reflects real needs and lived experiences.

Together, we will continue to adapt, collaborate, and lead with purpose, building a future where support is not only available but accessible, timely, and transformative.

Of course, none of this is possible without our amazing team at Birchall. Everyone is committed to the work that they do, they quite literally save lives and give people the opportunity to write their own next chapter.

Thank you for all your support, enthusiasm, knowledge and kindness. I think the next year will be our best yet!

Jay Rushi - CEO



Treasurers Report

The Birchall Trust has ended the financial year April 2024-March 2025 with a healthy financial balance of £476,820 (2024: £520,817). The funds are made up of an unrestricted balance of £385,903 and a restricted balance of £90,917.

The unrestricted funds of £385,903 provide the charity with the security of a 'Reserves Policy'. The reserves policy has two elements. A six month 'wind down' period, should the charity fail to secure funding support in the future (see annual accounts for details). Along with a small contingency reserved to cover emergencies or other unexpected events. Restricted funds will be used to continually develop and implement our strategy and deliver the charity's objectives.

In the same way as previous years, I have analysed the end of year accounts using the three key ratio's. Fundraising and administration costs to total expenditure (FACE up 1%), Administration costs to total expenditure (ACE up 1%) and fundraising costs to total expenditure (FCE no change). (Fig 1)

The Birchall Trust has made substantial progress in strengthening the delivery of our services. Through the implementation of innovative procedures and the expansion of our skilled team, we are now better positioned than ever to provide high-quality, tailored support that meets the diverse and individual needs of our clients. Our unwavering commitment to those we support drives us to continually review and refine, ensuring that we consistently achieve the best possible outcomes for our clients. We are encouraged by the positive impact these developments have already made and remain dedicated to sustaining this momentum as we continue our journey of growth, innovation, and excellence

Looking ahead, we anticipate a more challenging funding environment, with greater competition for limited resources. To secure our long-term sustainability, The Birchall Trust will intensify its efforts to strengthen funding streams, diversify income, and build strategic partnerships. We remain confident in our ability to adapt and respond effectively. Through the expertise, dedication, and collaboration of our team, we will continue to deliver our essential services and uphold our commitment to supporting those in need.

How have we spent our funds?

Over the past year, we've been able to increase our charitable spend by an additional £114,000, reaching more individuals and families in need than ever before. This success is a testament to our effective financial management, which has allowed us to deliver all this while maintaining tight control over our operating costs(Fig 2 and 3). We are incredibly grateful to our funders for their generosity and unwavering belief in our mission. Their support has empowered us to expand our reach and amplify our efforts. Together, we've overcome obstacles and seized new opportunities, turning challenges into stepping stones for success. We're excited to continue this journey, driven by our passion for making a difference and the invaluable partnerships we've cultivated along the way. Thank you for believing in us and the importance of our work!

Simon Hanson



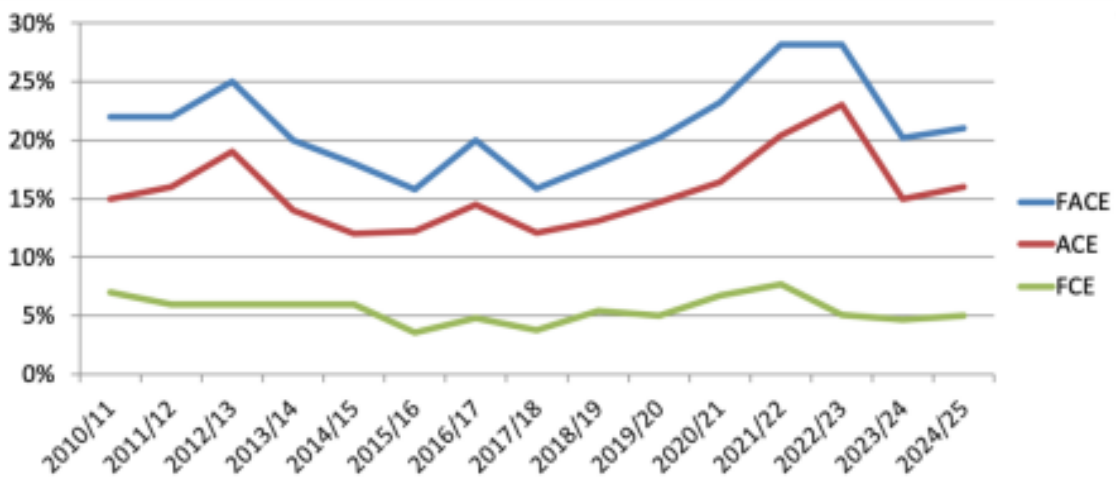


Fig 1 – Key Ratios

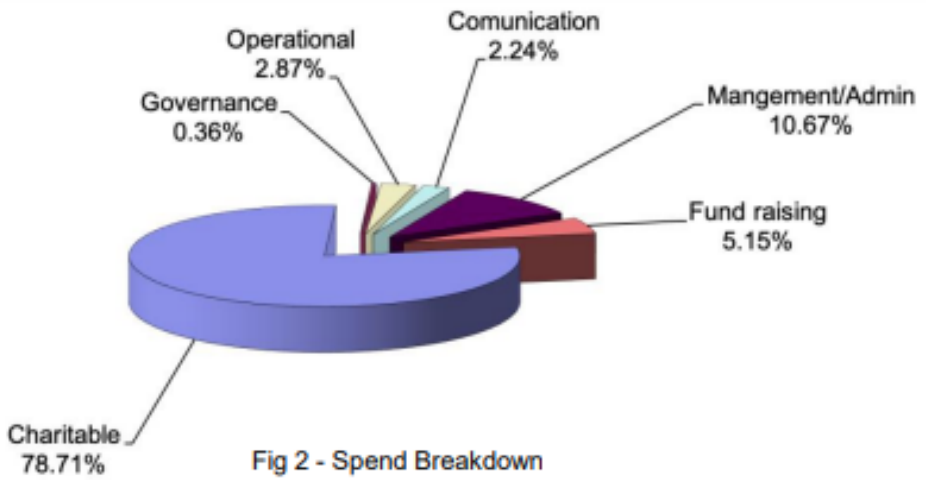


Fig 2 - Spend Breakdown

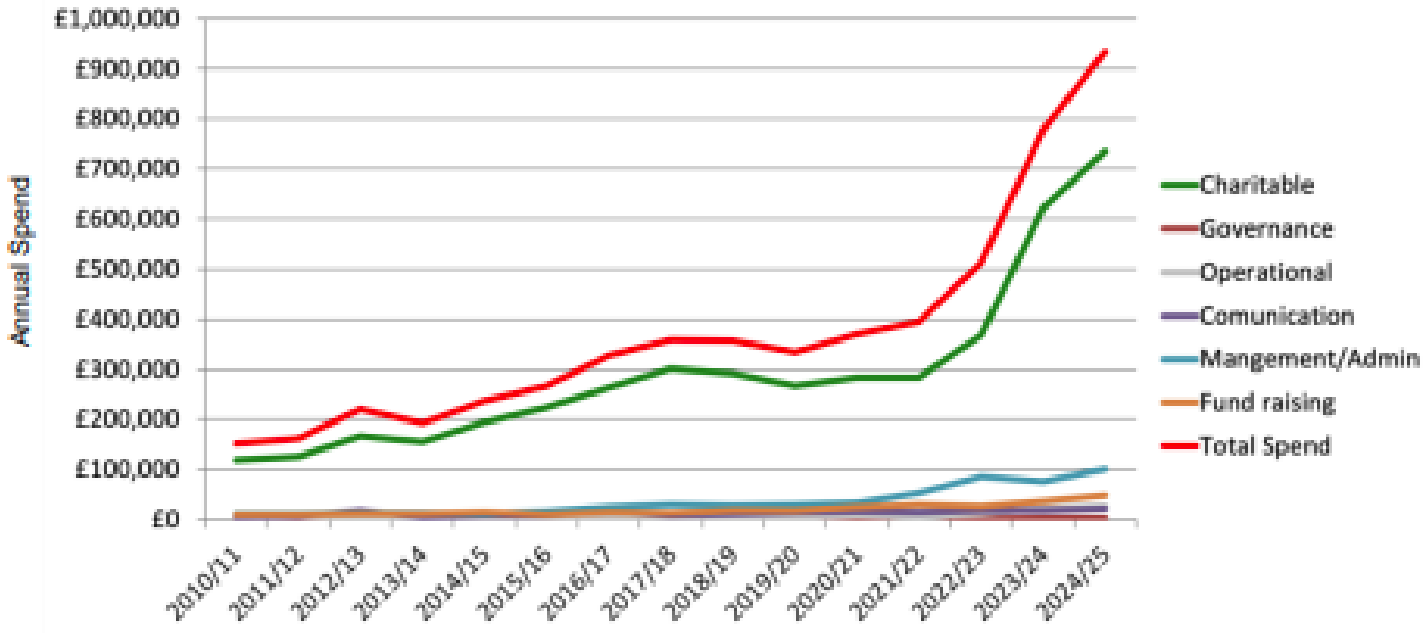


Fig 3 - Spend History

Statement of Financial Activities

For the Year Ended 31 March 2025

	Unrestricted Funds £	Restricted Funds £	**2025 Total Funds £**	2024 Total Funds £
INCOME AND ENDOWMENTS FROM				
Charitable activities				
Counselling advice & support	**26,984**	**850,783**	**877,767**	842,360
Other trading activities	-	-	-	(2)
Investment income	**12,757**	-	**12,757**	11,889
Total	**39,741**	**850,783**	**890,524**	854,247
EXPENDITURE ON				
Charitable activities				
Counselling advice & support	**113,374**	**821,147**	**934,521**	778,059
NET INCOME/(EXPENDITURE)	**(73,633)**	**29,636**	**(43,997)**	76,188
RECONCILLIATION OF FUNDS				
Total funds brought forward	**459,536**	**61,281**	**520,817**	444,629
TOTAL FUNDS CARRIED FORWARD	**358,903**	**90,917**	**476,820**	520,817

Balance Sheet

31 March 2025

	Unrestricted Funds £	Restricted Funds £	**2025 Total Funds £**	2024 Total Funds £
FIXED ASSETS Tangible assets	**4,945**	**-**	**4,945**	9,889
CURRENT ASSETS Cash at bank	**383,880**	**90,917**	**474,797**	513,544
CREDITORS Amounts falling due within one year	**(2,922)**	**-**	**(2,922)**	(2,616)
NET CURRENT ASSETS	**380,958**	**90,917**	**471,875**	510,928
TOTAL ASSETS LESS CURRENT LIABILITIES	**385,903**	**90,917**	**476,820**	520,817
NET ASSETS	**385,903**	**90,917**	**476,820**	520,817
FUNDS				
Unrestricted funds			**385,903**	459,536
Restricted funds			**90,917**	61,281
TOTAL FUNDS			**476,820**	520,817

Birchall

Other than where specifically noted, all written content has been anonymised to ensure the safety of people who use our service. The images and names in this document do not relate to anyone mentioned.



Get In Touch!
enquiries@birchalltrust.org.uk
www.birchalltrust.org.uk
Registered Charity No: 1109637 · Company Number: 5424196

REGISTERED COMPANY NUMBER: 05424196 (England and Wales)
REGISTERED CHARITY NUMBER: 1109637

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

FOR

THE BIRCHALL TRUST

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

THE BIRCHALL TRUST

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2025

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THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025

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).

FINANCIAL REVIEW

Reserves policy

At the end of the financial year the combined funds of the charity totalled £476,820 (2024: £520,817). This figure may appear substantial, however it will deplete rapidly if the charity fails to secure future funding.

The funds carried forward into the next financial year are made up of an unrestricted balance of £385,903 and a restricted balance of £90,917.
The unrestricted funds of £385,903 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future (see breakdown below). The reserves policy also includes Contingency Funds designated for other unforeseen emergencies or other unexpected needs:

- Reserves Policy (6 month wind-down)	
o Staff / Redundancies	£140,098
o Counselling services	£151,167
o Rent, services, Property conversion & Removals	£77,203
o Governance, Communication, Travel & Expense	£4,500
	£372,968
- Reserves Policy - Contingency	**£12,935**

The restricted funds of £90,917 have been granted by the charity's funders for specific reportable activities with respect to delivering services in the next financial year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05424196 (England and Wales)

Registered Charity number
1109637

Registered office
60 Hartington Street
Barrow In Furness
Cumbria
LA14 5SR

THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025

Trustees
S P Hanson
M E Taylor - Chair (resigned 22.4.25)
J Brown
Dr P Cook
C McIntyre (resigned 1.7.25)
L Wyre (appointed 22.4.25)
D Sissons (appointed 1.6.25)

Independent Examiner
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

Approved by order of the board of trustees on 29/10/25 and signed on its behalf by:

S P Hanson

.....

S P Hanson - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BIRCHALL TRUST

Independent examiner's report to the trustees of The Birchall Trust ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

SP Slater FCCA

Mr Stephen Paul Slater

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

9 September 2025

THE BIRCHALL TRUST

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2025

	Notes	Unrestricted fund £	Restricted funds £	**2025 Total funds £**	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	4				
Counselling, advice & support		**26,984**	**850,783**	**877,767**	842,360
Other trading activities	2	**-**	**-**	**-**	(2)
Investment income	3	**12,757**	**-**	**12,757**	11,889
Total		**39,741**	**850,783**	**890,524**	854,247
EXPENDITURE ON					
Charitable activities	5				
Counselling, advice & support		**113,374**	**821,147**	**934,521**	778,059
NET INCOME/(EXPENDITURE)		**(73,633)**	**29,636**	**(43,997)**	76,188
RECONCILIATION OF FUNDS					
Total funds brought forward		**459,536**	**61,281**	**520,817**	444,629
TOTAL FUNDS CARRIED FORWARD		**385,903**	**90,917**	**476,820**	520,817

The notes form part of these financial statements

THE BIRCHALL TRUST

BALANCE SHEET
31 March 2025

	Notes	Unrestricted fund £	Restricted funds £	**2025 Total funds £**	2024 Total funds £
FIXED ASSETS					
Tangible assets	11	**4,945**	**-**	**4,945**	9,889
CURRENT ASSETS					
Cash at bank		**383,880**	**90,917**	**474,797**	513,544
CREDITORS					
Amounts falling due within one year	12	**(2,922)**	**-**	**(2,922)**	(2,616)
NET CURRENT ASSETS		**380,958**	**90,917**	**471,875**	510,928
TOTAL ASSETS LESS CURRENT LIABILITIES		**385,903**	**90,917**	**476,820**	520,817
NET ASSETS		**385,903**	**90,917**	**476,820**	520,817
FUNDS	13				
Unrestricted funds				**385,903**	459,536
Restricted funds				**90,917**	61,281
TOTAL FUNDS				**476,820**	520,817

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

BALANCE SHEET - continued
31 March 2025

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

The financial statements were approved by the Board of Trustees and authorised for issue on 29/10/25 and were signed on its behalf by:

S P Hanson

S P Hanson - Trustee

The notes form part of these financial statements

THE BIRCHALL TRUST

CASH FLOW STATEMENT
for the Year Ended 31 March 2025

	Notes	**2025** **£**	2024 £
Cash flows from operating activities			
Cash generated from operations	1	**(51,504)**	70,198
Net cash (used in)/provided by operating activities		**(51,504)**	70,198
Cash flows from investing activities			
Purchase of tangible fixed assets		**-**	(14,833)
Interest received		**12,757**	11,889
Net cash provided by/(used in) investing activities		**12,757**	(2,944)
Change in cash and cash equivalents in the reporting period		**(38,747)**	67,254
Cash and cash equivalents at the beginning of the reporting period		**513,544**	446,290
Cash and cash equivalents at the end of the reporting period		**474,797**	513,544

The notes form part of these financial statements

NOTES TO THE CASH FLOW STATEMENT for the Year Ended 31 March 2025

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025	2024
	£	£
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	**(43,997)**	76,188
Adjustments for:		
Depreciation charges	**4,944**	4,944
Interest received	**(12,757)**	(11,889)
Increase in creditors	**306**	955
Net cash (used in)/provided by operations	**(51,504)**	70,198

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/24	Cash flow	**At 31/3/25**
	£	£	**£**
Net cash			
Cash at bank	**513,544**	**(38,747)**	**474,797**
	513,544	**(38,747)**	**474,797**
Total	**513,544**	**(38,747)**	**474,797**

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

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

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.

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

Computer equipment - 33% on cost

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

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Rent & services	**-**	(2)

3. INVESTMENT INCOME

	2025	2024
	£	£
Bank interest	**12,757**	11,889

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	**2025**	2024
		£	£
Donations	Counselling, advice & support	**25,929**	25,672
Training and consultancy	Counselling, advice & support	**1,055**	73,673
Grants	Counselling, advice & support	**850,783**	743,015
		877,767	842,360

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

	2025	2024
	£	£
The Henry Smith Charity	**90,000**	30,000
Francis C Scott Trust	**27,500**	12,500
BBC Children In Need	**-**	34,150
The National Lottery Community Fund	**97,438**	96,559
Sir John Fisher Foundation	**20,000**	-
Freida Scott Charitable Trust	**12,000**	16,000
CPCC SafetyNet	**-**	40,519
Walney Extension Community Fund	**-**	10,000
The Pilgrim Trust	**30,378**	35,648
CPCC MOJ Male Support Fund	**-**	11,073
Cumbria Community Foundation	**10,000**	10,000
Cumbria County Council DLUHC Grant	**31,268**	16,216
Henry Smith Foundation - COVID	**40,000**	20,000
Cumbria MOJ - Additional Therapy	**17,967**	31,941
MOJ Lancashire LPCC	**58,025**	43,025
National Lottery (KYN)	**22,205**	21,559
MOJ Lancs Rape Support Fund	**313,033**	209,076
MOJ Cumbria Rape Support Fund	**62,769**	43,468
ICB NHS Lancashire	**-**	61,281
CRH Foundaton	**18,200**	-
	850,783	743,015

continued...

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Counselling, advice & support	**735,587**	**198,934**	**934,521**

6. SUPPORT COSTS

	Management	Other	Governance costs	Totals
	£	£	£	£
Counselling, advice & support	**190,662**	**4,944**	**3,328**	**198,934**

7. NET INCOME/(EXPENDITURE)

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

	2025	2024
	£	£
Depreciation - owned assets	**4,944**	4,944

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

Trustees received £0.00 (2024: £0.00) in total for stationery and travel expenses. The maximum received by one Trustee was £0.00 (2024: £0.00).

9. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	**639,549**	510,694
Other pension costs	**13,754**	10,673
	653,303	521,367

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

	2025	2024
Support staff	**27**	22

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

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Counselling, advice & support	99,345	743,015	842,360
Other trading activities	(1)	(1)	(2)
Investment income	11,889	-	11,889
Total	111,233	743,014	854,247
EXPENDITURE ON			
Charitable activities			
Counselling, advice & support	22,832	755,227	778,059
NET INCOME/(EXPENDITURE)	88,401	(12,213)	76,188
Transfers between funds	34,027	(34,027)	-
Net movement in funds	122,428	(46,240)	76,188
RECONCILIATION OF FUNDS			
Total funds brought forward	337,108	107,521	444,629
TOTAL FUNDS CARRIED FORWARD	459,536	61,281	520,817

11. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2024 and 31 March 2025	**14,833**
DEPRECIATION	
At 1 April 2024	**4,944**
Charge for year	**4,944**
At 31 March 2025	**9,888**
NET BOOK VALUE	
At 31 March 2025	**4,945**
At 31 March 2024	9,889

continued...

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Accrued expenses	**2,922**	2,616

13. MOVEMENT IN FUNDS

	At 1/4/24	Net movement in funds	At 31/3/25
	£	£	£
Unrestricted funds			
General fund	**459,536**	**(73,633)**	**385,903**
Restricted funds			
The Henry Smith Charity	**-**	**63,000**	**63,000**
Sir John Fisher Foundation	**-**	**7,697**	**7,697**
The National Lottery Community Fund	**-**	**5,000**	**5,000**
ICB NHS Lancashire	**61,281**	**(61,281)**	**-**
CRH Foundation	**-**	**15,220**	**15,220**
	61,281	**29,636**	**90,917**
TOTAL FUNDS	**520,817**	**(43,997)**	**476,820**

continued...

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**39,741**	**(113,374)**	**(73,633)**
Restricted funds			
Francis C Scott Trust	**27,500**	**(27,500)**	**-**
The Henry Smith Charity	**90,000**	**(27,000)**	**63,000**
Sir John Fisher Foundation	**20,000**	**(12,303)**	**7,697**
The National Lottery Community Fund	**97,438**	**(92,438)**	**5,000**
Freida Scott Charitable Trust	**12,000**	**(12,000)**	**-**
The Pilgrim Trust	**30,378**	**(30,378)**	**-**
MOJ Lancashire LPCC	**58,025**	**(58,025)**	**-**
Cumbria Community Foundation	**10,000**	**(10,000)**	**-**
Cumbria County Council DLUHC Grant	**31,268**	**(31,268)**	**-**
Henry Smith Foundation - COVID	**40,000**	**(40,000)**	**-**
Cumbria MOJ - Additional Therapy	**17,967**	**(17,967)**	**-**
National Lottery (KYN)	**22,205**	**(22,205)**	**-**
MOJ Lancs Rape Support Fund	**313,033**	**(313,033)**	**-**
MOJ Cumbria Rape Support Fund	**62,769**	**(62,769)**	**-**
ICB NHS Lancashire	**-**	**(61,281)**	**(61,281)**
CRH Foundation	**18,200**	**(2,980)**	**15,220**
	850,783	**(821,147)**	**29,636**
TOTAL FUNDS	**890,524**	**(934,521)**	**(43,997)**

continued...

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	337,108	88,401	34,027	459,536
Restricted funds				
Francis C Scott Trust	15,000	(15,000)	-	-
The Henry Smith Charity	28,075	(28,075)	-	-
The National Lottery Community Fund	-	2,042	(2,042)	-
Freida Scott Charitable Trust	7,836	(7,836)	-	-
CPCC SafetyNet	10,586	(10,586)	-	-
Walney Extension Community Fund	-	10,000	(10,000)	-
The Pilgrim Trust	-	5,000	(5,000)	-
Henry Smith Foundation - COVID	17,424	(17,424)	-	-
Cumbria MOJ - Additional Therapy	-	7,985	(7,985)	-
Cumbria County Council Trauma Work	28,600	(19,600)	(9,000)	-
ICB NHS Lancashire	-	61,281	-	61,281
	107,521	(12,213)	(34,027)	61,281
TOTAL FUNDS	444,629	76,188	-	520,817

continued...

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	111,233	(22,832)	88,401
Restricted funds			
BBC Children In Need	34,150	(34,150)	-
Francis C Scott Trust	12,500	(27,500)	(15,000)
The Henry Smith Charity	30,000	(58,075)	(28,075)
The National Lottery Community Fund	96,558	(94,516)	2,042
Freida Scott Charitable Trust	16,000	(23,836)	(7,836)
CPCC SafetyNet	40,519	(51,105)	(10,586)
Walney Extension Community Fund	10,000	-	10,000
The Pilgrim Trust	35,648	(30,648)	5,000
CPCC MOJ Male Support Fund	11,073	(11,073)	-
MOJ Lancashire LPCC	43,025	(43,025)	-
Cumbria Community Foundation	10,000	(10,000)	-
Cumbria County Council DLUHC Grant	16,216	(16,216)	-
Henry Smith Foundation - COVID	20,000	(37,424)	(17,424)
Cumbria MOJ - Additional Therapy	31,941	(23,956)	7,985
Cumbria County Council Trauma Work	-	(19,600)	(19,600)
National Lottery (KYN)	21,559	(21,559)	-
MOJ Lancs Rape Support Fund	209,076	(209,076)	-
MOJ Cumbria Rape Support Fund	43,468	(43,468)	-
ICB NHS Lancashire	61,281	-	61,281
	743,014	(755,227)	(12,213)
TOTAL FUNDS	854,247	(778,059)	76,188

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2025

	2025	2024
	£	£
INCOME AND ENDOWMENTS		
Other trading activities		
Rent & services	-	(2)
Investment income		
Bank interest	**12,757**	11,889
Charitable activities		
Donations	**25,929**	25,672
Training and consultancy	**1,055**	73,673
Grants	**850,783**	743,015
	877,767	842,360
Total incoming resources	**890,524**	854,247
EXPENDITURE		
Charitable activities		
Staff costs for client support	**505,479**	408,655
Rent & services - counselling rooms	**50,777**	33,255
Counselling equipment	**875**	905
Refurbish counselling rooms	**3,874**	2,232
Travelling	**10,821**	11,488
Counsellors	**88,832**	87,380
Clinical supervision	**9,926**	7,333
Training	**3,886**	944
Service provision partner	**61,117**	57,820
Event management	-	11,245
	735,587	621,257
Support costs		
Management		
Wages	**134,070**	102,039
Pensions	**13,754**	10,673
Rent & services	**2,672**	1,750
Insurance	**3,708**	3,421
Telephone	**5,034**	4,484
Postage and stationery	**393**	767
Sundries	**8,545**	8,821
Professional fees for service development	**13,682**	10,431
Office equipment	**1,589**	2,263
Carried forward	**183,447**	144,649

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2025

	2025	2024
	£	£
Management		
Brought forward	**183,447**	144,649
Bank charges	**238**	215
IT & website	**6,977**	4,030
	190,662	148,894
Other		
Depreciation of tangible fixed assets	**4,944**	4,944
Governance costs		
Travel & meetings	**148**	324
Accountancy fees	**3,180**	2,640
	3,328	2,964
Total resources expended	**934,521**	778,059
Net (expenditure)/income	**(43,997)**	76,188

REGISTERED COMPANY NUMBER: 05424196 (England and Wales)
REGISTERED CHARITY NUMBER: 1109637

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

FOR

THE BIRCHALL TRUST

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

THE BIRCHALL TRUST

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for the Year Ended 31 March 2025

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THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025

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).

FINANCIAL REVIEW

Reserves policy

At the end of the financial year the combined funds of the charity totalled £476,820 (2024: £520,817). This figure may appear substantial, however it will deplete rapidly if the charity fails to secure future funding.

The funds carried forward into the next financial year are made up of an unrestricted balance of £385,903 and a restricted balance of £90,917.
The unrestricted funds of £385,903 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future (see breakdown below). The reserves policy also includes Contingency Funds designated for other unforeseen emergencies or other unexpected needs:

- Reserves Policy (6 month wind-down)	
o Staff / Redundancies	£140,098
o Counselling services	£151,167
o Rent, services, Property conversion & Removals	£77,203
o Governance, Communication, Travel & Expense	£4,500
	£372,968
- Reserves Policy - Contingency	**£12,935**

The restricted funds of £90,917 have been granted by the charity's funders for specific reportable activities with respect to delivering services in the next financial year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05424196 (England and Wales)

Registered Charity number
1109637

Registered office
60 Hartington Street
Barrow In Furness
Cumbria
LA14 5SR

THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025

Trustees
S P Hanson
M E Taylor - Chair (resigned 22.4.25)
J Brown
Dr P Cook
C McIntyre (resigned 1.7.25)
L Wyre (appointed 22.4.25)
D Sissons (appointed 1.6.25)

Independent Examiner
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

Approved by order of the board of trustees on 29/10/25 and signed on its behalf by:

S P Hanson

.....

S P Hanson - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BIRCHALL TRUST

Independent examiner's report to the trustees of The Birchall Trust ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

SP Slater FCCA

Mr Stephen Paul Slater

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

9 September 2025

THE BIRCHALL TRUST

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2025

	Notes	Unrestricted fund £	Restricted funds £	**2025 Total funds £**	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	4				
Counselling, advice & support		**26,984**	**850,783**	**877,767**	842,360
Other trading activities	2	**-**	**-**	**-**	(2)
Investment income	3	**12,757**	**-**	**12,757**	11,889
Total		**39,741**	**850,783**	**890,524**	854,247
EXPENDITURE ON					
Charitable activities	5				
Counselling, advice & support		**113,374**	**821,147**	**934,521**	778,059
NET INCOME/(EXPENDITURE)		**(73,633)**	**29,636**	**(43,997)**	76,188
RECONCILIATION OF FUNDS					
Total funds brought forward		**459,536**	**61,281**	**520,817**	444,629
TOTAL FUNDS CARRIED FORWARD		**385,903**	**90,917**	**476,820**	520,817

The notes form part of these financial statements

THE BIRCHALL TRUST

BALANCE SHEET
31 March 2025

	Notes	Unrestricted fund £	Restricted funds £	**2025 Total funds £**	2024 Total funds £
FIXED ASSETS					
Tangible assets	11	**4,945**	**-**	**4,945**	9,889
CURRENT ASSETS					
Cash at bank		**383,880**	**90,917**	**474,797**	513,544
CREDITORS					
Amounts falling due within one year	12	**(2,922)**	**-**	**(2,922)**	(2,616)
NET CURRENT ASSETS		**380,958**	**90,917**	**471,875**	510,928
TOTAL ASSETS LESS CURRENT LIABILITIES		**385,903**	**90,917**	**476,820**	520,817
NET ASSETS		**385,903**	**90,917**	**476,820**	520,817
FUNDS	13				
Unrestricted funds				**385,903**	459,536
Restricted funds				**90,917**	61,281
TOTAL FUNDS				**476,820**	520,817

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

BALANCE SHEET - continued
31 March 2025

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

The financial statements were approved by the Board of Trustees and authorised for issue on 29/10/25 and were signed on its behalf by:

S P Hanson

S P Hanson - Trustee

The notes form part of these financial statements

THE BIRCHALL TRUST

CASH FLOW STATEMENT
for the Year Ended 31 March 2025

	Notes	**2025** **£**	2024 £
Cash flows from operating activities			
Cash generated from operations	1	**(51,504)**	70,198
Net cash (used in)/provided by operating activities		**(51,504)**	70,198
Cash flows from investing activities			
Purchase of tangible fixed assets		**-**	(14,833)
Interest received		**12,757**	11,889
Net cash provided by/(used in) investing activities		**12,757**	(2,944)
Change in cash and cash equivalents in the reporting period		**(38,747)**	67,254
Cash and cash equivalents at the beginning of the reporting period		**513,544**	446,290
Cash and cash equivalents at the end of the reporting period		**474,797**	513,544

The notes form part of these financial statements

NOTES TO THE CASH FLOW STATEMENT for the Year Ended 31 March 2025

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025	2024
	£	£
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	**(43,997)**	76,188
Adjustments for:		
Depreciation charges	**4,944**	4,944
Interest received	**(12,757)**	(11,889)
Increase in creditors	**306**	955
Net cash (used in)/provided by operations	**(51,504)**	70,198

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/24	Cash flow	**At 31/3/25**
	£	£	**£**
Net cash			
Cash at bank	**513,544**	**(38,747)**	**474,797**
	513,544	**(38,747)**	**474,797**
Total	**513,544**	**(38,747)**	**474,797**

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

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

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.

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

Computer equipment - 33% on cost

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

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Rent & services	**-**	(2)

3. INVESTMENT INCOME

	2025	2024
	£	£
Bank interest	**12,757**	11,889

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	**2025**	2024
		£	£
Donations	Counselling, advice & support	**25,929**	25,672
Training and consultancy	Counselling, advice & support	**1,055**	73,673
Grants	Counselling, advice & support	**850,783**	743,015
		877,767	842,360

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

	2025	2024
	£	£
The Henry Smith Charity	**90,000**	30,000
Francis C Scott Trust	**27,500**	12,500
BBC Children In Need	**-**	34,150
The National Lottery Community Fund	**97,438**	96,559
Sir John Fisher Foundation	**20,000**	-
Freida Scott Charitable Trust	**12,000**	16,000
CPCC SafetyNet	**-**	40,519
Walney Extension Community Fund	**-**	10,000
The Pilgrim Trust	**30,378**	35,648
CPCC MOJ Male Support Fund	**-**	11,073
Cumbria Community Foundation	**10,000**	10,000
Cumbria County Council DLUHC Grant	**31,268**	16,216
Henry Smith Foundation - COVID	**40,000**	20,000
Cumbria MOJ - Additional Therapy	**17,967**	31,941
MOJ Lancashire LPCC	**58,025**	43,025
National Lottery (KYN)	**22,205**	21,559
MOJ Lancs Rape Support Fund	**313,033**	209,076
MOJ Cumbria Rape Support Fund	**62,769**	43,468
ICB NHS Lancashire	**-**	61,281
CRH Foundaton	**18,200**	-
	850,783	743,015

continued...

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Counselling, advice & support	**735,587**	**198,934**	**934,521**

6. SUPPORT COSTS

	Management	Other	Governance costs	Totals
	£	£	£	£
Counselling, advice & support	**190,662**	**4,944**	**3,328**	**198,934**

7. NET INCOME/(EXPENDITURE)

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

	2025	2024
	£	£
Depreciation - owned assets	**4,944**	4,944

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

Trustees received £0.00 (2024: £0.00) in total for stationery and travel expenses. The maximum received by one Trustee was £0.00 (2024: £0.00).

9. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	**639,549**	510,694
Other pension costs	**13,754**	10,673
	653,303	521,367

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

	2025	2024
Support staff	**27**	22

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

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Counselling, advice & support	99,345	743,015	842,360
Other trading activities	(1)	(1)	(2)
Investment income	11,889	-	11,889
Total	111,233	743,014	854,247
EXPENDITURE ON			
Charitable activities			
Counselling, advice & support	22,832	755,227	778,059
NET INCOME/(EXPENDITURE)	88,401	(12,213)	76,188
Transfers between funds	34,027	(34,027)	-
Net movement in funds	122,428	(46,240)	76,188
RECONCILIATION OF FUNDS			
Total funds brought forward	337,108	107,521	444,629
TOTAL FUNDS CARRIED FORWARD	459,536	61,281	520,817

11. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2024 and 31 March 2025	**14,833**
DEPRECIATION	
At 1 April 2024	**4,944**
Charge for year	**4,944**
At 31 March 2025	**9,888**
NET BOOK VALUE	
At 31 March 2025	**4,945**
At 31 March 2024	9,889

continued...

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Accrued expenses	**2,922**	2,616

13. MOVEMENT IN FUNDS

	At 1/4/24	Net movement in funds	At 31/3/25
	£	£	£
Unrestricted funds			
General fund	**459,536**	**(73,633)**	**385,903**
Restricted funds			
The Henry Smith Charity	**-**	**63,000**	**63,000**
Sir John Fisher Foundation	**-**	**7,697**	**7,697**
The National Lottery Community Fund	**-**	**5,000**	**5,000**
ICB NHS Lancashire	**61,281**	**(61,281)**	**-**
CRH Foundation	**-**	**15,220**	**15,220**
	61,281	**29,636**	**90,917**
TOTAL FUNDS	**520,817**	**(43,997)**	**476,820**

continued...

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**39,741**	**(113,374)**	**(73,633)**
Restricted funds			
Francis C Scott Trust	**27,500**	**(27,500)**	**-**
The Henry Smith Charity	**90,000**	**(27,000)**	**63,000**
Sir John Fisher Foundation	**20,000**	**(12,303)**	**7,697**
The National Lottery Community Fund	**97,438**	**(92,438)**	**5,000**
Freida Scott Charitable Trust	**12,000**	**(12,000)**	**-**
The Pilgrim Trust	**30,378**	**(30,378)**	**-**
MOJ Lancashire LPCC	**58,025**	**(58,025)**	**-**
Cumbria Community Foundation	**10,000**	**(10,000)**	**-**
Cumbria County Council DLUHC Grant	**31,268**	**(31,268)**	**-**
Henry Smith Foundation - COVID	**40,000**	**(40,000)**	**-**
Cumbria MOJ - Additional Therapy	**17,967**	**(17,967)**	**-**
National Lottery (KYN)	**22,205**	**(22,205)**	**-**
MOJ Lancs Rape Support Fund	**313,033**	**(313,033)**	**-**
MOJ Cumbria Rape Support Fund	**62,769**	**(62,769)**	**-**
ICB NHS Lancashire	**-**	**(61,281)**	**(61,281)**
CRH Foundation	**18,200**	**(2,980)**	**15,220**
	850,783	**(821,147)**	**29,636**
TOTAL FUNDS	**890,524**	**(934,521)**	**(43,997)**

continued...

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	337,108	88,401	34,027	459,536
Restricted funds				
Francis C Scott Trust	15,000	(15,000)	-	-
The Henry Smith Charity	28,075	(28,075)	-	-
The National Lottery Community Fund	-	2,042	(2,042)	-
Freida Scott Charitable Trust	7,836	(7,836)	-	-
CPCC SafetyNet	10,586	(10,586)	-	-
Walney Extension Community Fund	-	10,000	(10,000)	-
The Pilgrim Trust	-	5,000	(5,000)	-
Henry Smith Foundation - COVID	17,424	(17,424)	-	-
Cumbria MOJ - Additional Therapy	-	7,985	(7,985)	-
Cumbria County Council Trauma Work	28,600	(19,600)	(9,000)	-
ICB NHS Lancashire	-	61,281	-	61,281
	107,521	(12,213)	(34,027)	61,281
TOTAL FUNDS	444,629	76,188	-	520,817

continued...

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	111,233	(22,832)	88,401
Restricted funds			
BBC Children In Need	34,150	(34,150)	-
Francis C Scott Trust	12,500	(27,500)	(15,000)
The Henry Smith Charity	30,000	(58,075)	(28,075)
The National Lottery Community Fund	96,558	(94,516)	2,042
Freida Scott Charitable Trust	16,000	(23,836)	(7,836)
CPCC SafetyNet	40,519	(51,105)	(10,586)
Walney Extension Community Fund	10,000	-	10,000
The Pilgrim Trust	35,648	(30,648)	5,000
CPCC MOJ Male Support Fund	11,073	(11,073)	-
MOJ Lancashire LPCC	43,025	(43,025)	-
Cumbria Community Foundation	10,000	(10,000)	-
Cumbria County Council DLUHC Grant	16,216	(16,216)	-
Henry Smith Foundation - COVID	20,000	(37,424)	(17,424)
Cumbria MOJ - Additional Therapy	31,941	(23,956)	7,985
Cumbria County Council Trauma Work	-	(19,600)	(19,600)
National Lottery (KYN)	21,559	(21,559)	-
MOJ Lancs Rape Support Fund	209,076	(209,076)	-
MOJ Cumbria Rape Support Fund	43,468	(43,468)	-
ICB NHS Lancashire	61,281	-	61,281
	743,014	(755,227)	(12,213)
TOTAL FUNDS	854,247	(778,059)	76,188

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2025

	2025	2024
	£	£
INCOME AND ENDOWMENTS		
Other trading activities		
Rent & services	-	(2)
Investment income		
Bank interest	**12,757**	11,889
Charitable activities		
Donations	**25,929**	25,672
Training and consultancy	**1,055**	73,673
Grants	**850,783**	743,015
	877,767	842,360
Total incoming resources	**890,524**	854,247
EXPENDITURE		
Charitable activities		
Staff costs for client support	**505,479**	408,655
Rent & services - counselling rooms	**50,777**	33,255
Counselling equipment	**875**	905
Refurbish counselling rooms	**3,874**	2,232
Travelling	**10,821**	11,488
Counsellors	**88,832**	87,380
Clinical supervision	**9,926**	7,333
Training	**3,886**	944
Service provision partner	**61,117**	57,820
Event management	-	11,245
	735,587	621,257
Support costs		
Management		
Wages	**134,070**	102,039
Pensions	**13,754**	10,673
Rent & services	**2,672**	1,750
Insurance	**3,708**	3,421
Telephone	**5,034**	4,484
Postage and stationery	**393**	767
Sundries	**8,545**	8,821
Professional fees for service development	**13,682**	10,431
Office equipment	**1,589**	2,263
Carried forward	**183,447**	144,649

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2025

	2025	2024
	£	£
Management		
Brought forward	**183,447**	144,649
Bank charges	**238**	215
IT & website	**6,977**	4,030
	190,662	148,894
Other		
Depreciation of tangible fixed assets	**4,944**	4,944
Governance costs		
Travel & meetings	**148**	324
Accountancy fees	**3,180**	2,640
	3,328	2,964
Total resources expended	**934,521**	778,059
Net (expenditure)/income	**(43,997)**	76,188

THE BIRCHALL TRUST

England & Wales - Charity number 1109637

Accounts

Birchall

Supporting people affected by rape and sexual abuse

Annual Report

2023-24



Registered Charity No: 1109637 · Company Number: 5424196



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Chair's Review

Over the past twelve months the Birchall team have implemented trauma informed principles to underpin a constant process of reflection and revaluation to ensure the services we provide reflect the needs of those who use them.

A strategic review led by the Senior Management Team involved consultations with stakeholders including those with lived experience, staff and the wider community. We believe this process has allowed us plan a future service that truly reflects the needs of a modern society.

A major service development resulted from the award of a Ministry of Justice contract to provide services across Lancashire including Blackpool. This has presented a challenge to ensure our values are maintained but has also brought into Birchall new and refreshing ideas.

The founding principles of the charity established by Christine Birchall thirty years ago still hold, but as a Board of Trustees we recognised the Articles did not reflect current Charity Commission standards. With support from the Lloyds Foundation these have been reviewed and provide an updated statement of our aims.

Many people have been involved in the Birchall journey in the past twelve months and thanks to everyone involved. I would like to acknowledge the hard work of our Senior Management Team who have faced many challenges with positivity and provided the Board with informed guidance.

Thanks to our funders who continue to support our work and without whom we could not provide or services.

Finally, on a personal note, as I step down from my role as Chair, thanks to my board colleagues who have unfailingly given of their time and wisdom during a time of great change. I wish Paula Cook, my successor, well and know she will bring fresh ideas and insights to the role.

Dr. Elizabeth Taylor



Message from our new chair

I am delighted to take over the Chair of Birchall as it continues to grow as an organisation and extend its geographical reach for those who use our services. My thanks to Liz Taylor, our retiring Chair, who has provided such consistent and valuable leadership for many years including through the challenges of the covid pandemic.

Our vision remains focused to supporting those who need our services and live or work in Cumbria and Lancashire; understanding their cultural diversity, different needs and ways to access our services continues to be our key focus. Sadly, our communities mirror the national picture, with an increase year on year of people's experiences of sexual offences, resulting in a doubling of referrals to our services.

We want to continue to be at the leading edge of providing trauma informed, tailored responses to those needs. Our expansion of our educational work in schools and other educational settings is integral to this.

We have recently launched our 5-year strategy, detailing our plans and how we are responding to changes in charitable funding, the needs of our Donors and the manner in which services are contracted and regulated. Whilst we now face a world where we need to contract for some of our service funding, the roles of our fundraisers and Donors remain critical, we could not offer what we do without you, thank you.

We have achieved much, yet have so much more to do.

I look forward to working with our passionate team of staff, volunteers and ambassadors as we support those who need our services in the path to recovery.

Dr. Paula Cook



About Us

We are an independent charity that provides specialist support services to adults, children and young people who have experienced sexual violence or exploitation, including rape, sexual assault and childhood sexual abuse.

We strive to provide high quality, specialist trauma informed services within a safe, non-judgemental environment.

Our mission is to empower people affected by rape, sexual abuse or sexual violence to recover from their trauma so they can lead safe and fulfilling lives.

Through a trauma in formed approach we....

Realise	We realise the potentially damaging consequences of traumatic experiences and the opportunities that exist for healing through safe relationships.
Recognise	We recognise the signs of trauma, and seek to address the underlying causes.
Respond	We respond with empathy, integrating the knowledge of trauma into our policies and practice.
Resist	We resist retraumatising people and aim to de-escalate the deep anxiety that adversity can cause.
Recover	We support people who have experienced trauma to recover from their trauma, by enabling them to live in the present without being overwhelmed by the thoughts and feelings of the past.



Our Values

Safety

We recognise the impact of shame, we create safe spaces and make people feel safe, by building trusted relationships.

Trusted

We avoid judgement and understand shaming and blaming language can damage people and harm relationships. We are emotionally aware. We believe and do not judge.

Choice

We ensure that the people using our services have a voice and their choices are important, We understand that everyone's experience matters.

Collaboration

We work together to achieve the best possible outcome, we are person centred and see the person' s strengths, building upon them, We are reflective and learn together.

Empowerment

We seek to make a difference, innovative and be the change we want to see. We make a difference, we are transparent, and take responsibility.

Our Services



Trauma Informed Counselling, F2F and Online counselling, Pre-trial work, Play & Art Therapy for adults, Children and Young People.



Wellbeing Programme – supporting people pre counselling – grounding, stabilisation, active signposting, practical & emotional support for adults and Young People.



Prevention – raising awareness and educating through training in schools, community settings and to other professionals.



Peer support & Groups – safe space for people to share and build supportive relationships and strengthen their resilience.



Family Collaboration – working with parents/carers, friends of people affected by rape and sexual abuse to understand the impact of trauma.

The scale of the issue

- 1 in 4 women have been raped or sexually assaulted since the age of 16 - 'Office of National Statistics' 2023
- 1 in 6 children have been sexually abused - 'NSPCC' 2011
- 1 in 18 men have been raped or sexually assaulted since the age of 16 - 'Office of National Statistics' 2023
- 69,184 rapes were recorded by police between 1 July 2023 and 30 June 2024 -'Office of National Statistics' 2024

Fewer than 3 in 100 rapes recorded by police between 1 July 2023 and 30 June 2024 resulted in someone being charged that same year - Let alone convicted - 'Home Office' 2024.

But reports to the Police are only the tip of the iceberg as 5 in 6 women who are raped don't report – and the same is true for 4 in 5 men. Most people tell someone else what has happened. Why don't they tell the Police?

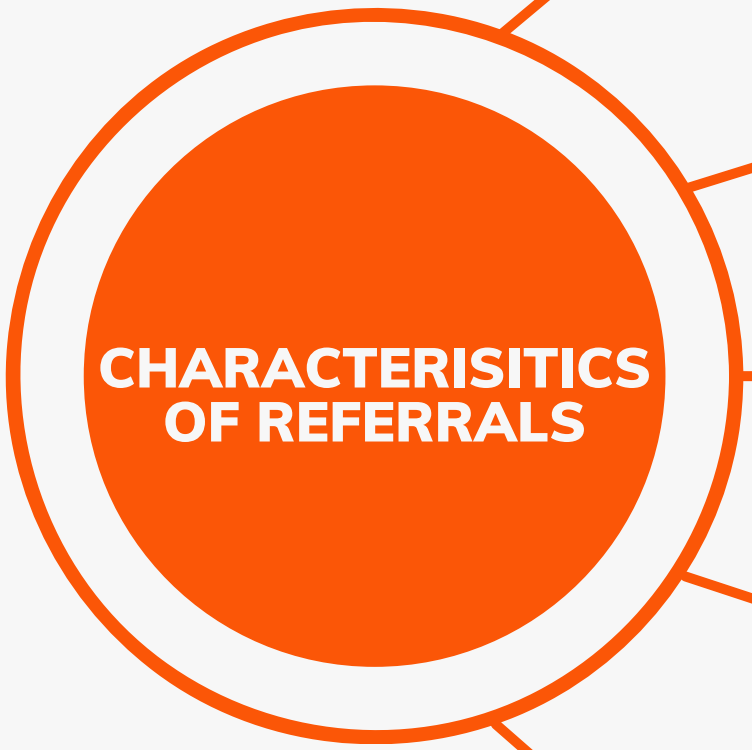
- 40% said 'embarrassment'
- 38% said they didn't think the police could help
- 34% said they thought it would be humiliating

MOJ research conducted in 2023 to recommission services found that people preferred services that were independent of the criminal justice system and had a preference to be supported by an organisation whose sole purpose is to help people who have experienced sexual violence.

Whilst reports to the Police continue at a low level, referrals to Birchall have increased by **171% in the second half of the year rising from 254 in the first 6 months to to 679 in the second six months of the year.**

529 Organisational Referrals (57%)

400 Self Referrals (43%)



992 people on the waiting list for all services on 31.3.24.

Fastest growing area of demand is Blackpool.

1 GENDER

Identifying as female increased in the year to 83% (774)
Identifying as male remaining relatively static at 15% (137)
identifying as neither male or female at 2% (18)

2 SEXUALITY

584 (63%) identified as heterosexual
41 as Gay or Lesbian
72 as bisexual (8%)
58 as some other sexuality (6%
Increase 18% of all referrals coming from the LGBTQ+ community.

3 ETHNICITY

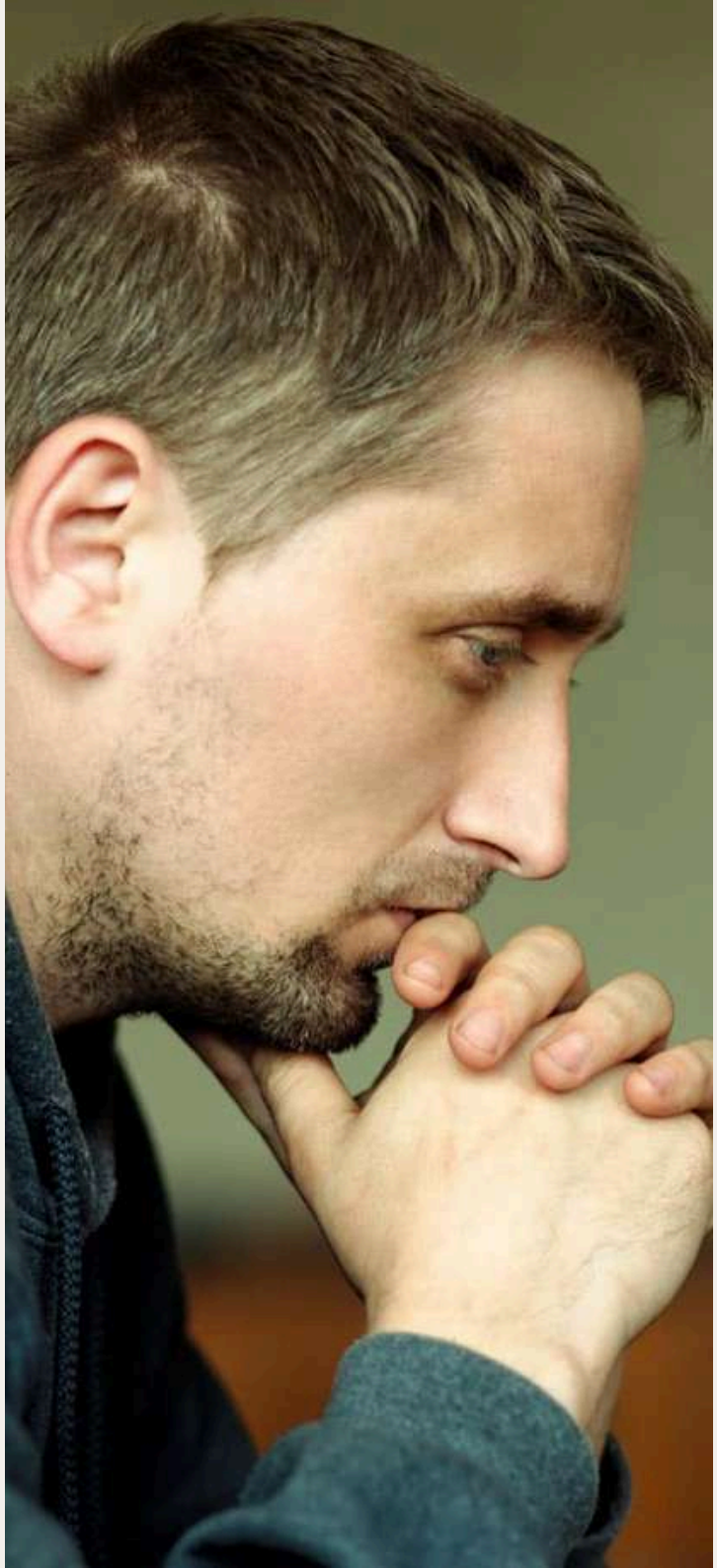
90% of referrals (839) were from people who identified as white or white British
10% belonging to Asian or Asian British, black or black British, Chinese, mixed or dual race or any other ethnic group.

4 DISABILITY

55% of the people reported having some form of disability.
73% of people reporting a disability, report that disability is related to their mental health.

5 AGE

18.5% (172) children and young people
23.8% (221) 25-34 year age group
Over 55's -4% at the beginning of the year to 7.6% by the end.



The effects of trauma

Experiences of abuse can lead to significant trauma, and for some, the effects may persist long-term without appropriate support. These traumatic experiences can impact various aspects of an individual's life, including their physical health, emotional well-being, impulse control, and self-perception.

Additionally, trauma can influence cognitive functions such as thinking, learning, and concentration, as well as the ability to form and maintain relationships. Many individuals who have faced abuse may also experience mental health challenges, including depression, anxiety, and PTSD (Post-Traumatic Stress Disorder).
Some common responses to trauma can manifest as nightmares, panic attacks, self-harm, and suicidal thoughts or attempts. The emotions tied to such experiences are often complex, encompassing feelings like anger, shame, and guilt. Trusting others and building connections can be particularly challenging for those affected.

Issues such as low self-esteem, poor self-care, and declining physical and mental health may also arise. In coping with these difficulties, some individuals may resort to drugs or alcohol. Others might engage in self-harming behaviours or develop eating disorders.

However, through support services, individuals have the opportunity to process their trauma and work toward recovery. Many find that as they receive help, they experience improvements in their mental and physical health. This journey often leads to renewed educational or employment opportunities, and fosters involvement in community activities, which can enhance social support networks. Ultimately, this support aims to assist individuals in healing and moving forward from their past experiences, with the goal of improving their overall quality of life.

Head of Services Update

Overview:

This report outlines the progress and achievements of our Charity over the past year. Our commitment to delivering support services has strengthened our connections with parents, carers, and the wider community. With the introduction of various contracts and initiatives, we have expanded our services by almost doubling in size and enhanced the support available to those in need by reaching people who have experienced rape and sexual abuse at an earlier stage to reduce the debilitating impact of trauma on individual lives.

This approach has certainly led to some new challenges with an increasing number of people coming forward who experience social isolation and have no other form of support. We have also experienced a deluge of referrals as we expanded across Lancashire and despite increasing the number of appointments our waiting list has also doubled in length.

This continues to provide us with a significant challenge as we enter the next year as we want to balance our ability to provide outcome driven services with the need to increase the number of people we help and support people whilst they wait.

New Initiatives:

In response to the increasing demand for support, we are working collaboratively with mental health providers in the statutory and community sectors to develop seamless recovery pathways for people who have experienced rape and sexual violence. Our work has led to us being commissioned by the Integrated Care Board as part of the mental health transformation agenda to expand our work in the Bay area. We hope this will continue on a long term basis.

Monitoring and Evaluation:

We have been monitoring peoples' personal characteristics to help us understand how accessible our services are and what changes we need to make to engage with people and communities who appear under represented. Our monitoring also includes details of trauma levels that people experience, and we have started a project to review our client journey to ensure that we prioritise people with the greatest needs. We will be looking forward to evaluating our services further next year, to create great efficiencies and help more people to reduce our waiting list.

In conclusion, as we reflect on the past year, we are proud of our accomplishments and the positive impact we have made in the lives of parents, children, and communities across Lancashire and Cumbria. We remain committed to our mission and look forward to building upon these foundations in the future.

Together, we can continue to create supportive, connected communities and provide essential services to those in need.

Thank you for your ongoing support and collaboration.

Nicola Lord - Head of Services



Focus on some of our services

Counselling

Children's & Young Persons therapy:

In the past year, we enhanced our children's offer and focused on delivering high-quality counselling services to children and young people. We are proud to report that we have successfully provided services to 172 individuals during this period, making a significant positive impact on their wellbeing and development.

Adult therapy:

Over the past year, our counselling services for adults have experienced significant growth, reaching a total of 360 individuals. Our dedication to improving mental health and emotional well-being has empowered us to effectively provide support and resources to those using our services.

Pretrial therapy:

In the past year, 78 individuals engaged in pretrial therapy, which provided them with valuable tools to manage their emotions and develop healthy coping mechanisms.

Wellbeing Service

A total of 190 individuals received personalised support tailored to their specific needs, focusing on various aspects of wellbeing including mental health, physical health, and social connections. People reported measurable improvements in their emotional and mental health, demonstrating the effectiveness of the wellbeing interventions implemented by our team.
Many people were connected to primary care services, mental health professionals, and physical health resources, ensuring support beyond initial wellbeing services.

Groups

This year, we continued to deliver the Moving Forward Group, alongside the Parent Carer Group and Creative Writing Group. This is a supportive program aimed at individuals seeking to improve their mental wellbeing and develop coping strategies for life's challenges. This has successfully contributed to the wellbeing of people by providing essential support and valuable resources over the 6 week programme.

Schools Programme

Our work delivering training to children and young people reached into 25 schools over 2023/4 delivering courses to groups of up to 12 children on Safe Relationships, Protective Behaviours and Online Safety. we provided tailored training to 310 children and young people in total, 176 females and 134 males.

Key Achievements

RASAF Contract Launch:

The launch of the Rape and Sexual Abuse Support Fund (RASASF) contract has allowed us to extend our services to vulnerable people who have experienced Rape and Sexual Abuse across the rest of Lancashire. We have established delivery partnerships with LCC Family Hubs, Health Centres, and Community agencies to now provide our therapeutic services in over 24 locations across Lancashire improving accessibility at a neighbourhood level.

Safeguarding Policy Revision:

In response to evolving needs and best practices, we have revised and updated our safeguarding policy. This ensures that our commitment to safeguarding is robust, comprehensive, and aligned with current standards and best practice.

Admin Update

From the days of a single part time allocations officer, Birchall now enjoys the support of a professional Administration Team that act as the glue that holds us all together!

From answering queries about our services to processing referrals, chasing information to managing anxieties of people on the waiting list through to giving people the good news that we have an allocation for them, our Admin team interact with people who use our services on a day-to-day basis. The phone never stops, the emails keep pinging, and the questions keep flying in from all directions.

But that's just the day-to-day stuff! In the last year the functions have expanded, some intentionally but others due to the changing needs of the people who need our help. Here are some examples how the Admin team had to think on their feet and adapt to new ways of working in 2023/4:

- Changes to the pretrial CPS guidelines in 2022 has led to a significant increase in requests for counselling notes from the Police and CPS. This in turn, generates significant additional work making sure that requests are for information that is reasonably required and linked to a specific line of enquiry. Once established the admin team go through all notes, assessments etc and redact information that doesn't relate to the line of enquiry. To ensure we have informed consent admin then contact the individual to make sure they know what information will be shared and how it will be used. Information is then sent with covering letters etc to the Police.
- As needs become more complicated, the admin team take more phone calls on a daily basis from people frustrated by the waiting times. Admin workers not only take time to listen and empathise, they often have to make a wellbeing appointment and refer them to other services.
- As the service has grown, the Admin Team are ensuring that rooms and appointments are available at over 20 sites across Lancashire and Cumbria compared to 4 sites the previous year. This requires logistical coordination, flexibility, and above all collaborative working with Family Hub Admins. The team also need to act as local Information Bureaux answering questions on "how to get there", "what number bus is it?" "What facilities are there?" etc.
- We need to keep our data reliable. Despite videos guides and directions admin have produced explaining how to enter information on DPMS, it is inevitable that everyone does it slightly differently causing inconsistencies. It is now an essential and everyday job to keep our data accurate.
- Finally, alongside demand allocations have more than doubled!

During 2024 the below poem was written by the team, it's an insight to their feelings and emotions:

<u>Not Just Admin</u>
We take a call
We support the other person on the end of the line
We try to make them feel better for talking to us
We provide information
We are caring
We don't leave the call until we know the other person is ok
We hear the emotion
We hear the trauma
We hear the fear and sadness in their voices
We don't give up being caring and compassionate
We give empathy
We try many avenues to help
We may have saved a life

The referral comes in…
We read the details

We see the person move through the waiting lists
We let them know we are still here
We get the chance to offer an appointment, so much joy from them and us
We may hear the details of how the sessions are going
We may see the person come to the building
We now know a face to the name
But we see the cause for concerns and the safeguarding's
We talk to the ones who are nervous to come back

Sessions complete, we close down the file

We are left wondering….



Laura Gleaves - Senior Administrator

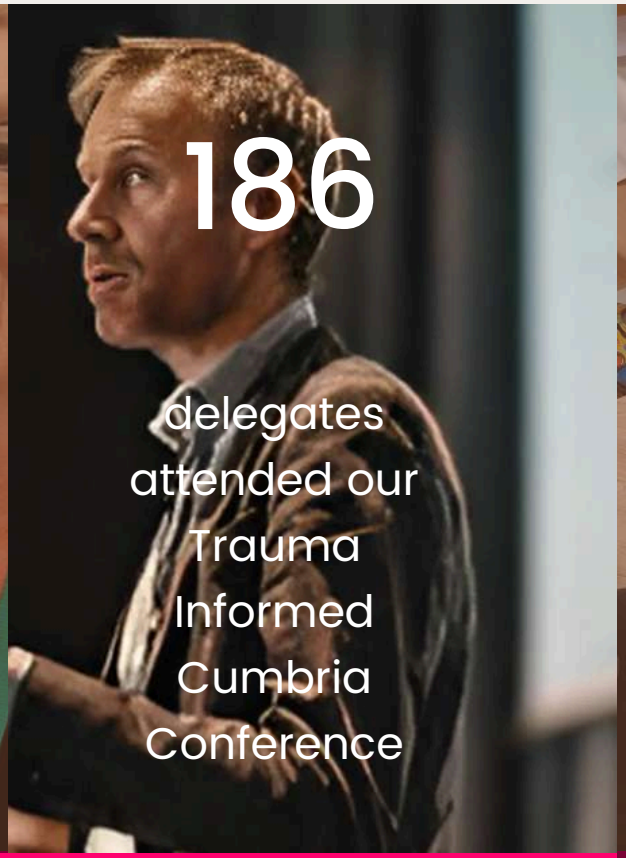
Our Impact – Making a Difference

"I want to thank you so much for all of your help, support and guidance you have given me over the last few months. It has really made a positive impact on my life and how I see things, I'm far from fixed but I think this is the right decision for the course I'm walking."



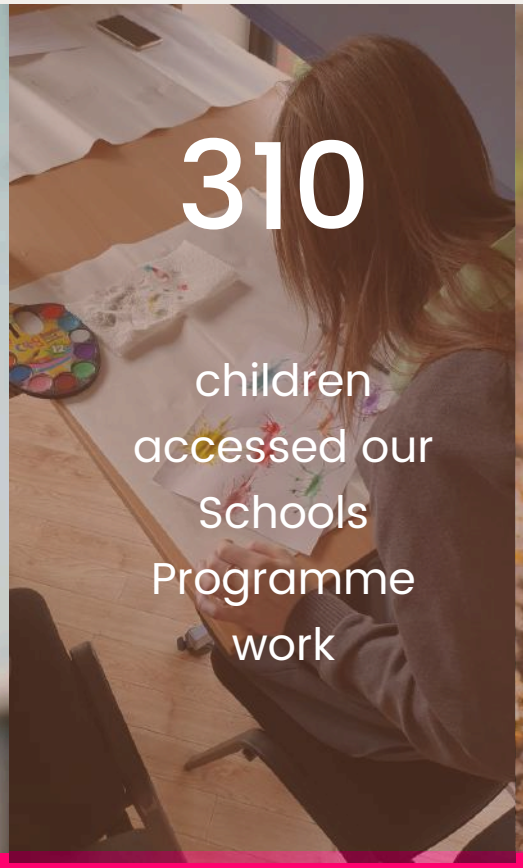
2022

people accessed advice and information at community events



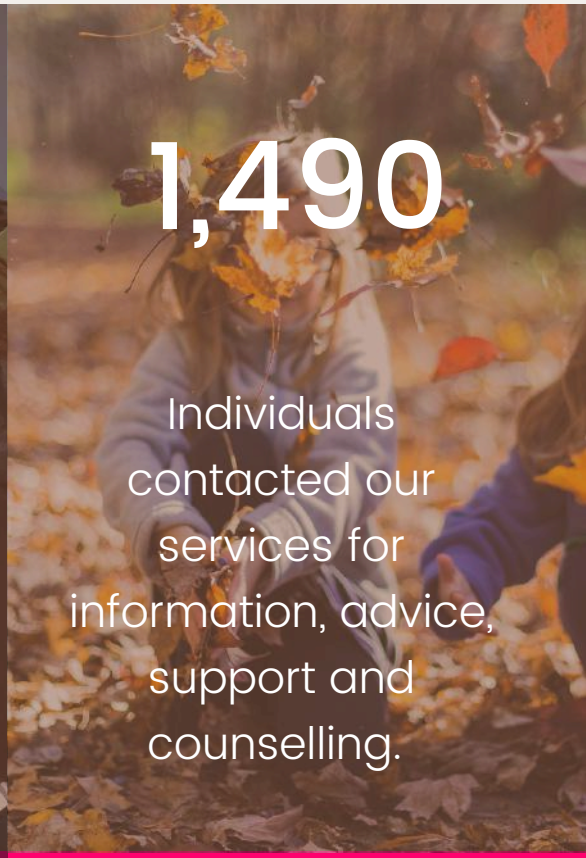
186

delegates attended our Trauma Informed Cumbria Conference



310

children accessed our Schools Programme work



1,490

Individuals contacted our services for information, advice, support and counselling.

"My counsellor was amazing; they showed such patience and understanding and helped me feel like I was safe and believed. They helped me take control of my life and my PTSD."

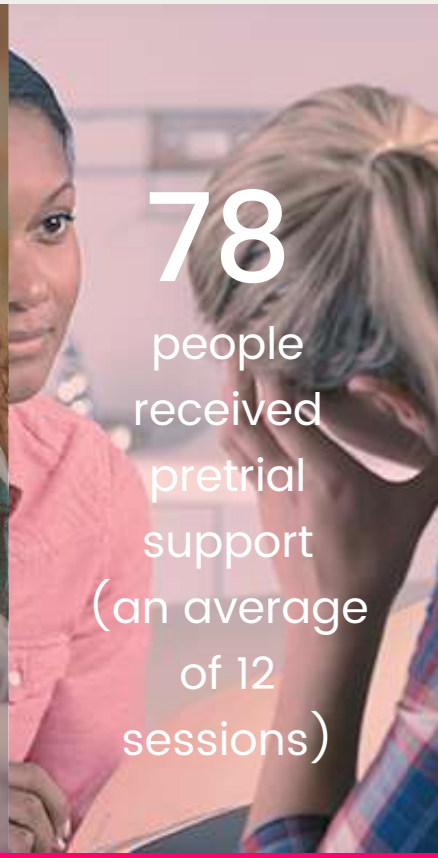
782 people accessed longer term wellbeing support and counselling services, out of these, 492 were closed.











Sam's Story



Sam was a 16-year-old girl, referred by statutory children's and criminal justice services supporting her as she had been stepped down from CAMHS. She had moved to South Cumbria as she was being exploited to commit criminal acts and being increasingly exposed to substance abuse. She had been repeatedly raped and frequently self-harmed and attempted suicide, presenting as closed off and distrustful. She was also made homeless by her parents.

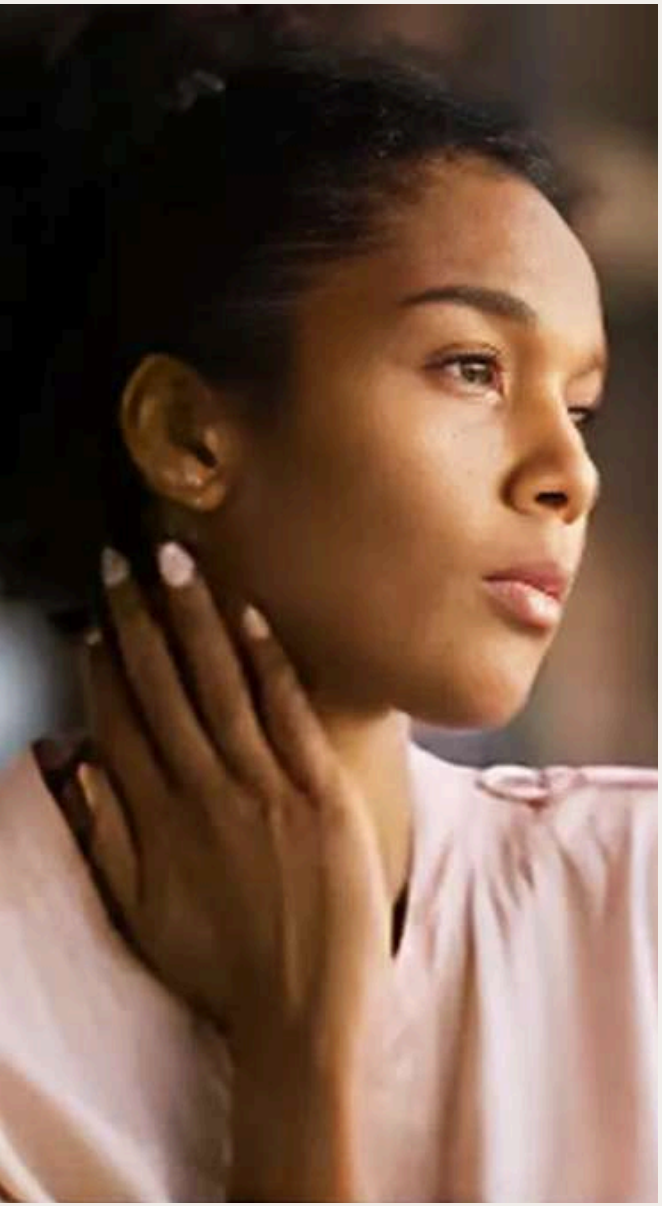
In therapy she aimed to build trust through person-centred principles like unconditional positive regard, congruence, and empathy. Within a few sessions, she began to open up, finding authenticity and relief in the light-hearted approach. Consistent sessions helped her feel heard and not judged, empowering her to share her experiences. The therapy reversed her feelings of unworthiness, shifting her mindset from "anything I do doesn't matter" to "maybe it does matter." She started a journey towards sobriety, with occasional relapses, but felt supported and committed to trying again.

Therapy empowered Sam to report the abuse and she is now mostly free from drugs and alcohol and her self harm has significantly reduced.
She now copes through healthier means like talking about her problems, listening to music, sleeping, walking, and working on a farm.

Her self-confidence and self-esteem have improved, she stands up for herself assertively without shouting. She will now begin to lift her head, make eye contact, and speak openly.

Looking forward to the future, she has passed two exams and secured a college place, which seemed impossible before. Her willingness to accept help and support marks a significant achievement.

Jessica's Story



When Jessica started therapy, she was experiencing extreme anxiety and rarely left the house. If she had to leave the house, she was hypervigilant and had regular panic attacks. She also felt severely depressed and was experiencing a sense of hopelessness,feeling that her life would never improve. She had suicidal thoughts and used self-harm as a coping mechanism. Jessica blamed herself for being raped and felt shame, guilt and disgust in herself. Her self-esteem, self-belief and confidence were very low, and she had lost faith in her ability to trust her instincts and keep herself safe. Consequently, she was isolating herself and had stopped engaging with people feeling that she couldn't trust anyone. The impact of trauma on her life was debilitating and she was having nightmares so often that she was afraid to sleep. When she came to Birchall she said that she felt at breaking point.

She engaged with the Wellbeing Team prior to accessing Counselling and was therefore familiar with grounding techniques. So, we spent a little bit of time just revisiting these and reviewing which ones she found most helpful. We reviewed how to manage flashbacks using anchors to bring her back to the here and now. We also worked on ways to manage anger, including the use of the 'urge surfing' technique, breathing exercises and healthy ways to channel her anger.

By offering Jessica a safe space to process her emotions, and through psychoeducation around trauma responses, she began to accept that her feelings and behaviours were a natural response to the trauma she had experienced. This resulted in her feeling validated and worthy of self-compassion.

Through processing her experiences she learned to recognise her own resilience, which significantly increased her self-worth. She developed an ability to set much stronger boundaries and learned how to voice her own needs and express how she felt, in a healthy way. She no longer blamed herself for the childhood trauma she had experienced and learned to value herself. As such, she started to feel much safer and became less afraid of her own anger. Her suicidal thoughts subsided, and her confidence grew in terms of her ability to challenge any negative thoughts and offer herself a new perspective.

Having developed a stronger sense of safety and a confidence in her own abilities, this served to strengthen her self-esteem to the point where she was keen to re-engage in a hobby which had previously brought her a great deal of joy. She was also open to the idea of entering into new relationships with a new sense of what boundaries she felt needed to be in place and is due to take part in the Moving Forward Group.

Client Feedback.

"I have seen masses of improvement from my child with laughing and smiling and skipping, being more relaxed and less worried about things. They use their learned strategies that were talked about in sessions such as breathing and trying to calm themselves when things get difficult. The experience was brilliant for them."

"I have read through my notes, thank you so much they really do express how I am feeling and the impact that it is having on me. You truly are fantastic, thank you for all your kindness and support."

"Before I started counselling, I felt lost and alone. Now, I feel stronger and more capable of facing my challenges."

"Thank you again for all you have done for me and most recently the support around accessing information relating to my court case."

"I am incredibly grateful for the support received from Wellbeing. She had a very compassionate and non judgmental response which made it easy to open up. I am truly happy and relieved that people like this exist."

"Before I came to Birchall I felt stuck with my trauma, I felt I had an expectation of the emotions I should be experiencing and was giving myself a hard time for not meeting those expectations. I was filled with guilt and dread surrounding my trauma and felt I didn't deserve help. I can't thank Birchall enough for the support they have given me, it has truly given me a new lease of life and allowed me to clear my mind and learn so much about myself."

Funding Thanks

With a significant increase in funding from the previous year due to the introduction of the RASASF MOJ contracts our funding mix has changed with statutory funding representing almost 60% of our overall income. As income has risen, 2023/24 was the last year we were eligible for funding from some long-term supporters such as Lloyds. We thank them, not just for their funding but their much-valued consultancy support.

In February 2023/4 we celebrated our first direct grant from Health Commissioners as part of the Mental Health Transformation Agenda. The funding will allow us to pilot how we can work closely with community mental health teams to provide a seamless service for people at risk of or experiencing serious mental illnesses. Whilst this funding is for a pilot in The Bay area for 1 year, we continue to hold discussions with the Integrated Care Board commissioners with a view to developing a long-term strategic partnership across South Cumbria and Lancashire.

Competition in Trusts and Foundations sector is becoming fierce with an increasing number of applicants applying for a limited number of grants. Whilst we have the honour of continuing support from some of our local Trusts and Foundations, we know that there is no guarantee that funding will continue from some of the larger national Trusts such as The Big Lottery and Children In Need.

Consequently, there is a greater need than ever to review how we can work to diversify our income base particularly through increases in our unrestricted income. In the past year we have reviewed our community fundraising with plans to introduce campaigns for individual giving. We have also been successful in attracting funding from local authorities to deliver training and will revise some of our delivery models to offer spot purchasing opportunities.

CEO Review

This third year of our current strategy has been a successful and an incredibly busy one! We have continued to re shape our processes and procedures following our successful Accreditation as a Trauma Informed Organisation by One Small Thing. We have delivered our second Trauma Informed Conference in Cumbria attended by almost 200 professionals. Most significantly we have grown in size by 40%, expanding our holistic service model to support people at any point in their recovery journey, across the whole of Lancashire.

Our expansion across Lancashire was informed by our Trauma Informed Principles of safety and choice. We didn't think it was enough to simply launch delivery sites in three or four major towns in Lancashire to claim County Wide coverage. Instead, we wanted to bring our services to people at a more local level. We took an asset-based approach, looking at how we could make the most of the existing infrastructure across Lancashire. Working collaboratively with Lancashire County Council Family Hubs we entered into co delivery agreements in Burnley, Pendle, Hyndeburn, Ribble Valley, Rossendale, Blackburn with Darwen, South Ribble, Preston, Fylde and Wyre. We opened new offices in Blackburn and Blackpool and have gone on to deliver therapy from community-based health centres and other agencies. Within 6 short months our Operational Management Team had mobilised the Lancashire wide service into over 20 locations for two new teams! Well done!

Our success this year has been further reflected through increasing demand. Despite doubling the number of sessions on offer our waiting list has also more than doubled. Considering that 5 in 6 women do not report the crime against them, we are honoured to be approached for help by so many people who have been left isolated to deal with the trauma on their own in the past.

Over the medium term we are conscious that there are significant funding risks from the end of the Comprehensive Spending Review in April 2025. However, by November 2023 we had already secured sufficient resources for 2024/5 allowing us to plan at least 12-18 months ahead with confidence to try and strengthen our reserves to mitigate the forthcoming risks.

This past year was the final year of our current strategy, so, we have embarked on a process of consultation to develop a new strategy. We have received some incredible feedback from the people who use our services, our staff, volunteers, agencies who work in partnership with us, our funders and members of our community. We are excited about our findings, watch this space for our new 5-year strategy which we will start to deliver next in 2024/5.

And last but not least, last year saw Dr Elizabeth Taylor step down as Chair of Birchall after her successful leadership during some of the most challenging times. We are now excited to be entering a new chapter for Birchall exploring new ideas and challenges in working with Dr Paula Cook, our new chair of Trustees. There are certainly exciting times ahead.

Of course, none of this would have been possible without our amazing team at Birchall. Everyone is committed to the work that they do, they quite literally save lives and give people the opportunity to write their own next chapter. Thank you for all your support, enthusiasm, knowledge and kindness. I think the next year will be our best yet!

Jay Rushi - Acting CEO



Treasurers Report

The Birchall Trust has ended the financial year April 2023-March 2024 with a healthy financial balance of £520,817 (2023: £444,629). The funds are made up of an unrestricted balance of £459,536 and a restricted balance of £61,281.

The unrestricted funds of £459,536 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future (see annual accounts for details). The balance of the unrestricted funds along with the restricted funds will be used to continually develop and implement our strategy and deliver the charity's objectives.

In the same way as previous years, I have analysed the end of year accounts using the three key ratio's. Fundraising and administration costs to total expenditure (FACE down 8%), Administration costs to total expenditure (ACE down 8%) and fundraising costs to total expenditure (FCE no change).

The Birchall Trust has truly transformed its approach to service delivery through strategic implementation and a dedicated increase in staffing. This expansion has allowed us to bring on board a talented team of professionals who are passionate about making a difference. Their expertise and commitment have not only enhanced our operational capabilities but have also strengthened our ability to connect with those in need. Each team member plays a vital role in ensuring that we can offer a more comprehensive suite of services, tailored to meet the diverse needs of our clients.

While our fundraising costs have seen an increase, this investment is yielding remarkable returns in terms of our service quality and outreach. With every pound raised, we are able to broaden our impact, providing essential resources and support to those who rely on us. The Birchall Trust is excited about the future, as we continue to evolve and innovate, striving to create meaningful change in the lives of individuals and families. (Fig 1 & 3)

How have we spent our funds?

We have been able to expand our charitable activities over the past year, reaching more individuals and communities in need than ever before.
Through good financial management we have been able to deliver all this whilst maintaining tight control on our general operating costs. (Fig 2 and 3)

We are incredibly grateful to our funders, whose generosity and belief in our mission have empowered us to expand our reach and amplify our efforts. Their unwavering support has been instrumental in helping us overcome obstacles and seize new opportunities, allowing us to turn challenges into stepping stones for success. Together, we are building a brighter future, and we are excited to continue this journey, driven by our passion for making a difference and the invaluable partnerships we have cultivated along the way.
Thank you for believing in us and the importance of our work!



Simon Hanson

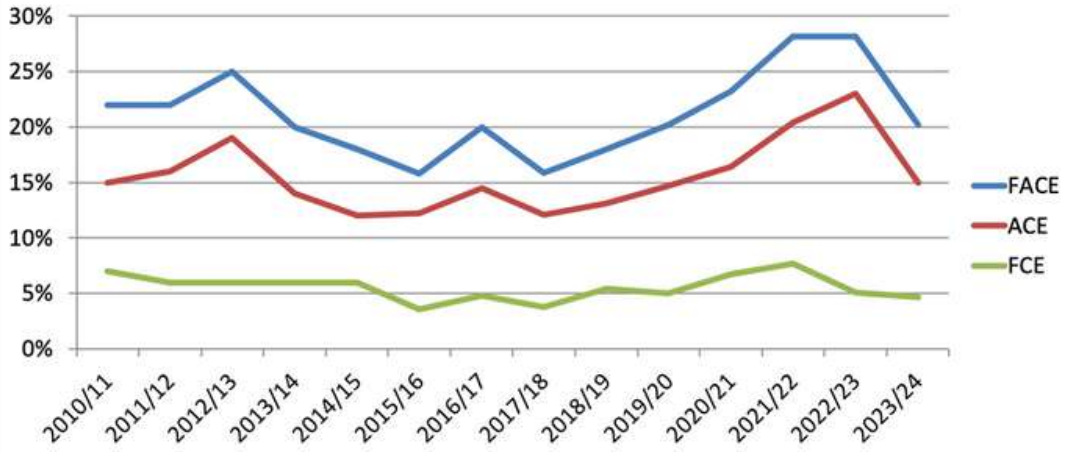


Fig 1 – Key Ratios

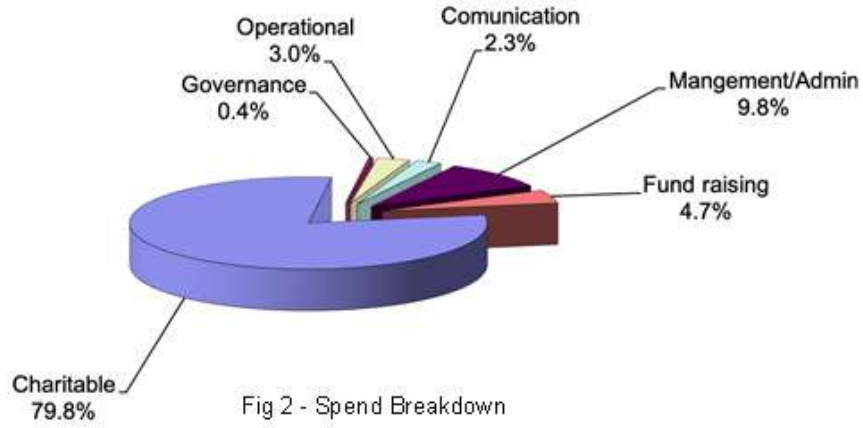


Fig 2 - Spend Breakdown

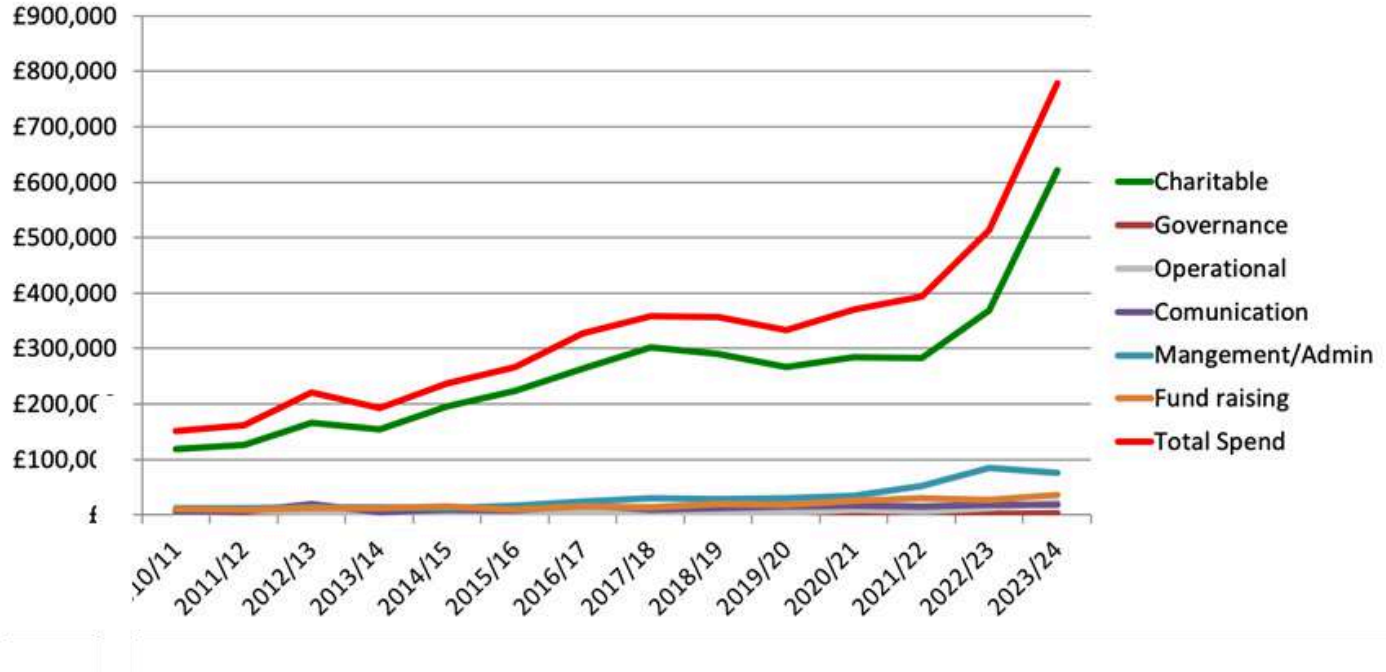


Fig 3 - Spend History

Statement of Financial Activities

For the Year Ended 31 March 2024

	Unrestricted Funds £	Restricted Funds £	**2024 Total Funds £**	2023 Total Funds £
INCOME AND ENDOWMENTS FROM Charitable activities				
Counselling advice & support	**99,345**	**743,015**	**842,360**	508,430
Other trading activities	**(1)**	**(1)**	**(2)**	118
Investment income	**11,889**	-	**11,889**	4375
Total	**111,233**	**743,014**	**854,247**	512,923
EXPENDITURE ON Charitable activities				
Counselling advice & support	**22,832**	**755,227**	**778,059**	513,297
NET INCOME/(EXPENDITURE)	**88,401**	**(12,213)**	**76,188**	(374)
Transfer between funds	**34,027**	**(34,027)**	-	-
Net movement in funds	**122,428**	**(46,240)**	**76,188**	(374)
RECONCILLIATION OF FUNDS				
Total funds brought forward	**337,108**	**107,521**	**444,629**	445,003
TOTAL FUNDS CARRIED FORWARD	**459,536**	**61,281**	**520,817**	444,629

Balance Sheet

31 March 2024

	Unrestricted Funds £	Restricted Funds £	2024 Total Funds £	2023 Total Funds £
FIXED ASSETS				
Tangible assets	9,889	-	9,889	-
CURRENT ASSETS				
Cash at bank	452,263	61,281	513,544	446,290
CREDITORS				
Amounts falling due within one year	(2,616)	-	(2,616)	(1,661)
NET CURRENT ASSETS	449,647	61,281	510,928	444,629
TOTAL ASSETS LESS CURRENT LIABILITIES	459,536	61,281	520,817	444,629
NET ASSETS	459,536	61,281	520,817	444,629
FUNDS				
Unrestricted funds			459,536	337,108
Restricted funds			61,281	107,521
TOTAL FUNDS			520,817	444,629



Other than where specifically noted, all written content has been anonymised to ensure the safety of people who use our service. The images and names in this document do not relate to anyone mentioned.

Birchall

Get In Touch!
enquiries@birchalltrust.org.uk
www.birchalltrust.org.uk
Registered Charity No: 1109637 · Company Number: 5424196

REGISTERED COMPANY NUMBER: 05424196 (England and Wales)
REGISTERED CHARITY NUMBER: 1109637

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

FOR

THE BIRCHALL TRUST

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

THE BIRCHALL TRUST

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2024

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Detailed Statement of Financial Activities	16 to 17

THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024

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 2024. 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).

FINANCIAL REVIEW

Reserves policy

At the end of the financial year the combined funds of the charity totalled £520,817 (2023: £444,629). This figure may appear substantial, however it will deplete rapidly if the charity fails to secure future funding.

The funds carried forward into the next financial year are made up of an unrestricted balance of £459,536 and a restricted balance of £61,281.
The unrestricted funds of £459,536 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future (see breakdown below). The balance of the unrestricted funds will be used to continually develop and implement our strategy and deliver the charity's objectives:

- Reserves Policy (6 month wind-down)	
o Staff / Redundancies	£249,438
o Counselling services	£30,500
o Rent, services, Property conversion & Removals	£41,632
o Governance, Communication, Travel & Expense	£3,036
	£324,606
- Strategic development/implementation and discretionary funds	**£134,930**

The restricted funds of £61,281 have been granted by the charity's funders for specific reportable activities with respect to delivering services in the next financial year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05424196 (England and Wales)

Registered Charity number
1109637

Registered office
60 Hartington Street
Barrow In Furness
Cumbria
LA14 5SR

Trustees
S P Hanson
ME Taylor - Chair
J Brown
Dr P Cooke
C McIntyre

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

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

.....
S P Hanson - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BIRCHALL TRUST

Independent examiner's report to the trustees of The Birchall Trust ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Mr Stephen Paul Slater

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

14 August 2024

THE BIRCHALL TRUST

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	**2024 Total funds £**	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	4				
Counselling, advice & support		**99,345**	**743,015**	**842,360**	508,430
Other trading activities	2	**(1)**	**(1)**	**(2)**	118
Investment income	3	**11,889**	**-**	**11,889**	4,375
Total		**111,233**	**743,014**	**854,247**	512,923
EXPENDITURE ON					
Charitable activities	5				
Counselling, advice & support		**22,832**	**755,227**	**778,059**	513,297
NET INCOME/(EXPENDITURE)		**88,401**	**(12,213)**	**76,188**	(374)
Transfers between funds	13	**34,027**	**(34,027)**	**-**	-
Net movement in funds		**122,428**	**(46,240)**	**76,188**	(374)
RECONCILIATION OF FUNDS					
Total funds brought forward		**337,108**	**107,521**	**444,629**	445,003
TOTAL FUNDS CARRIED FORWARD		**459,536**	**61,281**	**520,817**	444,629

The notes form part of these financial statements

THE BIRCHALL TRUST

BALANCE SHEET
31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	**2024 Total funds £**	2023 Total funds £
FIXED ASSETS					
Tangible assets	11	**9,889**	**-**	**9,889**	-
CURRENT ASSETS					
Cash at bank		**452,263**	**61,281**	**513,544**	446,290
CREDITORS					
Amounts falling due within one year	12	**(2,616)**	**-**	**(2,616)**	(1,661)
NET CURRENT ASSETS		**449,647**	**61,281**	**510,928**	444,629
TOTAL ASSETS LESS CURRENT LIABILITIES		**459,536**	**61,281**	**520,817**	444,629
NET ASSETS		**459,536**	**61,281**	**520,817**	444,629
FUNDS	13				
Unrestricted funds				**459,536**	337,108
Restricted funds				**61,281**	107,521
TOTAL FUNDS				**520,817**	444,629

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

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

.....
S P Hanson - Trustee

The notes form part of these financial statements

THE BIRCHALL TRUST

CASH FLOW STATEMENT
for the Year Ended 31 March 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	**70,198**	(3,088)
Net cash provided by/(used in) operating activities		**70,198**	(3,088)
Cash flows from investing activities			
Purchase of tangible fixed assets		**(14,833)**	-
Interest received		**11,889**	4,375
Net cash (used in)/provided by investing activities		**(2,944)**	4,375
Change in cash and cash equivalents in the reporting period		**67,254**	1,287
Cash and cash equivalents at the beginning of the reporting period		**446,290**	445,003
Cash and cash equivalents at the end of the reporting period		**513,544**	446,290

The notes form part of these financial statements

NOTES TO THE CASH FLOW STATEMENT
for the Year Ended 31 March 2024

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024	2023
	£	£
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	**76,188**	(374)
Adjustments for:		
Depreciation charges	**4,944**	-
Interest received	**(11,889)**	(4,375)
Increase in creditors	**955**	1,661
Net cash provided by/(used in) operations	**70,198**	(3,088)

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/23	Cash flow	**At 31/3/24**
	£	£	**£**
Net cash			
Cash at bank	**446,290**	**67,254**	**513,544**
	446,290	**67,254**	**513,544**
Total	**446,290**	**67,254**	**513,544**

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

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

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.

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

Computer equipment - 33% on cost

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

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Rent & services	**(2)**	118

continued...

3. INVESTMENT INCOME

	2024	2023
	£	£
Bank interest	**11,889**	4,375

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024	2023
		£	£
Donations	Counselling, advice & support	**25,672**	39,006
Training and consultancy	Counselling, advice & support	**73,673**	3,009
Grants	Counselling, advice & support	**743,015**	466,415
		842,360	508,430

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

	2024	2023
	£	£
The Henry Smith Charity	**30,000**	60,000
Francis C Scott Trust	**12,500**	-
BBC Children In Need	**34,150**	33,800
The National Lottery Community Fund	**96,559**	74,715
Lloyds Bank Foundation	**-**	27,250
Freida Scott Charitable Trust	**16,000**	-
CPCC SafetyNet	**40,519**	45,964
Walney Extension Community Fund	**10,000**	11,738
The Pilgrim Trust	**35,648**	5,000
CPCC MOJ Male Support Fund	**11,073**	26,469
LPCC Critical Support Fund	**-**	43,025
Cumbria Community Foundation	**10,000**	-
Cumbria County Council DLUHC Grant	**16,216**	15,555
We are Survivors (NHS Eng)	**-**	26,991
Henry Smith Foundation - COVID	**20,000**	40,000
Cumbria MOJ - Additional Therapy	**31,941**	15,970
CPCC MOJ Additional Capacity	**-**	11,338
Cumbria County Council Trauma Work	**-**	28,600
MOJ Lancashire LPCC	**43,025**	-
National Lottery (KYN)	**21,559**	-
MOJ Lancs Rape Support Fund	**209,076**	-
MOJ Cumbria Rape Support Fund	**43,468**	-
ICB NHS Lancashire	**61,281**	-
	743,015	466,415

continued...

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Counselling, advice & support	**621,257**	**156,802**	**778,059**

6. SUPPORT COSTS

	Management	Other	Governance costs	Totals
	£	£	£	£
Counselling, advice & support	**148,894**	**4,944**	**2,964**	**156,802**

7. NET INCOME/(EXPENDITURE)

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

	2024	2023
	£	£
Depreciation - owned assets	**4,944**	-

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

Trustees received £0.00 (2023: £0.00) in total for stationery and travel expenses. The maximum received by one Trustee was £0.00 (2023: £0.00).

9. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	**510,694**	302,853
Other pension costs	**10,673**	6,507
	521,367	309,360

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

	2024	2023
Support staff	**22**	18

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

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Counselling, advice & support	42,015	466,415	508,430
Other trading activities	118	-	118
Investment income	4,375	-	4,375
Total	46,508	466,415	512,923
EXPENDITURE ON			
Charitable activities			
Counselling, advice & support	(55,915)	569,212	513,297
NET INCOME/(EXPENDITURE)	102,423	(102,797)	(374)
RECONCILIATION OF FUNDS			
Total funds brought forward	234,685	210,318	445,003
TOTAL FUNDS CARRIED FORWARD	337,108	107,521	444,629

11. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	**14,833**
DEPRECIATION	
Charge for year	**4,944**
NET BOOK VALUE	
At 31 March 2024	**9,889**
At 31 March 2023	-

continued...

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Accrued expenses	2,616	1,661

13. MOVEMENT IN FUNDS

	At 1/4/23	Net movement in funds	Transfers between funds	At 31/3/24
	£	£	£	£
Unrestricted funds				
General fund	**337,108**	**88,401**	**34,027**	**459,536**
Restricted funds				
Francis C Scott Trust	**15,000**	**(15,000)**	**-**	**-**
The Henry Smith Charity	**28,075**	**(28,075)**	**-**	**-**
The National Lottery Community Fund	**-**	**2,042**	**(2,042)**	**-**
Freida Scott Charitable Trust	**7,836**	**(7,836)**	**-**	**-**
CPCC SafetyNet	**10,586**	**(10,586)**	**-**	**-**
Walney Extension Community Fund	**-**	**10,000**	**(10,000)**	**-**
The Pilgrim Trust	**-**	**5,000**	**(5,000)**	**-**
Henry Smith Foundation - COVID	**17,424**	**(17,424)**	**-**	**-**
Cumbria MOJ - Additional Therapy	**-**	**7,985**	**(7,985)**	**-**
Cumbria County Council Trauma Work	**28,600**	**(19,600)**	**(9,000)**	**-**
ICB NHS Lancashire	**-**	**61,281**	**-**	**61,281**
	107,521	**(12,213)**	**(34,027)**	**61,281**
TOTAL FUNDS	**444,629**	**76,188**	**-**	**520,817**

continued...

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**111,233**	**(22,832)**	**88,401**
Restricted funds			
BBC Children In Need	**34,150**	**(34,150)**	**-**
Francis C Scott Trust	**12,500**	**(27,500)**	**(15,000)**
The Henry Smith Charity	**30,000**	**(58,075)**	**(28,075)**
The National Lottery Community Fund	**96,558**	**(94,516)**	**2,042**
Freida Scott Charitable Trust	**16,000**	**(23,836)**	**(7,836)**
CPCC SafetyNet	**40,519**	**(51,105)**	**(10,586)**
Walney Extension Community Fund	**10,000**	**-**	**10,000**
The Pilgrim Trust	**35,648**	**(30,648)**	**5,000**
CPCC MOJ Male Support Fund	**11,073**	**(11,073)**	**-**
MOJ Lancashire LPCC	**43,025**	**(43,025)**	**-**
Cumbria Community Foundation	**10,000**	**(10,000)**	**-**
Cumbria County Council DLUHC Grant	**16,216**	**(16,216)**	**-**
Henry Smith Foundation - COVID	**20,000**	**(37,424)**	**(17,424)**
Cumbria MOJ - Additional Therapy	**31,941**	**(23,956)**	**7,985**
Cumbria County Council Trauma Work	**-**	**(19,600)**	**(19,600)**
National Lottery (KYN)	**21,559**	**(21,559)**	**-**
MOJ Lancs Rape Support Fund	**209,076**	**(209,076)**	**-**
MOJ Cumbria Rape Support Fund	**43,468**	**(43,468)**	**-**
ICB NHS Lancashire	**61,281**	**-**	**61,281**
	743,014	**(755,227)**	**(12,213)**
TOTAL FUNDS	**854,247**	**(778,059)**	**76,188**

continued...

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/22 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	234,685	102,423	337,108
Restricted funds			
BBC Children In Need	440	(440)	-
Francis C Scott Trust	40,000	(25,000)	15,000
The Henry Smith Charity	12,750	15,325	28,075
Sir John Fisher Foundation	20,000	(20,000)	-
Lloyds Bank Foundation	25,000	(25,000)	-
Freida Scott Charitable Trust	20,000	(12,164)	7,836
Garfield Weston Foundation	25,000	(25,000)	-
CPCC SafetyNet	6,263	4,323	10,586
The Pilgrim Trust	10,000	(10,000)	-
Cumbria Community Foundation	10,000	(10,000)	-
Cumbria County Council COMF Grant	33,000	(33,000)	-
We are Survivors (NHS Eng)	7,865	(7,865)	-
Henry Smith Foundation - COVID	-	17,424	17,424
Cumbria County Council Trauma Work	-	28,600	28,600
	210,318	(102,797)	107,521
TOTAL FUNDS	445,003	(374)	444,629

continued...

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	46,508	55,915	102,423
Restricted funds			
BBC Children In Need	33,800	(34,240)	(440)
Francis C Scott Trust	-	(25,000)	(25,000)
The Henry Smith Charity	60,000	(44,675)	15,325
Sir John Fisher Foundation	-	(20,000)	(20,000)
Lottery IT	74,715	(74,715)	-
Lloyds Bank Foundation	27,250	(52,250)	(25,000)
Freida Scott Charitable Trust	-	(12,164)	(12,164)
Garfield Weston Foundation	-	(25,000)	(25,000)
CPCC SafetyNet	45,964	(41,641)	4,323
Walney Extension Community Fund	11,738	(11,738)	-
The Pilgrim Trust	5,000	(15,000)	(10,000)
CPCC MOJ Male Support Fund	26,469	(26,469)	-
MOJ Lancashire LPCC	43,025	(43,025)	-
Cumbria Community Foundation	-	(10,000)	(10,000)
Cumbria County Council COMF Grant	-	(33,000)	(33,000)
Cumbria County Council DLUHC Grant	15,555	(15,555)	-
We are Survivors (NHS Eng)	26,991	(34,856)	(7,865)
Henry Smith Foundation - COVID	40,000	(22,576)	17,424
Cumbria MOJ - Additional Therapy	15,970	(15,970)	-
CPCC MOJ Additional Capacity	11,338	(11,338)	-
Cumbria County Council Trauma Work	28,600	-	28,600
	466,415	(569,212)	(102,797)
TOTAL FUNDS	512,923	(513,297)	(374)

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2024

	2024	2023
	£	£
INCOME AND ENDOWMENTS		
Other trading activities		
Rent & services	**(2)**	118
Investment income		
Bank interest	**11,889**	4,375
Charitable activities		
Donations	**25,672**	39,006
Training and consultancy	**73,673**	3,009
Grants	**743,015**	466,415
	842,360	508,430
Total incoming resources	**854,247**	512,923
EXPENDITURE		
Charitable activities		
Staff costs for client support	**408,655**	224,111
Rent & services - counselling rooms	**33,255**	31,329
Counselling equipment	**905**	492
Refurbish counselling rooms	**2,232**	593
Travelling	**11,488**	4,318
Counsellors	**87,380**	71,988
Clinical supervision	**7,333**	4,040
Training	**944**	7,469
Service provision partner	**57,820**	42,350
Event management	**11,245**	-
	621,257	386,690
Support costs		
Management		
Wages	**102,039**	78,742
Pensions	**10,673**	6,507
Rent & services	**1,750**	1,649
Insurance	**3,421**	2,165
Telephone	**4,484**	3,378
Postage and stationery	**767**	318
Sundries	**8,821**	6,490
Professional fees for service development	**10,431**	14,668
Office equipment	**2,263**	2,140
Bank charges	**215**	180
IT & website	**4,030**	8,014
	148,894	124,251

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2024

	2024	2023
	£	£
Management		
Other		
Depreciation of tangible fixed assets	**4,944**	-
Governance costs		
Travel & meetings	**324**	136
Accountancy fees	**2,640**	2,220
	2,964	2,356
Total resources expended	**778,059**	513,297
Net income/(expenditure)	**76,188**	(374)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BIRCHALL TRUST

Independent examiner's report to the trustees of The Birchall Trust ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

FCCA

Mr Stephen Paul Slater

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

14 August 2024

THE BIRCHALL TRUST

England & Wales - Charity number 1109637

Accounts

Birchall

Supporting people affected by rape and sexual abuse

Annual Report

2022-23



Registered Charity No: 1109637 · Company Number: 5424196



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Chair's Review

The past twelve months has seen a consolidation of the Birchall team to ensure we can provide accessible, quality services to survivors of all forms of sexualised violence, using our expertise to inform and support, reduce sexual violence, and promote healthy relationships.

As evidence has accumulated of the impact of trauma on the individual, we have reflected on the implications for Birchall. The Board has recognised the need for trauma informed principles to apply throughout the organisation. We have used our application for One Small Thing Trauma Informed accreditation to ensure everyone who works for, or has contact with Birchall, is supported and respected.

While the transition to a fully trauma informed service was the foundation of our development in the past year there have been many other achievements including the renewal of our Lime Culture accreditation for services to male survivors. Our Well Being service has been established and has worked with 64 clients over the year enhancing Birchall's holistic approach. The Ambassador volunteer programme has developed, representing Birchall at events such as university fresher weeks.

An awareness of the barriers there may be to victims accessing services has resulted in work being done on community engagement, an update to our website as well as providing school-based sessions on Healthy Relationships. Professional relationships have been enhanced by joint working with our partner organisation in North Cumbria both to obtain funding and to organise the first Cumbria Trauma Informed Conference last November.

Elsewhere in this report you will find details of the work that is going on every day which contributes to the recovery and empowerment of those unfortunate to be the victims of sexual violence. I hope you will find the time to read these accounts.

Finally, I need to thank all our staff, including those who have moved on, whatever your role, it is essential to delivering our service. A particular welcome to our new team members and for me this includes welcoming our new board members Paula Cook and Cat McIntyre. Sadly, we had to say goodbye to Teresa Jennings during the year.

All we have achieved would not have been possible without the support of our funders to whom we must express our gratitude for recognising the value of our services.

Dr. Elizabeth Taylor





About Us

We are an independent charity that provides specialist support services to adults, children and young people who have experienced sexual violence, including rape, sexual assault and childhood sexual abuse.

We strive to provide high quality, specialist trauma informed services within a safe, non-judgemental environment.

Our mission is to empower people affected by rape, sexual abuse or sexual violence to recover from their trauma so they can lead safe and fulfilling lives.

Through a trauma in formed approach we....

Realise	We realise the potentially damaging consequences of traumatic experiences and the opportunities that exist for healing through safe relationships
Recognise	We recognise the signs of trauma, and seek to address the underlying causes
Respond	We respond with empathy, integrating the knowledge of trauma into our policies and practice
Resist	We resist retraumatising people and aim to de-escalate the deep anxiety that adversity can cause
Recover	We support people who have experienced trauma to recover from their trauma, by enabling them to live in the present without being overwhelmed by the thoughts and feelings of the past.



Our Values

Safety

We recognise the impact of shame, we create safe spaces and make people feel safe, by building trusted relationships

Trusted

We avoid judgement and understand shaming and blaming language can damage people and harm relationships. We are emotionally aware. We believe and do not judge

Choice

We ensure that the people using our services have a voice and their choices are important, We understand that everyone's experience matters

Collaboration

We work together to achieve the best possible outcome, we are person centred and see the person' s strengths, building upon them, We are reflective and learn together

Empowerment

We seek to make a difference, innovative and be the change we want to see. We make a difference, we are transparent, and take responsibility.

Our Services



Trauma Informed Counselling, F2F and Online counselling, Pre-trial work, Play & Art Therapy

For adults and CYP



Wellbeing Programme – supporting people pre counselling – grounding, stabilisation, active signposting, practical & emotional support

For adults and CYP



Prevention – raising awareness and educating through training in schools, community settings and to other professionals



Peer support & Groups – safe space for people to share and build supportive relationships and strengthen their resilience



Family Collaboration – working with parents/carers, friends of people affected by rape and sexual abuse to understand the impact of trauma

The scale of the issue

Sadly, rape, exploitation and sexual abuse are common in our society.

More than 1 in 4 women and 1 in 18 men have been raped or sexually assaulted as an adult 1 in 6 children have been sexually abused
Source: Office for National Statistics (2023) , NSPCC (2011)

67,169 rapes were recorded by police in 2022. By the end of the year, charges had been brought in just 1,276 (1.9%) of these cases. Not all these cases are likely to make it to court. But, of those that do, around 3 in 5 will end in a conviction.
Source: Office for National Statistics (2023), Home Office (2023), Crown Prosecution Service (2023)

5 in 6 women who are raped don't report – and the same is true for 4 in 5 men.
Source: Office for National Statistics (2021)

Across Lancashire and Cumbria, we have seen an increase in sexual offences being recorded.

Figures from the Office of National Statistics show that in the year to March 2022,
Cumbria recorded 1712 sexual offences, an increase of 38% on the previous year.
Lancashire recorded 5259 sexual offences, an increase of 34%



The effects of trauma

Abuse inflicts deep trauma – the effects of which can last a lifetime if left untreated. Trauma affects a person's physical health, emotions, impulse control and self-image.

It also affects their ability to think, learn, concentrate and form relationships. Many people who have been abused have mental health issues and suffer from depression, anxiety and PTSD (Post Traumatic Stress Disorder).

Common side effects include nightmares, panic attacks, self-harm and thoughts and attempts of suicide. In response to the abusive experience, people can develop a range of complex feelings, including anger, shame and guilt.

Many find it difficult to trust others and to form relationships. Poor self-care and low levels of confidence and self-esteem can occur, as well as poor physical and mental health. Adults and young people often turn to drugs and alcohol as coping strategies.

Many self-harm and have eating disorders. As a result of our support, our service users can process and recover from the trauma they have experienced. This results in improved mental and physical health. Many find employment or go back to education. Some get involved in their local community, expanding their circle of social support. All of this enables our service users to heal and move past their abusive experiences, with the aim of improving their lives

Head of Services Update

This has been my first full year in Birchall, and it's been a year of expansion and ensuring our teams are well supported to deliver quality counselling and wellbeing support to our clients.

Our 3-stage model of Stabilisation & Understanding, Processing & Acceptance and finally Integration and Engagement has become fully embedded and feedback from both the team and those using our services has been positive. It's allowed us to refine our case management process and focus on our waiting list.
As a service, we've seen an increase in young people experiencing abuse. This has included an increase in young girls seeking services in response to sexual assault and rape.
We've also seen an increase in sexual activity amongst children under 16, including sexting and sending nudes.

In response to this we have expanded our Children and Young People's team, and diversified our services to work in schools and other agencies where young people feel safe. We recognise the need to work collaboratively with parents and carers and this remains integral to our offer. We developed a new Parent Carer group this year to offer psycho educational support to people whose children are receiving help from us – this peer support has proved successful and will expand over the coming year.

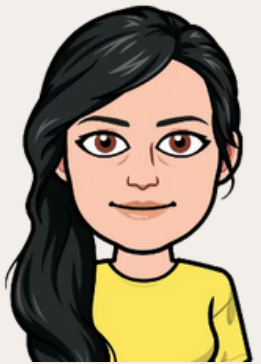
Our service users are also experiencing increasingly complex needs related to the trauma they have experienced. In 2022 – 2023, over 84% presented with moderate to high trauma symptoms.

The wellbeing service is an important part of someone's journey through offering practical and emotional support to stabilise and ground someone to ensure that counselling is then effective for them at that time. Again, the wellbeing team has grown and we're now proud to offer that to clients across all the geographical areas we cover.

The education project in schools has proved a great success over the last year with many of the team now trained to deliver sessions around Protective Behaviours. Our partnership with 'We are Survivors' to deliver the Outspoken Talking Therapy Project to male survivors in HMP Haverigg and HMP Lancaster Farms continues.

We continue to support student counsellors by offering placements and we have seen growth, professionalism and enthusiasm displayed by everyone who has been involved. We are proud that several students have been successful in moving through our Birchall student pathway to become Birchall counsellors once they have successfully graduated.

I'd like to thank all the team for their hard work, dedication and trust over the last year and an excited about the upcoming year and the development of our new Senior Operational Management Team.



Nicola Lord - Head of Services

Focus on some of our services

Wellbeing

The Wellbeing Service is now well established within the Birchall Trust, and we have 4 Wellbeing Workers working across Lancashire and Cumbria – and we continue to grow. Wellbeing offers up to 12 sessions, online or face to face, and we work in a trauma informed way, and with whatever our client's need. The Wellbeing Service is in the main, accessed prior to the counselling service with the intention of preparing clients for counselling. Wellbeing also works collaboratively with counselling to ensure clients feel safe and stable enough for continued engagement.

Our Wellbeing Workers are multi-functional, and we advocate, empower, and collaborate with our clients. Wellbeing isn't prescriptive as we work with what the client wants, we are led by them, and always in a trauma-informed way.

Examples of the work we have completed over the year include:

1. With young people (14+) we have supported in advocating their needs to school, speaking to headteachers in helping them understand the impact of trauma whilst ensuring the right support is in place for their students.
2. We have attended Citizens Advice appointments to support with debt management or to GP appointments to ensure clients feel listened to when discussing medication, or when seeking diagnosis.
3. We have worked co-operatively with health professionals and clients when having to undergo invasive procedures such as smear tests.
4. We have attended PIP assessments and spoken to DWP assessors in helping them understand the impact of trauma – which for one client has led to PIP being awarded.
5. .We have advocated or supported with complaints to mental health services, victim support, police etc. and have ensured that the client is receiving all entitled and eligible services.
6. We have worked with clients experiencing flashbacks and explored techniques to manage such as the 'flashback protocol'
7. We have worked with self-harm and suicidal thoughts, ensuring safety plans are in place and that clients understand who they can contact in times of crisis.
8. We have offered techniques to reduce feelings of panic and anxiety such as the 5,4,3,2,1 method, breathing exercises, relaxation, and challenging of automatic negative thoughts.
9. We have explored the impact of trauma on the brain with clients, helping them understand why they may be feeling the way that they are- validating their experience.

Sophie Dabbs - Senior Trauma Informed Wellbeing Practitioner



Protective Behaviours

This has been a busy year for our new Protective Behaviours Education Programme, which we have been delivering in schools across our regions. The programme consists of an experiential workshop which centres around teaching schoolchildren (in groups of 10) in primarily Year 6 (ages 10 and 11), and Year 9 (ages 13 and 14) how to recognise what it feels like when they don't feel safe:

We do this through introducing the idea of "early warning signs", and through a series of exercises allowing the children to experience how their bodies can signal to them when they find themselves in a situation, they don't feel comfortable with. The workshop then focuses on how to deal with this, and helps the children identify where they can go for help and who they already have around them as a support network.

So far, we have delivered this programme in 17 schools in the Barrow, South Lakes, Kendal, Morecambe, and Lancaster areas.

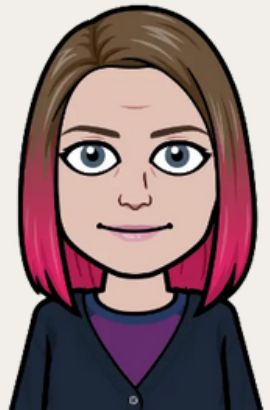
We ensured 249 children in Years 6 and 9 have been able to learn how to recognise when they feel unsafe, and what to do about it.

The feedback we have had from teachers across the schools has been very positive, and a question we often get asked by the children during the sessions is "can we do this every week?".

The programme will form a part of our regular offering going forward, whether this be to the same schools again or to a further variety of schools – both have already been requested.

The Protective Behaviours workshop will also be joined by further workshops comprising Safe Relationships and Staying Safe Online in the coming year.

Monica Jaklin Taylor - Counsellor



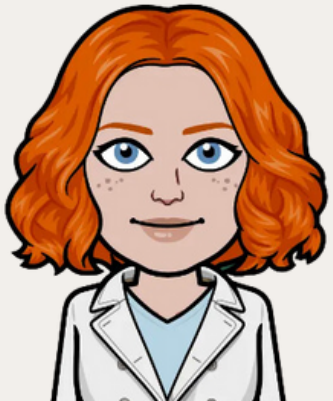


Community Engagement

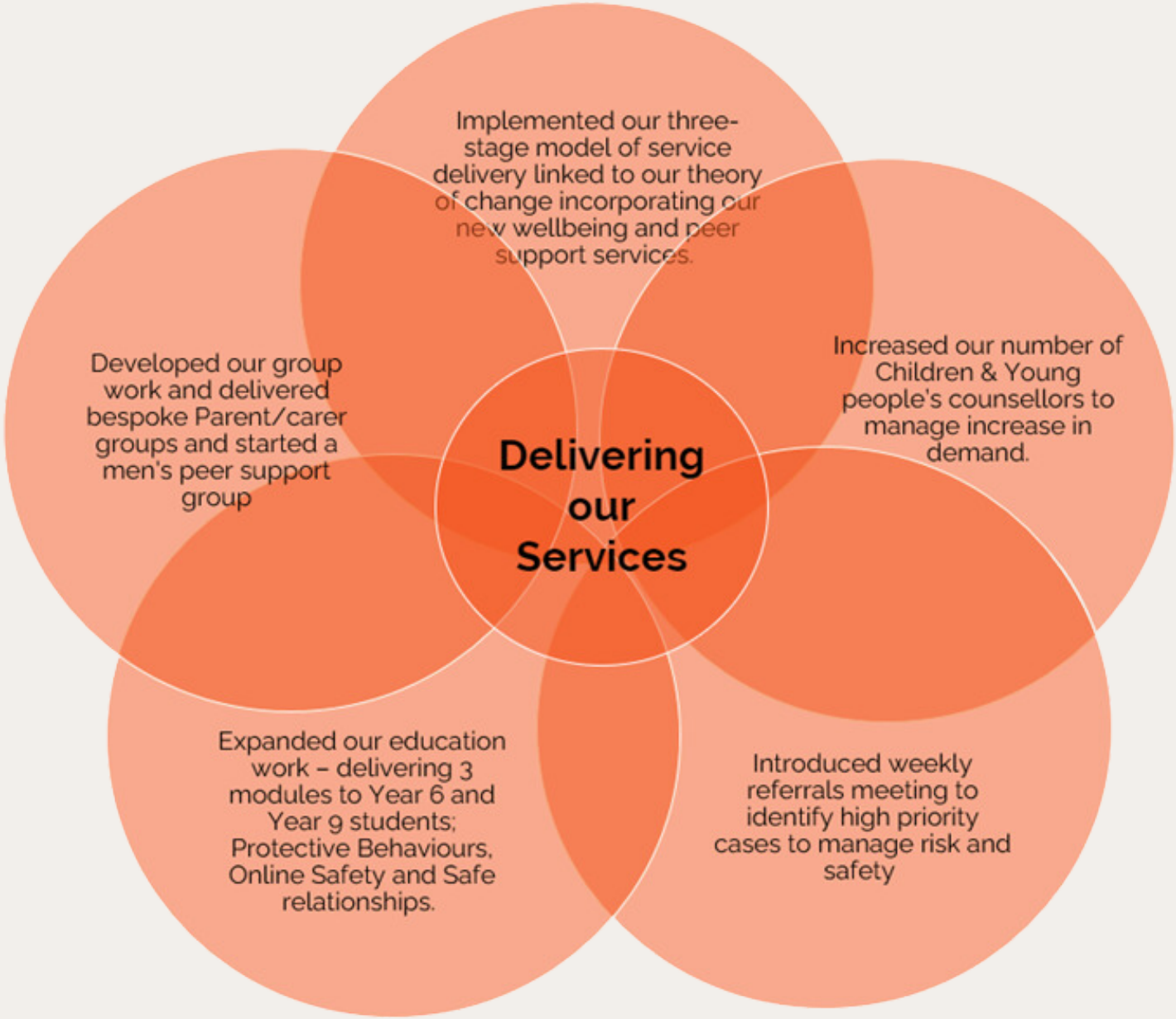
This year we started to focus on raising awareness of issues within our communities. We have been involved in several student fresher events, attended PRIDE events, and held Ambassador days. We've developed lots of opportunities for our communities to have conversations with us and feedback about our services to help us ensure we're relevant, up to date and reaching those people who may not know about us but need our support. We involved local young women to help shape a specific proposal for funding from the Pilgrim Trust which resulted in 3 years' worth of funding – co production and design at the Heart of what we want to do.

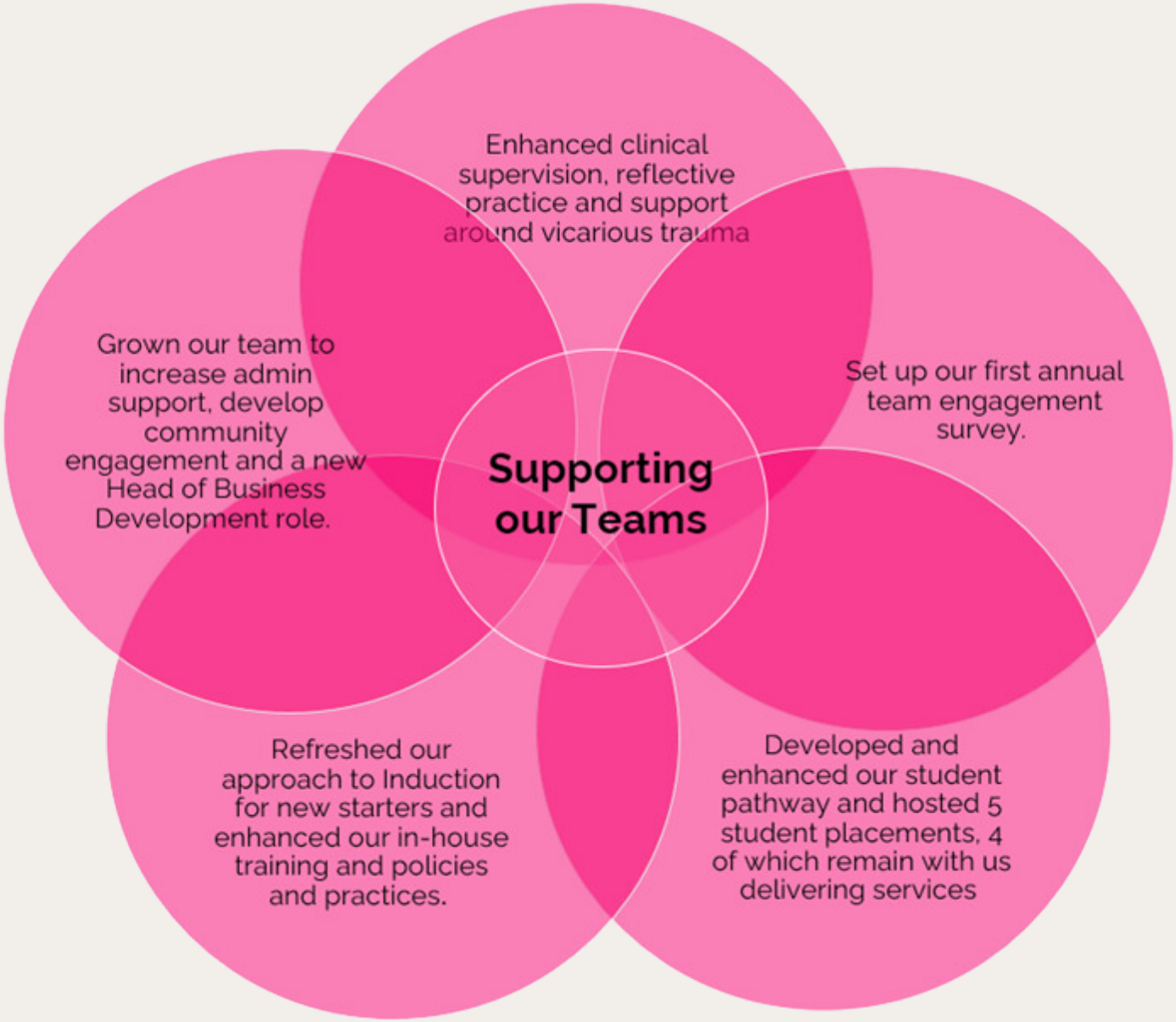
Our Ambassadors supported out Big Christmas Give fundraising campaigning by sharing their stories, poetry and artwork and many people took part in fundraising events to raise money – from the Great North Run to Keswick to Barrow walk to completing the Yorkshire three peaks challenge – each and every person is a Birchall star and we look forward to community engagement being at the heart of what we do next year.

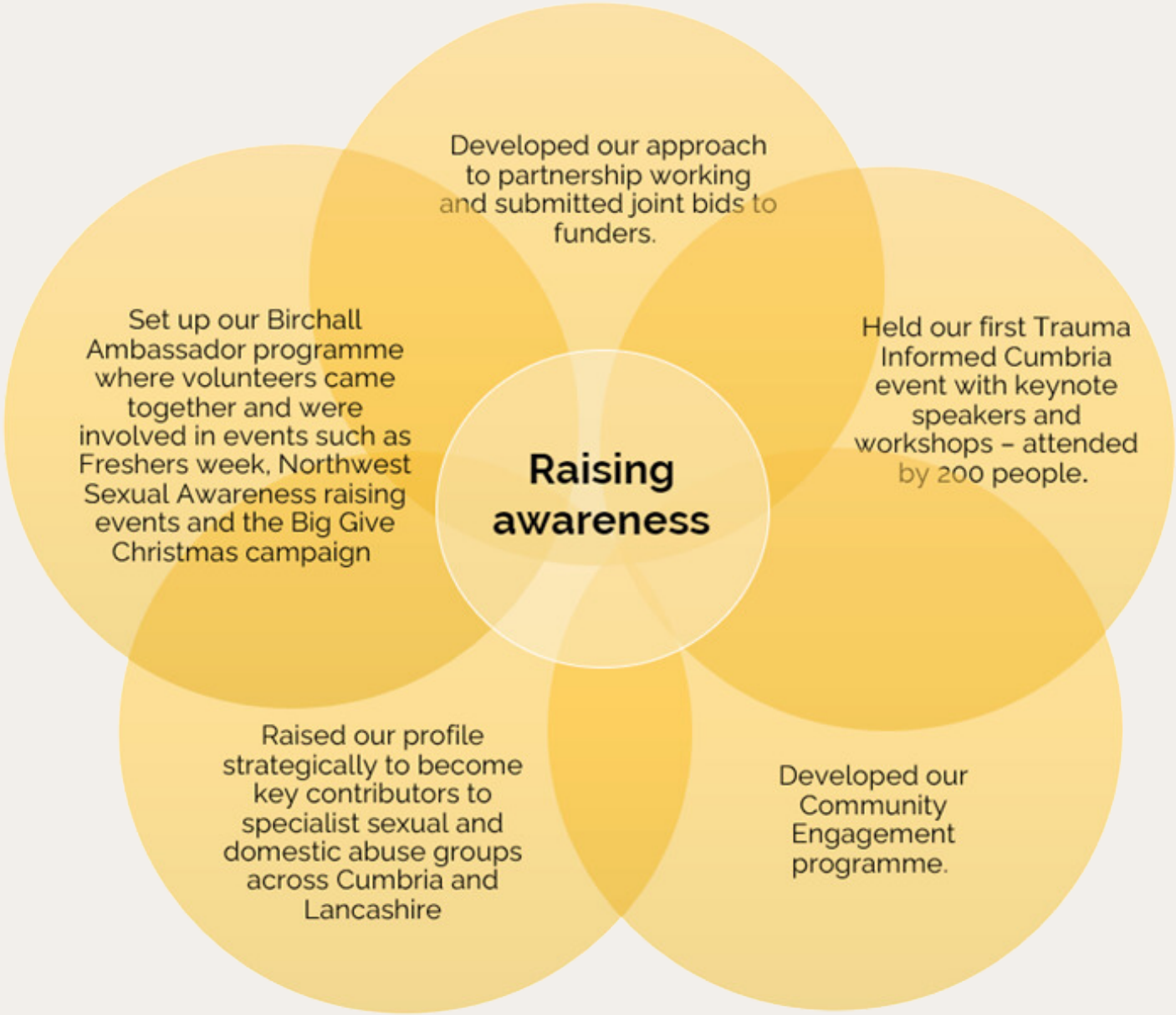
Bethany De Hert
Head of L&D, Community Engagement



Our key achievements in 2022-23




Enhanced clinical supervision, reflective practice and support around vicarious trauma
Grown our team to increase admin support, develop community engagement and a new Head of Business Development role.
Set up our first annual team engagement survey.
Supporting our Teams
Refreshed our approach to Induction for new starters and enhanced our in-house training and policies and practices.
Developed and enhanced our student pathway and hosted 5 student placements, 4 of which remain with us delivering services

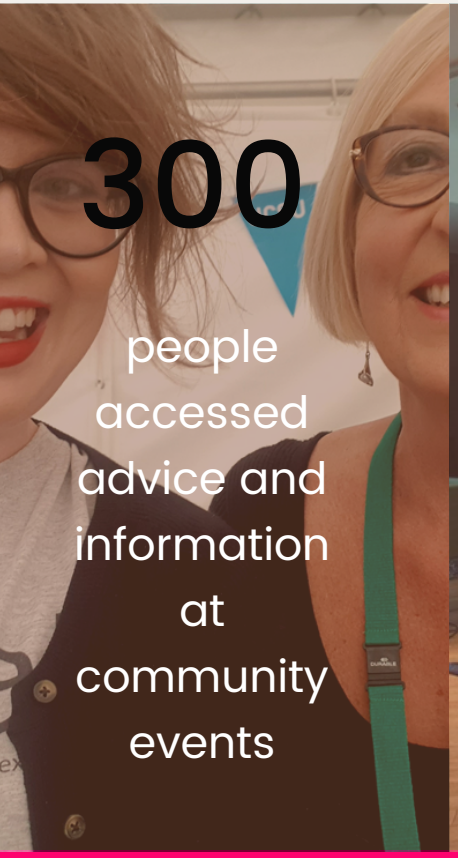

Developed our approach to partnership working and submitted joint bids to funders.
Held our first Trauma Informed Cumbria event with keynote speakers and workshops – attended by 200 people.
Developed our Community Engagement programme.
Raised our profile strategically to become key contributors to specialist sexual and domestic abuse groups across Cumbria and Lancashire
Set up our Birchall Ambassador programme where volunteers came together and were involved in events such as Freshers week, Northwest Sexual Awareness raising events and the Big Give Christmas campaign
Raising awareness


Successful with re-accreditation of our work with Male survivors.
Began our trauma informed principles accreditation process
Refreshed our website, implemented online referrals and developed self-help resources and toolkits.
Diversified our funding to include statutory funding from local Police & crime Commissioners, local authorities and the Ministry of Justice.
Implementation of a new case management system
Quality sustainable organisation

Our Impact - Making a Difference

"My experience with the Birchall Trust has changed my life. Before I felt terrified all the time that something was going to happen to me and I felt it would still have been my fault. Now I feel confident in asserting boundaries, asking for help and fully understand that what happened was not my fault. Birchall helped me put myself back together again after feeling lost for so long."

1,490 people contacted our services for information, advice, support and counselling



300

people accessed advice and information at community events



200

delegates attended our Trauma Informed Cumbria Conference



249

children attended our Protective Behaviour programme



549

adults received advice, support and assessments from our team



192

children and young people accessed our services

"The reason that my overall health and well-being went up (which in my opinion was the hardest section of my health and wellbeing to improve) is because each week I had a session with [wellbeing worker], I felt heard and understood. I actually started looking forward to our sessions. This is something that has been hard to find with a counsellor. As an independent individual I had no one I felt I could turn to before my experience with Birchall Trust."

408 people accessed longer term wellbeing support and counselling services













Sam's Story

Sam was a 6 year old child, who had been abused by a member of her family. Sam initially came to Birchall for support before the trial took place, once the sentencing had happened, she came back to explore her feelings more freely through play therapy.

Sam had frequent emotional outbursts at home, she would become very angry and lash out at her parents both physically and verbally, she struggled to control her emotions and her triggers were unpredictable.
During her sessions with the play therapist she was able to use the sand and miniatures to express the notion of 'baddies' and 'goodies'. She used paints, clay and glitter to create pictures, initially these were often more about creating mess rather than a picture.

At the beginning and throughout, she experienced the need to be seen and known through the mess she was making, which seemed to be a metaphor for the internal 'mess' she was experiencing with her emotions She did not/could not seem to use words for her emotions, but she showed them through her play and 'mess'. She was starting to experience control and power in her creativity and play.

Sam came along to 22 sessions of play therapy and during that time she experienced change in her ability to self-regulate more easily at home, having experienced acceptance, unconditional positive regard and empathy whilst with her therapist.

She has become more trusting of the relationship and as a result has become more confident and freer in her play, she 'let go', she increased her eye contact and laughed more, feeling safe in her relationship with the therapist.
Mum has fed back that she is much more confident now, she seems able to recognise her emotional triggers before they happen and how to ask for help or self-regulate.

Frank's Story

Frank initially came for adult counselling presenting with anger, frustration and a sense of not knowing who he was. Due to a seismic event the previous year, the mask/persona he felt he had been wearing for decades had fallen away. He felt that he didn't know who he was without his mask and he didn't know how to process the myriad of emotions he experienced daily. He felt overwhelmed by anger and frustration. He struggled with trust and was nervous about what he might experience in therapy.

Through his sessions, Frank explored his timeline and processed his experiences through the lens of his abuse by his grandfather and the persona he created as a result. Through the process, he learned how to feel his emotions instead of pushing them down, thereby learning to cope with his anger and frustration.
He now feels calmer and is able to cope with the stressful experiences brought on by his job and family life in ways that would have felt foreign to him before they started therapy.

The signposting to the work of Brene Brown helped Frank understand the effect shame can have on a person and their lives. By reading Daring Greatly and bringing the learning into session, Frank explored how he had been groomed by his grandfather and how he has felt over the last four decades. It has helped him heal from the different wounds inflicted on him by his trauma and shame.
Frank now feels a lot safer with himself and no longer talks of self-harming, he feels less triggered and angry and no longer blames himself for the abuse. He says he is no longer re-inventing himself but is much happier going into the next phase of his life.





Amira's Story

Amira came to Birchall for support believing she would be judged – she said she had experienced this previously in counselling with female counsellors and so specifically wanted to speak to a man, which we were able to offer. She used both illegal drugs and prescribed medication to help her cope with her feelings. She had experienced sexual abuse from a cousin between the ages of 5 and 13 – she talked about her shame at enjoying the abuse even though she knew others didn't accept it. She was also struggling with her relationship with her wife and her parents and how her trauma affected her behaviour.

Amira needed space in her counselling sessions – she needed to be fully confident that her counsellor was in this for the right reasons, she needed to feel safe and so she was allowed the time to explore this in an open and transparent way. Doing this allowed her to take responsibility for her healing.
This included establishing firm boundaries with her brother, recognising why she felt insecure within her relationship with her wife and finding her voice to stand up for herself against sexual violence and racism.
She has learned how to keep herself safe in more social aspects, how she can be outspoken as a black woman and how she carries herself. She knows how to communicate with as few words as possible and no longer feels the need for violence.

She feels stronger and more equipped to keep herself emotionally safe. She feels she has always known how to keep herself physically safe ,but now she feels emotionally safe.

She does not engage with drug abuse as she did when she started therapy, and no longer uses prescription drugs incorrectly.
She feels more confident in her appearance and has enjoyed her journey of self-discovery. She used to despise being in her own company, but she now enjoys spending time with herself. She feels proud of herself and who she is becoming. She feels improved in her appearance and emotional wellbeing and feels she is in a better position to be a mum.

Funding Thanks

The Birchall Trust relies on the kindness and generosity of our supporters. Every single penny donated or granted to us helps us provide therapy and support to empower survivors.

Our supporters during 2022-23 have included:

- National Lottery
- Children In Need
- Cumbria Community Foundation
- Cumbria Police & Crime Commissioner
- Lancashire Police & Crime Commissioner
- Ministry of Justice
- The Pilgrim Trust
- Walney Extension fund (Grantscapes)
- Henry Smith Foundation
- Frieda Scott trust
- Francis C Scott
- Cumbria County Council
- LLoyds Foundation
- We are Survivors, Manchester

And many individual donors and organisations who generously support our Big Christmas Give campaigns including BAE system and Glasdon Group.

22

CEO Review

This second year of our current strategy has been a busy one – we have reviewed a lot of our processes and procedures internally, expanded and embedded our holistic services and diversified our funding. We have made significant progress in terms of delivering the strategy, whilst at the same time helping more people than ever before.

Our focus as an organisation has been on demonstrating and evidencing how we are a trauma-informed charity, recognising the unique experiences of survivors of sexual violence and the impact it has on their lives. This has been our driving force in all aspects of our work, from developing and delivering our specialist services to training our staff and volunteers in trauma-informed care. We took the decision towards the end of the year to embark on the One Small Thing Accreditation process and have involved the whole team and our clients in really pulling apart how we work, how we demonstrate being trauma informed.

This has also been reflected in our organisational culture, with our staff and volunteers receiving extensive training in this area. This has allowed us to create a safe and supportive environment for survivors, their families, and our team, and has helped us to provide a more empathetic and compassionate service.

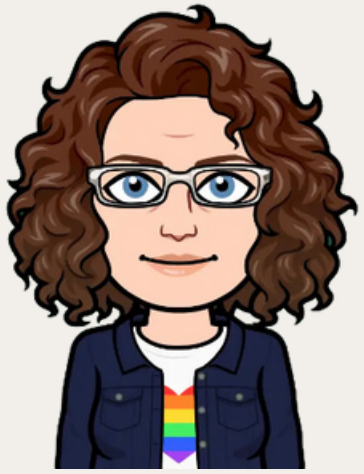
Partnership and collaborative working is important to us here at Birchall and our first Trauma Informed Cumbria conference brought together over 200 delegates from different organisations to learn more about trauma informed principles and practice. I am proud that we are being regarded as a leading centre of excellence in this field and the Birchall team delivering services are core to this.

As we head into the final year of our current strategy, I am an excited about what is to come - we are about to expand our services across Lancashire and focus on working with communities to continue to shape our services.

None of this would not be possible without the amazing team at Birchall, everyone is committed to the work that we do, they quite literally save lives and give people the opportunity to write their next chapter.

Thank you for all your support,
enthusiasm, knowledge and kindness.
I think the next year will be
our best yet!

Vanessa Dixon



Treasurers Report

The Birchall Trust has ended the financial year April 2022-March 2023 with a healthy financial balance of £444,629 (2022: £445,003). The funds are made up of an unrestricted balance of £337,108 and a restricted balance of £107,521.

The unrestricted funds of £337,108 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future (see annual accounts for details).
The balance of the unrestricted funds along with the restricted funds will be used to continually develop and implement our strategy and deliver the charity's objectives.

In the same way as previous years, I have analysed the end of year accounts using the three key ratio's. Fundraising and administration costs to total expenditure (FACE no change), Administration costs to total expenditure (ACE up 3%) and fundraising costs to total expenditure (FCE down 3%).

This financial year our spending was increased as we continued to implement our strategic plan, strengthening the organisational structure with additional management and support staff.

We have also added full-time counsellors and wellbeing workers to provide flexibility in our service delivery. After the rise in fundraising costs last year, which was needed to support our strategic plan, there has been reduction this year.

However, I expect it to rise again in the next financial year as we drive to deliver long term funding stability for our service.
(Fig 1 & 3 - see next page)

How have we spent our funds?

The good news is that despite the need to increase our support costs we have also been able to significantly increase the spend on charitable activities.
(Fig 2 and 3)

This year has been another exciting challenge for the team. The restructuring and expansion into new areas has provided us with a lot of problem-solving opportunities. But as usual everyone has pulled together and delivered appropriate and robust solutions. Enabling our charity to deliver much needed support to our clients with professionalism and enthusiasm. Thank you!

We are extremely grateful to all the organisations and individuals who have provided funding to our charity. It is through your generosity that we are able to carry on delivering this vital service in Cumbria and Lancashire.

Simon Hanson



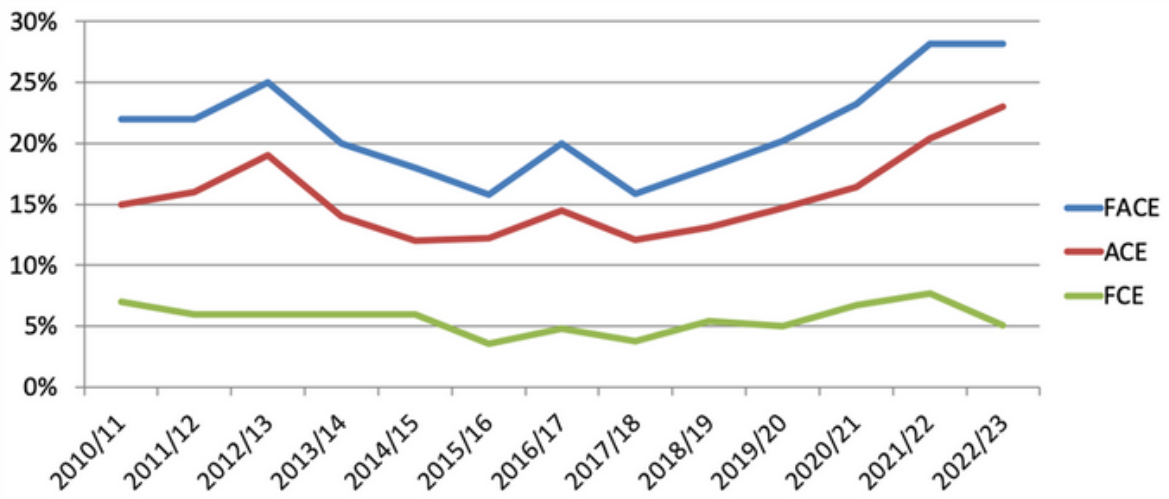


Fig 1 – Key Ratios

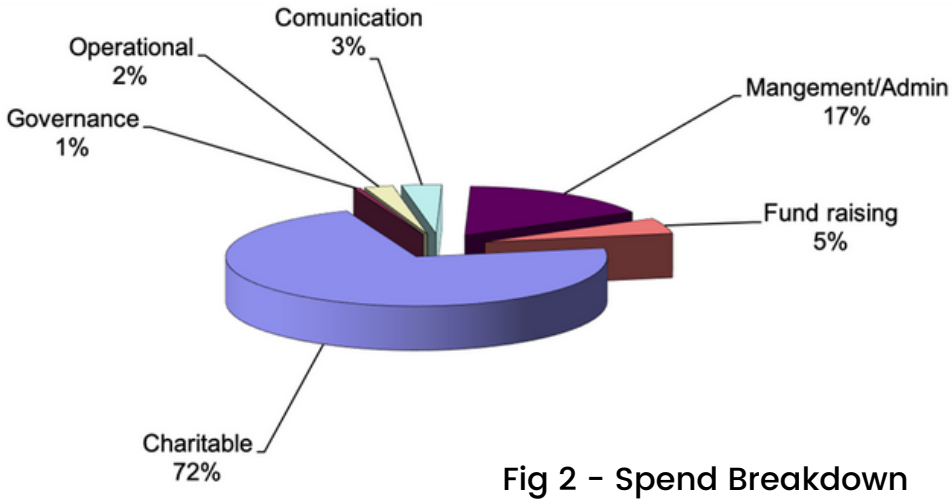


Fig 2 - Spend Breakdown

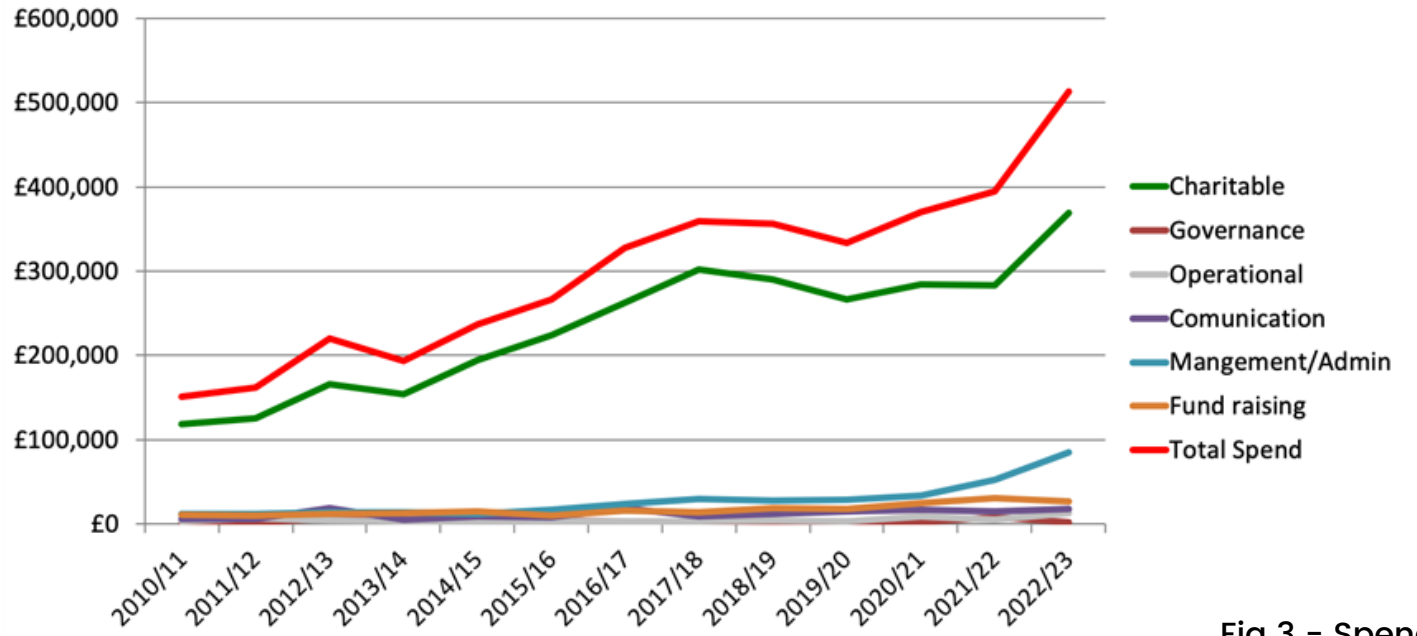


Fig 3 - Spend History

Statement of Financial Activities

For the Year Ended 31 March 2023

	Unrestricted Funds £	Restricted Funds £	**2023 Total Funds £**	2022 Total Funds £
INCOME AND ENDOWMENTS FROM Charitable activities				
Counselling advice & support	**42,015**	**466,415**	**508,430**	522,816
Other trading activities	**118**	-	**118**	(3)
Investment income	**4,375**	-	**4,375**	235
Total	**46,508**	**466,415**	**512,923**	523,048
EXPENDITURE ON Charitable activities				
Counselling advice & support	**(55,915)**	**569,212**	**513,297**	394,351
NET INCOME/(EXPENDITURE)	**102,423**	**(102,797)**	**(374)**	128,697
RECONCILLIATION OF FUNDS				
Total funds brought forward	**234,685**	**210,318**	**445,003**	316,306
TOTAL FUNDS CARRIED FORWARD	**337,108**	**107,521**	**444,629**	445,003

Balance Sheet

31 March 2023

	Unrestricted Funds £	Restricted Funds £	**2023 Total Funds £**	2022 Total Funds £
CURRENT ASSETS				
Cash at bank	**338,769**	**107,521**	**446,290**	445,003
CREDITORS Amounts falling due within one year	**(1,661)**	-	**(1,661)**	-
NET CURRENT ASSETS	**337,108**	**107,521**	**444,629**	445,003
TOTAL ASSETS LESS CURRENT LIABILITIES	**337,108**	**107,521**	**444,629**	445,003
NET ASSETS	**337,108**	**107,521**	**444,629**	445,003
FUNDS				
Unrestricted funds			**337,108**	234,685
Restricted funds			**107,521**	210,318
TOTAL FUNDS			**444,629**	445,003



Birchall

Supporting people affected by rape and sexual abuse

Other than where specifically noted, all written content has been anonymised to ensure the safety of our service users. The images and names in this document do not relate to anyone mentioned.

Get In Touch!

enquiries@birchalltrust.org.uk

www.birchalltrust.org.uk

Registered Charity No: 1109637 · Company Number: 5424196

REGISTERED COMPANY NUMBER: 05424196 (England and Wales)
REGISTERED CHARITY NUMBER: 1109637

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

FOR

THE BIRCHALL TRUST

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

THE BIRCHALL TRUST

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2023

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THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

FINANCIAL REVIEW

Reserves policy

At the end of the financial year the combined funds of the charity totalled £444,629 (2022: £445.003). This figure may appear substantial, however it will deplete rapidly if the charity fails to secure future funding.

The funds carried forward into the next financial year are made up of an unrestricted balance of £337,108 and a restricted balance of £107,521.
The unrestricted funds of £337,108 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future (see breakdown below). The balance of the unrestricted funds will be used to continually develop and implement our strategy and deliver the charity's objectives:

- Reserves Policy (6 month wind-down)	
o Staff / Redundancies	£206,313
o Counselling services	£22,500
o Rent, services, Property conversion & Removals	£35,250
o Governance, Communication, Travel & Expense	£18,000
	£282,063
- Strategic development/implementation and discretionary funds	**£55,045**

The restricted funds of £107,521 have been granted by the charity's funders for specific reportable activities with respect to delivering services in the next financial year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05424196 (England and Wales)

Registered Charity number
1109637

Registered office
60 Hartington Street
Barrow In Furness
Cumbria
LA14 5SR

THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2023

Trustees
S P Hanson
ME Taylor - Chair
J Brown
J Rushi (resigned 1.11.22)
T Jennings (resigned 5.1.23)
Dr P Cooke (appointed 7.2.23)
C McIntyre (appointed 7.2.23)

Independent Examiner
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of The Birchall Trust 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.

Approved by order of the board of trustees on 22th Sept '23 and signed on its behalf by:

S P Hanson - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BIRCHALL TRUST

Independent examiner's report to the trustees of The Birchall Trust ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

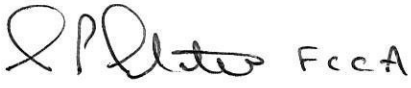
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Mr Stephen Paul Slater

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

14 September 2023

THE BIRCHALL TRUST

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	**2023 Total funds £**	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	4				
Counselling, advice & support		**42,015**	**466,415**	**508,430**	522,816
Other trading activities	2	**118**	**-**	**118**	(3)
Investment income	3	**4,375**	**-**	**4,375**	235
Total		**46,508**	**466,415**	**512,923**	523,048
EXPENDITURE ON					
Charitable activities	5				
Counselling, advice & support		**(55,915)**	**569,212**	**513,297**	394,351
NET INCOME/(EXPENDITURE)		**102,423**	**(102,797)**	**(374)**	128,697
RECONCILIATION OF FUNDS					
Total funds brought forward		**234,685**	**210,318**	**445,003**	316,306
TOTAL FUNDS CARRIED FORWARD		**337,108**	**107,521**	**444,629**	445,003

The notes form part of these financial statements

THE BIRCHALL TRUST

BALANCE SHEET
31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Cash at bank		**338,769**	**107,521**	**446,290**	445,003
CREDITORS					
Amounts falling due within one year	11	**(1,661)**	-	**(1,661)**	-
NET CURRENT ASSETS		**337,108**	**107,521**	**444,629**	445,003
TOTAL ASSETS LESS CURRENT LIABILITIES		**337,108**	**107,521**	**444,629**	445,003
NET ASSETS		**337,108**	**107,521**	**444,629**	445,003
FUNDS	12				
Unrestricted funds				**337,108**	234,685
Restricted funds				**107,521**	210,318
TOTAL FUNDS				**444,629**	445,003

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 20th Sept '23 and were signed on its behalf by:

S P Hanson.

.....
S P Hanson - Trustee

The notes form part of these financial statements

THE BIRCHALL TRUST

CASH FLOW STATEMENT
for the Year Ended 31 March 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	**(3,088)**	128,462
Net cash (used in)/provided by operating activities		**(3,088)**	128,462
Cash flows from investing activities			
Interest received		**4,375**	235
Net cash provided by investing activities		**4,375**	235
Change in cash and cash equivalents in the reporting period		**1,287**	128,697
Cash and cash equivalents at the beginning of the reporting period		**445,003**	316,306
Cash and cash equivalents at the end of the reporting period		**446,290**	445,003

The notes form part of these financial statements

THE BIRCHALL TRUST

NOTES TO THE CASH FLOW STATEMENT
for the Year Ended 31 March 2023

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023	2022
	£	£
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	**(374)**	128,697
Adjustments for:		
Interest received	**(4,375)**	(235)
Increase in creditors	**1,661**	-
Net cash (used in)/provided by operations	**(3,088)**	128,462

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/22	Cash flow	**At 31/3/23**
	£	£	**£**
Net cash			
Cash at bank and in hand	**445,003**	**1,287**	**446,290**
	445,003	**1,287**	**446,290**
Total	**445,003**	**1,287**	**446,290**

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

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

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.

Tangible fixed assets
Fixed assets are stated at cost less accumulated depreciation. The costs of additions below £1,250 are not capitalised. Depreciation is provided in full in the year of purchase.

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

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Rent & services	**118**	(3)

continued...

3. INVESTMENT INCOME

	2023	2022
	£	£
Bank interest	**4,375**	235

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023	2022
		£	£
Donations	Counselling, advice & support	**39,006**	34,957
Training income	Counselling, advice & support	**3,009**	100
Grants	Counselling, advice & support	**466,415**	487,759
		508,430	522,816

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

	2023	2022
	£	£
The Henry Smith Charity	**60,000**	60,000
Francis C Scott Trust	**-**	40,000
BBC Children In Need	**33,800**	32,450
The National Lottery Community Fund	**74,715**	82,000
Sir John Fisher Foundation	**-**	20,000
Lloyds Bank Foundation	**27,250**	25,000
LPCC Trust House	**-**	14,160
Freida Scott Charitable Trust	**-**	20,000
Garfield Weston Foundation	**-**	25,000
CPCC SafetyNet	**45,964**	33,968
Walney Extension Community Fund	**11,738**	-
The Pilgrim Trust	**5,000**	10,000
CPCC MOJ Uplift	**-**	13,150
CPCC MOJ Male Support Fund	**26,469**	18,247
LPCC Critical Support Fund	**43,025**	22,500
Cumbria Community Foundation	**-**	10,000
LPCC MOJ Male Support Fund	**-**	9,947
Cumbria County Council COMF Grant	**-**	33,000
Cumbria County Council DLUHC Grant	**15,555**	8,750
We are Survivors (NHS Eng)	**26,991**	9,587
Henry Smith Foundation - COVID	**40,000**	-
Cumbria MOJ - Additional Therapy	**15,970**	-
CPCC MOJ Additional Capacity	**11,338**	-
Cumbria County Council Trauma Work	**28,600**	-
	466,415	487,759

continued...

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Counselling, advice & support	**386,690**	**126,607**	**513,297**

6. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Counselling, advice & support	**124,251**	**2,356**	**126,607**

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

Trustees received £0.00 (2022: £0.00) in total for stationery and travel expenses. The maximum received by one Trustee was £0.00 (2022: £0.00).

8. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	**302,853**	188,430
Other pension costs	**6,507**	3,680
	309,360	192,110

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

	2023	2022
Support staff	**18**	10

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

continued...

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Counselling, advice & support	35,057	487,759	522,816
Other trading activities	(2)	(1)	(3)
Investment income	235	-	235
Total	35,290	487,758	523,048
EXPENDITURE ON			
Charitable activities			
Counselling, advice & support	(16,070)	410,421	394,351
NET INCOME	51,360	77,337	128,697
RECONCILIATION OF FUNDS			
Total funds brought forward	183,325	132,981	316,306
TOTAL FUNDS CARRIED FORWARD	234,685	210,318	445,003

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2022 and 31 March 2023	**13,256**
DEPRECIATION	
At 1 April 2022 and 31 March 2023	**13,256**
NET BOOK VALUE	
At 31 March 2023	**-**
At 31 March 2022	-

continued...

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Accrued expenses	**1,661**	-

12. MOVEMENT IN FUNDS

	At 1/4/22	Net movement in funds	At 31/3/23
	£	£	£
Unrestricted funds			
General fund	**234,685**	**102,423**	**337,108**
Restricted funds			
BBC Children In Need	**440**	**(440)**	**-**
Francis C Scott Trust	**40,000**	**(25,000)**	**15,000**
The Henry Smith Charity	**12,750**	**15,325**	**28,075**
Sir John Fisher Foundation	**20,000**	**(20,000)**	**-**
Lloyds Bank Foundation	**25,000**	**(25,000)**	**-**
Freida Scott Charitable Trust	**20,000**	**(12,164)**	**7,836**
Garfield Weston Foundation	**25,000**	**(25,000)**	**-**
CPCC SafetyNet	**6,263**	**4,323**	**10,586**
The Pilgrim Trust	**10,000**	**(10,000)**	**-**
Cumbria Community Foundation	**10,000**	**(10,000)**	**-**
Cumbria County Council COMF Grant	**33,000**	**(33,000)**	**-**
We are Survivors (NHS Eng)	**7,865**	**(7,865)**	**-**
Henry Smith Foundation - COVID	**-**	**17,424**	**17,424**
Cumbria County Council Trauma Work	**-**	**28,600**	**28,600**
	210,318	**(102,797)**	**107,521**
TOTAL FUNDS	**445,003**	**(374)**	**444,629**

continued...

12. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**46,508**	**55,915**	**102,423**
Restricted funds			
BBC Children In Need	**33,800**	**(34,240)**	**(440)**
Francis C Scott Trust	**-**	**(25,000)**	**(25,000)**
The Henry Smith Charity	**60,000**	**(44,675)**	**15,325**
Sir John Fisher Foundation	**-**	**(20,000)**	**(20,000)**
Lottery IT	**74,715**	**(74,715)**	**-**
Lloyds Bank Foundation	**27,250**	**(52,250)**	**(25,000)**
Freida Scott Charitable Trust	**-**	**(12,164)**	**(12,164)**
Garfield Weston Foundation	**-**	**(25,000)**	**(25,000)**
CPCC SafetyNet	**45,964**	**(41,641)**	**4,323**
Walney Extension Community Fund	**11,738**	**(11,738)**	**-**
The Pilgrim Trust	**5,000**	**(15,000)**	**(10,000)**
CPCC MOJ Male Support Fund	**26,469**	**(26,469)**	**-**
LPCC Critical Support Fund	**43,025**	**(43,025)**	**-**
Cumbria Community Foundation	**-**	**(10,000)**	**(10,000)**
Cumbria County Council COMF Grant	**-**	**(33,000)**	**(33,000)**
Cumbria County Council DLUHC Grant	**15,555**	**(15,555)**	**-**
We are Survivors (NHS Eng)	**26,991**	**(34,856)**	**(7,865)**
Henry Smith Foundation - COVID	**40,000**	**(22,576)**	**17,424**
Cumbria MOJ - Additional Therapy	**15,970**	**(15,970)**	**-**
CPCC MOJ Additional Capacity	**11,338**	**(11,338)**	**-**
Cumbria County Council Trauma Work	**28,600**	**-**	**28,600**
	466,415	**(569,212)**	**(102,797)**
TOTAL FUNDS	**512,923**	**(513,297)**	**(374)**

continued...

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/21 £	Net movement in funds £	At 31/3/22 £
Unrestricted funds			
General fund	183,325	51,360	234,685
Restricted funds			
BBC Children In Need	111	329	440
Francis C Scott Trust	20,000	20,000	40,000
The Henry Smith Charity	-	12,750	12,750
Sir John Fisher Foundation	35,000	(15,000)	20,000
Protective Behaviours	3,637	(3,637)	-
Lloyds Bank Foundation	-	25,000	25,000
LPCC Trust House	3,030	(3,030)	-
Freida Scott Charitable Trust	20,000	-	20,000
Estate of Dorcas Gay	4,860	(4,860)	-
Garfield Weston Foundation	4,212	20,788	25,000
Charles Hayward Trust	7,000	(7,000)	-
CPCC SafetyNet	10,910	(4,647)	6,263
Cumbria Victims Charitable Trust	1,400	(1,400)	-
Innovation Suicide Prevention Funding NHS England/BAE	1,840	(1,840)	-
The Dowager Countess Eleanor Peel Trust	765	(765)	-
Co-op Local Community Fund	2,760	(2,760)	-
BAE	1,500	(1,500)	-
BBC Children in Need - Covid	201	(201)	-
PDS Medical	1,500	(1,500)	-
The Survivors Trust	2,400	(2,400)	-
SLDC Creditors	1,000	(1,000)	-
SN Guest	855	(855)	-
The Pilgrim Trust	10,000	-	10,000
Cumbria Community Foundation	-	10,000	10,000
Cumbria County Council COMF Grant	-	33,000	33,000
We are Survivors (NHS Eng)	-	7,865	7,865
	132,981	77,337	210,318
TOTAL FUNDS	316,306	128,697	445,003

continued...

12. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	35,290	16,070	51,360
Restricted funds			
BBC Children In Need	32,450	(32,121)	329
Francis C Scott Trust	40,000	(20,000)	20,000
The Henry Smith Charity	60,000	(47,250)	12,750
Sir John Fisher Foundation	20,000	(35,000)	(15,000)
Protective Behaviours	-	(3,637)	(3,637)
Lloyds Bank Foundation	25,000	-	25,000
LPCC Trust House	14,160	(17,190)	(3,030)
The National Lottery Community Fund	82,000	(82,000)	-
Freida Scott Charitable Trust	20,000	(20,000)	-
Estate of Dorcas Gay	-	(4,860)	(4,860)
Garfield Weston Foundation	25,000	(4,212)	20,788
Charles Hayward Trust	-	(7,000)	(7,000)
CPCC SafetyNet	33,967	(38,614)	(4,647)
Cumbria Victims Charitable Trust	-	(1,400)	(1,400)
Innovation Suicide Prevention Funding NHS England/BAE	-	(1,840)	(1,840)
The Dowager Countess Eleanor Peel Trust	-	(765)	(765)
Co-op Local Community Fund	-	(2,760)	(2,760)
BAE	-	(1,500)	(1,500)
BBC Children in Need - Covid	-	(201)	(201)
PDS Medical	-	(1,500)	(1,500)
The Survivors Trust	-	(2,400)	(2,400)
SLDC Creditors	-	(1,000)	(1,000)
SN Guest	-	(855)	(855)
The Pilgrim Trust	10,000	(10,000)	-
CPCC MOJ Uplift	13,150	(13,150)	-
CPCC MOJ Male Support Fund	18,247	(18,247)	-
LPCC Critical Support Fund	22,500	(22,500)	-
Cumbria Community Foundation	10,000	-	10,000
LPCC MOJ Male Support Fund	9,947	(9,947)	-
Cumbria County Council COMF Grant	33,000	-	33,000
Cumbria County Council DLUHC Grant	8,750	(8,750)	-
We are Survivors (NHS Eng)	9,587	(1,722)	7,865
	487,758	(410,421)	77,337
TOTAL FUNDS	523,048	(394,351)	128,697

continued...

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Other trading activities		
Rent & services	**118**	(3)
Investment income		
Bank interest	**4,375**	235
Charitable activities		
Donations	**39,006**	34,957
Training income	**3,009**	100
Grants	**466,415**	487,759
	508,430	522,816
Total incoming resources	**512,923**	523,048
EXPENDITURE		
Charitable activities		
Staff costs for client support	**224,111**	139,438
Rent & services - counselling rooms	**31,329**	30,268
Counselling equipment	**492**	649
Refurbish counselling rooms	**593**	1,988
Travelling	**4,318**	3,378
Counsellors	**71,988**	104,956
Clinical supervision	**4,040**	913
Training	**7,469**	1,560
Service provision partner	**42,350**	-
	386,690	283,150
Support costs		
Management		
Wages	**78,742**	48,992
Pensions	**6,507**	3,680
Rent & services	**1,649**	1,593
Insurance	**2,165**	1,966
Telephone	**3,378**	2,288
Postage and stationery	**318**	1,115
Sundries	**6,490**	2,777
Professional fees for service development	**14,668**	30,364
Office equipment	**2,140**	1,719
Bank charges	**180**	188
Carried forward	**116,237**	94,682

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2023

	2023	2022
	£	£
Management		
Brought forward	**116,237**	94,682
IT & website	**8,014**	8,629
	124,251	103,311
Governance costs		
Travel & meetings	**136**	197
Accountancy fees	**2,220**	1,728
Legal fees	**-**	5,965
	2,356	7,890
Total resources expended	**513,297**	394,351
Net (expenditure)/income	**(374)**	128,697

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BIRCHALL TRUST

Independent examiner's report to the trustees of The Birchall Trust ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

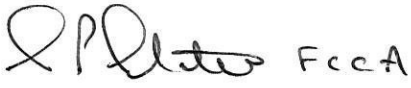
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Mr Stephen Paul Slater

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

14 September 2023

THE BIRCHALL TRUST

England & Wales - Charity number 1109637

Accounts



Annual Report 2021-22

Birchall

Supporting people affected by rape and sexual abuse

Registered Charity No: 1109637 · Company Number: 5424196



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"I can now understand why I feel and behave the way I do. I have learned grounding techniques which are invaluable. The relationship between my counsellor and I has been priceless. Thank you for giving me my life back."

Female, 54, Kendal

Chair's Review

The past year has been one of change and challenge as we have adjusted to a post pandemic world while at the same time looking to the future for the Birchall Trust. We have entered our 4th decade of work with those who have experienced sexual violence and it was time to review the way we work in the light of knowledge and experience. Over the thirty years of its existence those associated with Birchall have accumulated a wealth of experience and knowledge, which has been used for the benefit of its clients, but there comes a point to take stock in a changing world, where we must prove ourselves, not only to our clients, but those who fund us.

While we continue to believe small is beautiful, we have recognised there is value in working with organisations who share a common aim. We have strengthened our ties with Safety Net in north Cumbria allowing us to secure funding we would not otherwise obtained and are working with Survivors Manchester to provide counsellors in Haverigg and Lancaster Farms Prisons.

Pre pandemic there was a recognition of the need to have a coherent model of practice and over the past year we have moved to developing a Trauma based model of care. To facilitate this, we now have a mix of employed and free-lance counsellors allowing a consistent but flexible service meeting individual needs. Recognition of the secondary effects of sexual trauma and the potential to hinder the counselling process has led to the development of a Well Being service and the recruitment of specialist practitioners.

To facilitate our core work with clients we have invested in new IT services which will reduce time required for manual clerical work and have moved to a new base in Morecambe.

Despite these changes face to face work with clients has continued providing counselling services to 272 adults and 64 children and young persons. This is a small reduction on the previous year, but current evidence points to an improvement in both the quantity and quality of interventions offered during the current year.

I would like to take this opportunity to thank all those who have worked for Birchall in the past year and wish those who have moved on all the best. Welcome to those who have joined us and contribute to our valuable work in whatever role - everyone is essential to fulfilling our aims.

Thanks to our funders and supporters who recognise the value of our work and have provided the financial backing to ensure our services are available to all in need of them.

During this year the board was joined by Teresa Jennings who has a wealth of experience in the third sector. She and her colleagues have provided sage advice and support during challenging times for which I am extremely grateful.



Dr. Elizabeth Taylor







This is us

Sexual abuse and rape inflict deep trauma - the effects of which can last a lifetime if left untreated. Birchall understand complex trauma, we have specialist training on how the body and brain responds when someone feels like they're under significant threat. We understand the impact that sexual violence has on everyone who experiences it, be that as a one-off incident or years of grooming and abuse.

We offer advice and information, practical support to deal with things such as; flashbacks, sleep patterns, improving mental wellbeing. In the longer-term we offer counselling and play therapy where we start to really help people recover from their trauma and to put their emotional and psychological safety as a key priority.

Our Vision

At The Birchall Trust, we believe that we should live in a society that is free of rape, sexual abuse, and sexualised violence.

Our Mission

The Birchall Trust empowers people affected by rape, sexual abuse, or sexualised violence to recover from their trauma so they can lead safe and fulfilling lives.

We cover issues including childhood abuse, child sexual exploitation, trafficking, sex workers and online abuse
We aim to meet the needs of anyone irrespective of gender identity, sexuality, ethnicity, culture, or religion

Trauma informed approach

Sexual abuse and rape inflict deep trauma - the effects of which can last a lifetime if left untreated. Here at Birchall, we understand complex trauma, we recognise the impact of experiences that threaten a person's sense of safety/wellbeing and we put emotional and psychological safety as a key priority. This approach chooses to not only focus on the behaviour someone is trying to change, but also on the underlying reasons for the behaviour and the relief it provides. In this way all our counselling, therapy and wellbeing sessions work at the deepest level to make long-lasting change, without causing further harm.

Our approach is based on:

Treating people as individuals - all our work is tailored to the client as an individual – we don't offer a 'one size fits all' service.

Being focused on our clients - we offer choice and work in a way that encourages the client to make decisions and be in control. We respect their choices and decisions.

Easy access - deciding to contact an organisation like ours can be a stressful and hard first step. We work to ensure that approaching us is an efficient and positive experience.

Quality practice - we have robust systems in place for managing, supervising and supporting our work. Our counsellors/therapists are all qualified and work within the nationally recognised standards for the British Association for Counsellors and Psychotherapists.

Collaboration - we recognise the value of working with agencies who may have an involvement in sexual abuse incidents. We are committed to working in partnership with agencies that share our approach/values

Our Wellbeing Programme

A key development of our services this year has been the introduction of trauma informed wellbeing service.

Our Wellbeing Programme provides support to individuals who need immediate emotional and practical support focusing on three key areas: stabilisation, information, and preparation. Active signposting also helps them with housing, finances, and medical concerns, as well as seeking specialist support for issues such as addiction.

This approach enables us to work with people who have experienced trauma at an earlier stage of their recovery. Supporting clients using psychoeducational tools and grounding and stabilisation techniques allows people to start to improve their mental health and confidence. This in turn enables them to then engage with other services safely, including counselling, which helps them to fulfil their potential.
As part of the programme, we have also been developing self-help guides and online support to ensure that anyone can access information and tips to support their wellbeing.

Our Teams

It's important that we also recognise the impact of vicarious trauma, this can happen to anyone who is engaging empathetically with survivors of traumatic incidents, so we support our teams through offering clinical supervision, reflective practice, peer support and wellness days and events. We actively encourage all members of our team to practice self -care, take time out and have a good work-life balance.

"If we are drowning in our own dysregulation, our own stress, and burnout and compassion fatigue have set in, we lose our capacity to help others." **Jen Alexander**

By supporting Birchall, you can help ensure no one has to deal with rape or sexual abuse alone.



Transforming Lives

Rachel's Journey

Rachel, presented with nightmares, flashbacks, struggles with relationships, poor personal hygiene, bullying and a difficulty in expressing her feelings. She was referred to The Birchall Trust by her head of year who was concerned that Rachel hadn't had the opportunity to explore sustained early childhood sexual abuse at the hands of an uncle and noticed that she was struggling at school with personal hygiene, bullying, friendships and sleep related issues.

It was clear from the outset that Rachel felt extremely uncomfortable with expressing herself emotionally. She struggled to identify feelings, make decisions, express her personal needs and engage with intimacy. Her therapist spent a great deal of time building trust within the counselling relationship and began by working creatively, helping Rachel to identify and create a safe space for herself.

Although she was 15 years old, she presented at times as a much younger child and told her therapist that she had imaginary friends who they invited into her safe space. They also explored her interests and discovered that she loved music but had unrealistic expectations of herself. Sadly, this often led to her being bullied at school.

Rachel lived with her Mum and three siblings and had a number of older siblings, who no longer lived at home. She had little contact with her dad. She didn't have a close relationship with her mum and often arrived at therapy sessions feeling upset after arguments at home and mum's lack of interest in her achievements at school.

Over time Rachel began to open up a little more, sharing some of the difficulties she was experiencing at home and school where she was often the victim of bullying. She worked creatively with her therapist and played cards and chess, helping Rachel to make decisions for herself. Rachel was able to work on managing triggers and particularly her issues regarding silence which would often bring on feelings of panic.

Rachel was able to manage these episodes and began to sleep better and engage in meaningful relationships with her peers. By the time she ended her therapy sessions Rachel's personal hygiene had improved, she had a boyfriend and felt able to create appropriate boundaries within the relationship.

Feedback from Rachel:
I enjoyed coming so I could talk to my therapist, it's been helpful, and we have built a nice relationship. It's been nice having time for myself. I really liked playing cards and chess it was relaxing.

Peter's Journey

Peter was referred to the Birchall Trust for 12 sessions of Pre-trial therapy, therefore he was unable to explore the details of his trauma but could explore its impact on his sense of self and emotional well-being. He had been signed off work because he was experiencing PTSD type symptoms which included flashbacks, intrusive thoughts, nightmares, difficulty sleeping, anxiety and low mood.

His initial therapy sessions focused on stabilisation, identifying triggers and ways to help ground and anchor himself in the 'here and now.' Peter described himself as feeling 'empty,' explaining that for the past few years he had experienced suicidal thoughts but had no intention of ending his life because his children were a protective factor. As he explored this, he reflected that the risk-taking behaviour he used to engage in may have been a combination of impulse driven behaviour related to ADHD but also a cover for a suicidal plan at the 'back of his mind.'

Having recently separated from his wife, Peter explored feelings of regret, loneliness and uncertainty about his future. He explained that he had been unfaithful on several occasions throughout their marriage even though he loved her. As he reflected on this, he began to demonstrate an awareness that this had been a self-sabotaging pattern of behaviour. He explored how it appeared he attempted to mask feelings of low self-worth, emotional distress and feelings of vulnerability by overly compensating in the way he presented himself to the outside world. He began to consider whether he used this behaviour as a measure of his self-worth, proof of his masculinity and a means to take back some of the control which was taken from him at the time of the trauma. This assisted him to tentatively explore the possibility of rebuilding his life and discover what he wanted and who he really was.

As his counselling sessions came to an end Peter began a phased return to work. He was managing his PTSD symptoms, his depression had reduced from moderately severe to moderate, his anxiety from severe to moderate and there was a meaningful reduction in his PTSD symptoms. However, it was clear that Peter very much needed to talk about the trauma in order to begin to process his experience. As he was an 'out of area' client it was suggested to him that he referred himself to a specialised counselling service in his area once he was able to so he could access trauma focused therapy to enable him to explore his experience without the restrictions and limitations of Pre-trial therapy.



Imani's Journey

Imani aged 21 came to Birchall because she was experiencing flashbacks, nightmares, depression low self-worth, lack of self-confidence and tendency to isolate.
A few years ago, she had been in an emotionally and sexually abusive relationship which had shattered her self-confidence, self-worth, and ability to trust.

Initially, in conjunction with working on stabilisation, grounding techniques and identifying triggers, it was important to build up an accepting and empathetic space where she felt secure enough to explore her feelings. Imani felt confused as to how her 'boyfriend' could treat her in such a way, and she blamed her own inexperience.
Imani felt stuck, she was only just starting to process the trauma she had been through, she was unable to move forward which was impacting on her sense of self and ability to trust enough to enter future relationships.

The way her family had responded when she disclosed the trauma had added to her emotional distress. Her experience was that her mother and sisters implied it was her fault, whilst her father did not seem to want to discuss it. She explored cultural and gendered conditions of worth, reflecting that her parents' upbringing had been in a country patriarchal in nature, with gender inequality. Consequently, the status of females was considered lower than males, who could dominate them. She explored the expectations she perceived her family placed on her and described craving their approval as she never felt 'good enough', which reinforced feelings of low self-worth, shame, and self-blame. This also created a lack of a cohesive sense of self.

As she explored the dynamics of her family, she began to rely less on their judgement, instead learning to trust her own and seek to validate herself rather than look to them for validation. As such she began to practise self-compassion and self-care and develop a more authentic sense of self, which in turn had the effect of reducing her anxiety and low mood. When speaking of the sexual assaults she worked with her counsellor to explore issues related to sexual intimacy, including the issue of consent, establishing personal boundaries and the right to say 'no'.

As Imani's counselling came to an end, she described having gained insight into her difficulties and why she had felt the way she did. She was using the grounding strategies her counsellor had taught her and her PTSD symptoms were decreasing.

Additionally, she was more willing to consider her own needs, be less self-critical and offer herself compassion. As such feelings of shame lifted and she was able to assign the blame to the perpetrator rather than herself.



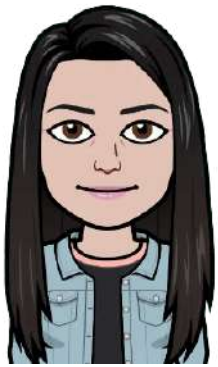
Our Services

I joined Birchall as Head of Services in February 2022 having worked as a counsellor for several years. One of the key focus areas has been aligning our service delivery model and theory of change to create a Birchall client journey. Working with the team and involving people with lived experience and researching best practice we have now developed our 3-stage model of Stabilisation & Understanding, Processing & Acceptance and finally Integration & Engagement.

The first stage supports people to develop ways to manage their thoughts and feelings, manage the symptoms around anxiety and depression to prepare for more in-depth work in stage 2.
Our second stage is trauma informed counselling where people are able to develop a greater understanding of themselves and awareness of their behaviours. They learn to express their own needs and wishes and improve their self-care and compassion.
Our counselling balances carefully a solution focused approach alongside a person-centred approach and we work with each individual, measuring progress as they move through the stages.

The final stage focuses on strengthening relationships with others, developing confidence and resilience. We can offer opportunities for people to get involved in peer support groups or become a Birchall Ambassador.
This new approach has been welcomed by our teams who feel supported to utilize their skills and practices within a clear framework. It has also enabled us to manage our waiting lists more proactively and start to see more clients, whilst ensuring a quality service.

I would just like to thank all Team Birchall for making me feel welcome and I'm looking forward to delivering our strategy over the coming years.



Nicola Lord

Head of Services

Working with Male Survivors

At Birchall we are very proud to be a member of the Male Survivors Partnership and have been independently accredited by Lime Culture to deliver services for men ensuring that we recognise the gender-based needs of men accessing our services
We understand that men and boys who have been sexually assaulted/abused have many of the same feelings and reactions as other survivors of sexual assault, but they also face some additional challenges because of social attitudes and stereotypes about men and masculinity.
We endeavour to empower men to selfheal, set goals, move forwards, and develop a sense of safety. Our relationship with men who use our services is centred around congruence, empathy, and a positive regard.
Over the last year we ran a pilot Male Peer support group, meeting regularly in a safe space for men to come together and start to develop friendships and a support network.

We recognise for some men talking to a counsellor or wellbeing practitioner can be intimidating as there may be a perception of a power imbalance – in a peer support group, all members are equal, enabling men to feel less anxious, more comfortable and more able to open up and can develop healthy relationships with other men, become role models for each other, learn from each other.

The pilot ran for several months and had initially been open to anyone to attend at any point in their recovery. We learnt a lot form this pilot and as it came to an end, we were able to incorporate ideas and feedback into our wider client journey development work so that now those who wish to attend do so as part of our three-stage journey.

Prison Work

The past year has seen us really settle into providing our work within the prison service. In collaboration with Survivors Manchester, we have established our Birchall counsellors both within HMP Lancaster Farms prison in Lancashire, and HMP Haverigg prison in Cumbria, providing a trauma-informed therapy service to prisoners of all ages and with a multitude of differing needs, but with one very common denominator: they have all suffered trauma in their past, and they are all ready to work through this.



Matt Metcalf Counsellor

Children and Young People

This year we have continued to provide the valuable one to one counselling and therapy sessions to children and young people aged from 4yrs to 17yrs. Returning to our buildings following the pandemic, clients and their parents/carers valued the smooth transitions offered to them, which the dedicated staff and freelance counselling team were determined to deliver. CYP therapy sessions have been offered face to face, as well as maintaining the option of a blended approach including online Zoom and telephone sessions for teenage clients, depending on their needs. This allows for client autonomy and has enabled flexibility around exam pressures and school/college lessons. Younger, primary school aged clients have engaged well and benefited once again, in play therapy, sand tray therapy and creative arts therapeutic approaches. For younger children the uniqueness of one to one, face to face therapy in the play therapy room with their therapist, is what has made being back in the buildings so rewarding and special.

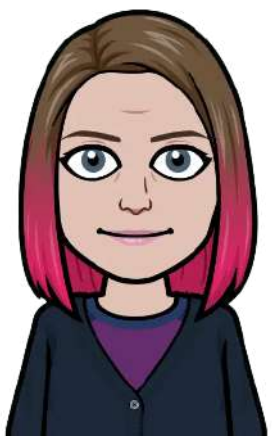
To work successfully with our CYP clients it is important for Birchall Trust to be able to offer a holistic and systemic approach within their therapeutic journey, by at times working with the family. We have therefore, been able to successfully move forward with the provision of family support by offering parent/carer consultation sessions and collaborative therapeutic sessions with children and their parents. For parents/carers it has been important that they are offered a space to understand and learn about the impact of the abuse their child has experienced and how this affects their child's emotional, social and physical wellbeing.

We have continued to offer the benefits of our trauma informed service to support other professionals, including schools and social workers, who are working with the young clients in our service, offering advice, coping strategies, supervision/education/reflective practice on understanding the impact of trauma on a child or young person. Feedback from this element of our service offer, is always received with much appreciation from those requesting it.

The end of 2021 saw us focusing on providing a much- needed service of support for the parents and carers of the children and young people who use our services. A parent/carer workshop programme was developed in- house to meet this need and aimed to bring together a group of parents and carers to supply them with the skills to understand what their children might be going through and give them the tools to support them through their most difficult moments at home..

This programme consisted of six workshops which began in March 2022 and was well attended with all the parents remaining with us throughout, and the feedback being very positive, with each parent saying they found the programme useful and would be taking away knowledge and understanding to use with their children to support them through their distressing experiences, both past and in the future.

> **"If my son hadn't had counselling things would have been so much worse. He was really struggling with anger, self-harm, having suicidal thoughts and struggling at school. It's been a safety net for him. The whole family feel that he has matured, his relationships have improved, and he says he is much happier."**



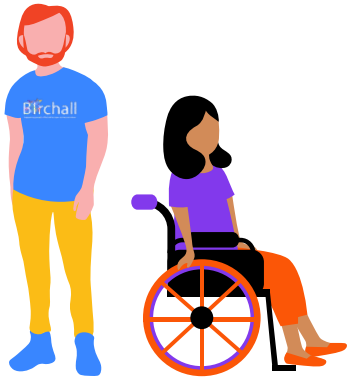
Monica Jaklin-Taylor

Counsellor

Birchall in Numbers

Our Impact

During the first year of our new strategy, we delivered our services to **272** adults and **165** CYP in the FY 2021-22.



Adults

218 Female (80%), 41 Male (15%)
2 Transgender (1%) 3 non-binary (1%)
8 Not declared (3%)

CYP

111 Female (67%) 35 Male (21%) 2 Transgender (1.5%) 2 Gender fluid (1.5%) 2 non-binary (1.5%) 13 Not specified (7.5%)



As a service, we are proud to hold **male accreditation**; we encourage males to come forward and engage as research shows **males are less likely to report sexual violence**.



"The counsellor made me feel I had worth. Both counsellors I had were very professional. I was scared of being judged but both counsellors were amazing and a real credit to Birchall."

Male, 41, Barrow



6383 Counselling sessions were completed

23% CYP received additional sessions for complex issues

15% Adults received additional sessions for complex issues

10-40 Counselling sessions were received by clients

Key findings at the end of counselling:

General Health & Wellbeing

- **54%** reported that they felt their health and wellbeing had improved
- **64%** reported an improvement in feeling OK about themselves
- **62%** reported an improvement in feeling irritable and having angry outbursts

Resilience

- **63%** an improvement in their ability to manage their problems
- **41%** an improvement in their relationship with others

Confidence & Self Worth

- **45%** reported an improvement in their confidence
- **57%** an improvement in feeling positive about the future
- **59%** an improvement in their ability to go out/about



Funding Thanks

The Birchall Trust relies on the kindness and generosity of our supporters. Every single penny donated or granted to us helps us provide therapy and support to empower survivors.

We are extremely lucky to have been awarded new grants in the year from Henry Smith Charitable Trust, Frieda Scott, Lloyds Bank Foundation, Francis C Scott, Garfield Weston and The Pilgrim Trust.
We have also continued funding through Children in Need, Cumbria and Lancashire PCC and Cumbria County Council.

Our two Big Give Campaigns at Christmas and the Women's & Girls Fund raised over £8,000 from individuals and organisations and was our first attempt at an online campaign.

We would like to say a huge thankyou to each and every supporter who makes our work possible – we genuinely couldn't do it without you.

COMMUNITY FUND

FSCT
FRIEDA SCOTT CHARITABLE TRUST

CUMBRIA

Ministry of Justice

ANDREW SNOWDEN

FCSCT
FRANCIS C SCOTT CHARITABLE TRUST

The Henry Smith Charity
founded in 1628

Garfield Weston FOUNDATION

theBigGive

BBC Children in Need

The Pilgrim Trust

Cumbria County Council

Walney Extension Community Fund

CUMBRIA COMMUNITY FOUNDATION

LLOYDS BANK FOUNDATION
England & Wales

Sir John Fisher Foundation

LIME CULTURE
INDEPENDENTLY ACCREDITED

MSP MALE SURVIVORS PARTNERSHIP
QUALITY STANDARDS
for Services Supporting Male Victims and Survivors of Sexual Violence
03/24

CEO Review

This is my second year as CEO and my first full year in post. It has been a time of change and some uncertainty as we came out of the pandemic and started to re-deliver our services.

The first year of a new strategy has brought new opportunities but also challenges as we tried to embark on some of our key deliverables. We have hit many bumps along the way, we have said goodbye to some members of the team and welcomed new people in.

We have tried new ways of working and we have learned along the way, we have challenged each other, and we have involved the people who use our services to put their voices central to the work we do.

During the year, we have fully embraced technology to maximize the reach and effectiveness of our services, we have started to embed equality, diversity, and inclusion into the heart of Birchall and are continuing whole heartedly on our journey towards becoming a truly trauma informed and learning organisation.
We have also harnessed the power of partnership working, joining forces across the charity sector and with local government to deliver the best possible outcomes for the people using our services. We have used our knowledge and experience to be involved in strategic partnerships.

I am proud to have launched our development programme where we are supporting local students to gain experience of the work we do. Some have followed our learning pathway and are now fully part of the team as newly qualified counsellors. The generosity of our more experienced counsellors when working with students to share their knowledge and expertise creates a Birchall legacy we can all be proud of.
No doubt we will continue to face challenges in the coming year as we continue to embed our strategy, strengthen our education programme, further develop our wellbeing programme, and become a leading trauma informed organisation.

Finally, I am very grateful for the support of the team, volunteers, Birchall Ambassadors and of the Board of Trustees and I am excited to enter the next phase of work in the spirit of collaboration and partnership working with hope and a fundamental belief in the work we do here at Birchall

Vanessa Dixon




HOWEVER I DRESS,
WHEREVER I GO.
YES MEANS YES AND
NO
MEANS
NO

Statement of Financial Activities

The Birchall Trust has ended the financial year April 2021-March 2022 with a healthy financial balance of £445,003 (2021: £316,306). The funds are made up of an unrestricted balance of £234,685 and a restricted balance of £210,318.

The restricted funds of £210,318 will be used towards delivering our services in the next financial year 2021/2022.

The unrestricted funds of £234,685 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6-month 'wind-down' period, should the charity fail to secure funding support in the future. It also provides a small amount of funding to be spent at the discretion of the Trustees and CEO in furtherance of the charity's objectives (see annual accounts for details).

In the same way as previous years, I have analysed the end of year accounts using the three key ratio's. Fundraising and administration costs to total expenditure (FACE up 5%), Administration costs to total expenditure (ACE up 4%) and fundraising costs to total expenditure (FCE up 1%).

This year we have continued to implement our strategic plan, to strengthen our organisational structure with more management and support staff. As can be seen in the key ratios (Fig 1 opposite) these changes have driven increases in costs.

How we spent our funds

The good news is that although we have been making all these essential changes we have still been able to maintain our spend on charitable activities at the same level as last year (Fig 2 and 3 opposite).

It has been a year of great challenges and changes. However I believe that everyone in our organisation has been able to rise to the occasion and continue to deliver our service to the high standards that we have come to expect

So I would like to thank all of the Birchall Trust team for all their hard work and support for our clients through these extremely challenging times.

We are extremely grateful for the support we have received from donations and grant making organisations, whose support has enabled our charity to carry on delivering this vital service in south Cumbria and north Lancashire.

Simon Hanson

Treasurer



Key Ratio History

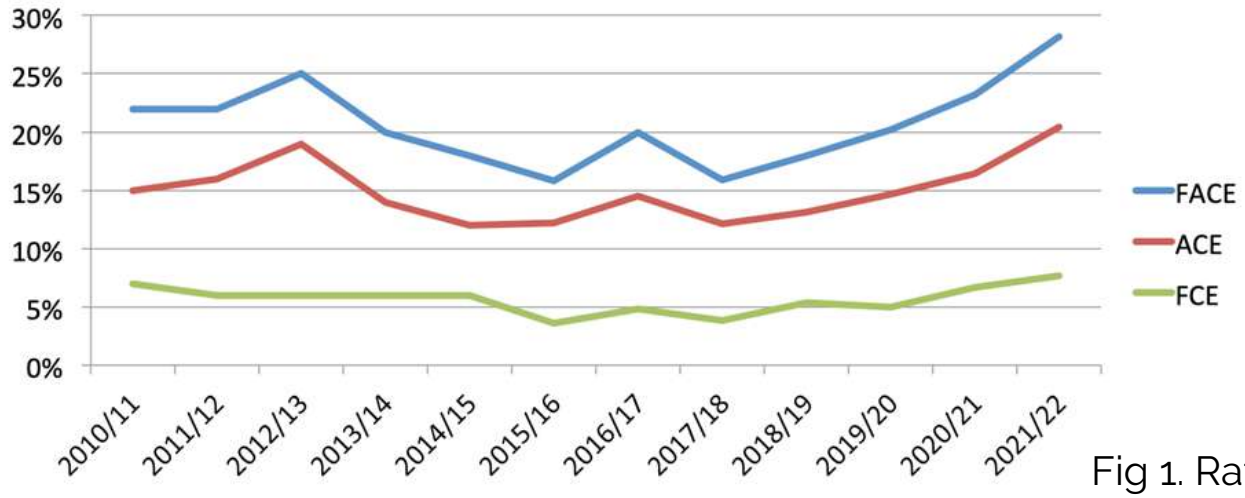


Fig 1. Ratios

How we have spent our funds

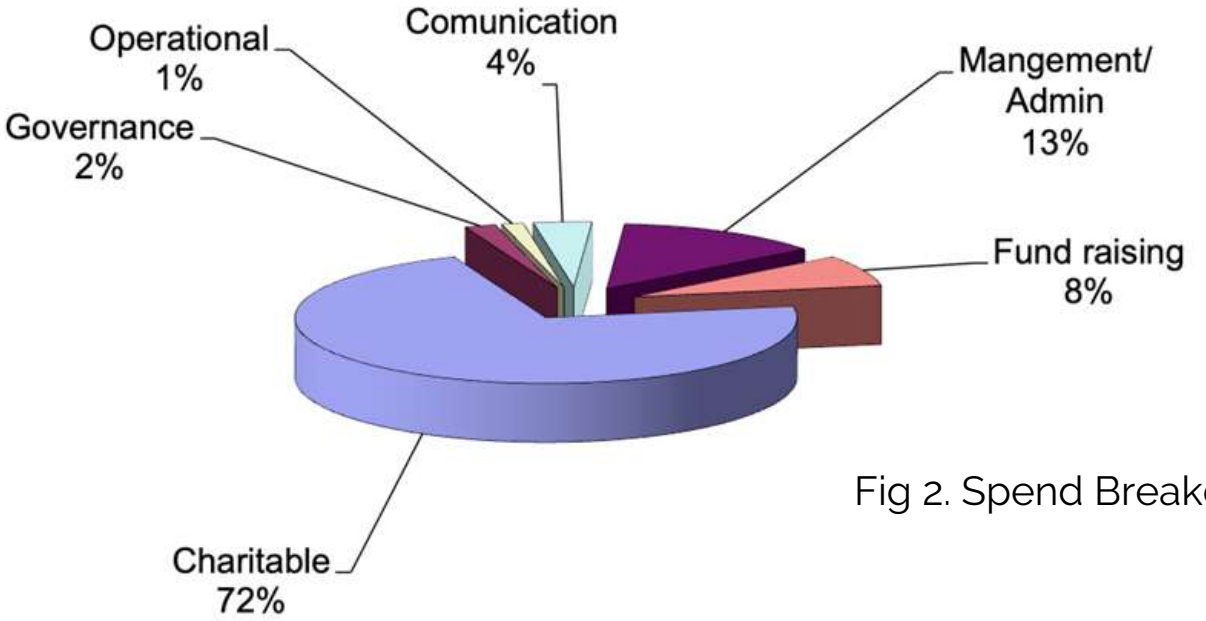


Fig 2. Spend Breakdown

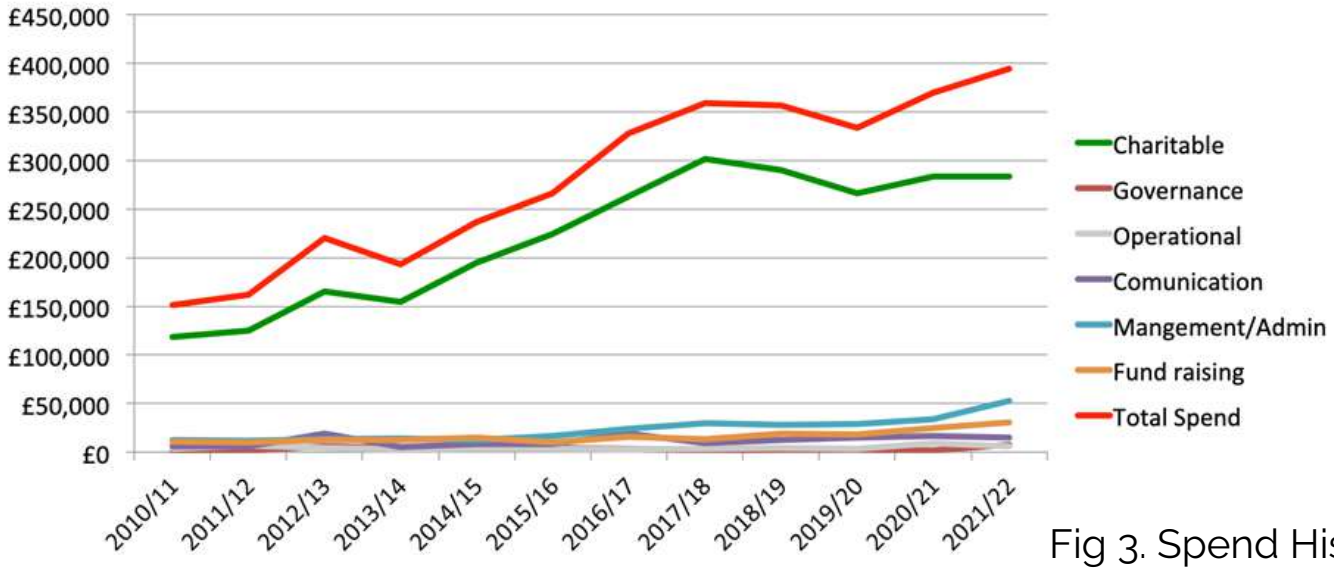


Fig 3. Spend History

Treasurers Report

For the Year Ended 31 March 2022

	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
INCOME AND ENDOWMENTS FROM Charitable activities				
Counselling advice & support	35,057	487,759	522,816	410,608
Other trading activities	(2)	(1)	(3)	3
Investment income	235	-	235	122
Total	35,290	487,758	523,048	410,733
EXPENDITURE ON Charitable activities				
Counselling advice & support	(16,070)	410,421	394,351	369,609
NET INCOME	51,360	77,337	128,697	41,124
RECONCILLIATION OF FUNDS				
Total funds brought forward	183,325	132,981	316,306	275,182
TOTAL FUNDS CARRIED FORWARD	**234,685**	**210,318**	**445,003**	**316,306**

Balance Sheet

31 March 2022

	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
CURRENT ASSETS				
Cash at bank and in hand	234,685	210,318	445,003	316,306
NET CURRENT ASSETS	234,685	210,318	445,003	316,306
TOTAL ASSETS LESS CURRENT LIABILITIES	234,685	210,318	445,003	316,306
NET ASSETS	234,685	210,318	445,003	316,306
FUNDS				
Unrestricted funds			234,685	183,325
Restricted funds			210,318	132,981
TOTAL FUNDS CARRIED FORWARD	**234,685**	**210,318**	**445,003**	**316,306**

Birchall

Supporting people affected by rape and sexual abuse

@TheBirchallTrust

@BirchallTrust

@thebirchalltrust

The Birchall Trust

www.birchalltrust.org.uk

Cumbria Office

60 Hartington Street

Barrow-in-Furness

LA14 5SR

Tel: 01229 820828

Lancashire Office

1 Townley Street

Morecambe

LA4 5JQ

01524 239595

Other than where specifically noted, all written content has been anonymised to ensure the safety of our service users. The images and names in this document do not relate to anyone mentioned.

Registered Charity No: 1109637 · Company Number: 5424196

REGISTERED COMPANY NUMBER: 05424196 (England and Wales)
REGISTERED CHARITY NUMBER: 1109637

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

FOR

THE BIRCHALL TRUST

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

THE BIRCHALL TRUST

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2022

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Balance Sheet	5
Cash Flow Statement	6
Notes to the Cash Flow Statement	7
Notes to the Financial Statements	8 to 17
Detailed Statement of Financial Activities	18 to 19

THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2022

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

FINANCIAL REVIEW

Reserves policy

At the end of the financial year the combined funds of the charity totalled £445,003 (2021: £316,306). This figure may appear substantial, however it will deplete rapidly if the charity fails to secure future funding.

The funds carried forward into the next financial year are made up of an unrestricted balance of £234,685 and a restricted balance of £210,318.
The unrestricted funds of £234,685 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future. It also provides a small amount of funding to be spent at the discretion of the Trustees in furtherance of the charity's objectives:

- Reserves Policy (6 month wind-down)	
o Staff / Redundancies	£130,754
o Counselling services	£24,594
o Rent, services, Property conversion & Removals	£23,490
o Governance, Communication, Travel & Expense	£11,720
	£190,558
- Trustees and CEO discretionary funds	**£44,127**

The restricted funds of £210,318 have been granted by the charity's funders for specific reportable activities with respect to delivering services in the next financial year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05424196 (England and Wales)

Registered Charity number
1109637

Registered office
60 Hartington Street
Barrow In Furness
Cumbria
LA14 5SR

THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2022

Trustees
S P Hanson
Dr S F Weare (resigned 13.11.21)
ME Taylor - Chair
J Brown
J Rushi (appointed 21.4.21)
T Jennings (appointed 2.3.22)

Independent Examiner
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of The Birchall Trust 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.

Approved by order of the board of trustees on 4th October 2022 and signed on its behalf by:

S P Hanson

S P Hanson - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BIRCHALL TRUST

Independent examiner's report to the trustees of The Birchall Trust ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Chartered Association of Certified Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

FCCA

Mr Stephen Paul Slater
Chartered Association of Certified Accountants
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

7 September 2022

THE BIRCHALL TRUST

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2022

	Notes	Unrestricted fund £	Restricted funds £	**2022 Total funds £**	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities					
Counselling, advice & support		**35,057**	**487,759**	**522,816**	410,608
Other trading activities	2	**(2)**	**(1)**	**(3)**	3
Investment income	3	**235**	**-**	**235**	122
Total		**35,290**	**487,758**	**523,048**	410,733
EXPENDITURE ON					
Charitable activities	5				
Counselling, advice & support		**(16,070)**	**410,421**	**394,351**	369,609
NET INCOME		**51,360**	**77,337**	**128,697**	41,124
RECONCILIATION OF FUNDS					
Total funds brought forward		**183,325**	**132,981**	**316,306**	275,182
TOTAL FUNDS CARRIED FORWARD		**234,685**	**210,318**	**445,003**	316,306

The notes form part of these financial statements

THE BIRCHALL TRUST

BALANCE SHEET
31 March 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
CURRENT ASSETS					
Cash at bank and in hand		**234,685**	**210,318**	**445,003**	316,306
NET CURRENT ASSETS		**234,685**	**210,318**	**445,003**	316,306
TOTAL ASSETS LESS CURRENT LIABILITIES		**234,685**	**210,318**	**445,003**	316,306
NET ASSETS		**234,685**	**210,318**	**445,003**	316,306
FUNDS	11				
Unrestricted funds				**234,685**	183,325
Restricted funds				**210,318**	132,981
TOTAL FUNDS				**445,003**	316,306

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 4th October 2022 and were signed on its behalf by:

S P Hanson

S P Hanson - Trustee

The notes form part of these financial statements

THE BIRCHALL TRUST

CASH FLOW STATEMENT
for the Year Ended 31 March 2022

	Notes	**2022** **£**	2021 £
Cash flows from operating activities			
Cash generated from operations	1	**128,462**	41,002
Net cash provided by operating activities		**128,462**	41,002
Cash flows from investing activities			
Interest received		**235**	122
Net cash provided by investing activities		**235**	122
Change in cash and cash equivalents in the reporting period		**128,697**	41,124
Cash and cash equivalents at the beginning of the reporting period		**316,306**	275,182
Cash and cash equivalents at the end of the reporting period		**445,003**	316,306

The notes form part of these financial statements

THE BIRCHALL TRUST

NOTES TO THE CASH FLOW STATEMENT
for the Year Ended 31 March 2022

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

	2022	2021
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	**128,697**	41,124
Adjustments for:		
Interest received	**(235)**	(122)
Net cash provided by operations	**128,462**	41,002

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/21	Cash flow	**At 31/3/22**
	£	£	**£**
Net cash			
Cash at bank and in hand	**316,306**	**128,697**	**445,003**
	316,306	**128,697**	**445,003**
Total	**316,306**	**128,697**	**445,003**

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

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

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.

Tangible fixed assets
Fixed assets are stated at cost less accumulated depreciation. The costs of additions below £1,250 are not capitalised. Depreciation is provided in full in the year of purchase.

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

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Rent & services	**(3)**	3

3. INVESTMENT INCOME

	2022	2021
	£	£
Bank interest	**235**	122

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022	2021
		£	£
Donations	Counselling, advice & support	**34,957**	7,640
Training income	Counselling, advice & support	**100**	-
Grants	Counselling, advice & support	**487,759**	402,968
		522,816	410,608

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

	2022	2021
	£	£
The Henry Smith Charity	**60,000**	-
Francis C Scott Trust	**40,000**	20,000
BBC Children In Need	**32,450**	32,818
The National Lottery Community Fund	**82,000**	82,000
Sir John Fisher Foundation	**20,000**	35,000
Lloyds Bank Foundation	**25,000**	24,500
LPCC Trust House	**14,160**	12,120
Freida Scott Charitable Trust	**20,000**	20,000
Garfield Weston Foundation	**25,000**	20,000
CPCC SafetyNet	**33,968**	44,408
Charles Hayward Trust	**-**	7,000
Banks Lyon	**-**	5,000
Kendal Town Council	**-**	2,250
Co-op Local Community Fund	**-**	2,186
BAE	**-**	1,500
PDS Medical	**-**	1,500
The Survivors Trust	**-**	2,400
SLDC Creditors	**-**	1,000
CPCC Covid Fund	**-**	13,119
CPCC Covid Emergency	**-**	7,566
LPCC Covid Fund	**-**	13,359
Carried forward	**352,578**	347,726

continued...

4. INCOME FROM CHARITABLE ACTIVITIES - continued

	2022	2021
	£	£
Brought forward	**352,578**	347,726
Cumbria CF - Covid Emergency	**-**	8,351
Cumbria CF - Covid	**-**	2,943
Cumbria CF - Core Funding	**-**	5,000
SN Guest	**-**	855
Lloyds Bank Foundation - Emergency Grant	**-**	11,446
The Pilgrim Trust	**10,000**	20,000
LPCC Covid Emergency	**-**	3,381
BBC Children in Need - Covid	**-**	3,266
CPCC MOJ Uplift	**13,150**	-
CPCC MOJ Male Support Fund	**18,247**	-
LPCC Critical Support Fund	**22,500**	-
Cumbria Community Foundation	**10,000**	-
LPCC MOJ Male Support Fund	**9,947**	-
Cumbria County Council COMF Grant	**33,000**	-
Cumbria County Council DLUHC Grant	**8,750**	-
Survivors Manchester (NHS Eng)	**9,587**	-
	487,759	402,968

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Counselling, advice & support	**283,150**	**111,201**	**394,351**

6. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Counselling, advice & support	**103,311**	**7,890**	**111,201**

continued...

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

Trustees received £0.00 (2021: £114.30) in total for stationery and travel expenses. The maximum received by one Trustee was £0.00 (2021: £114.30).

8. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	**188,430**	120,213
Other pension costs	**3,680**	2,480
	192,110	122,693

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

	2022	2021
Support staff	**10**	6

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

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Counselling, advice & support	7,640	402,968	410,608
Other trading activities	2	1	3
Investment income	122	-	122
Total	7,764	402,969	410,733
EXPENDITURE ON			
Charitable activities			
Counselling, advice & support	(478)	370,087	369,609
NET INCOME	8,242	32,882	41,124

continued...

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	175,083	100,099	275,182
TOTAL FUNDS CARRIED FORWARD	183,325	132,981	316,306

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2021 and 31 March 2022	**13,256**
DEPRECIATION	
At 1 April 2021 and 31 March 2022	**13,256**
NET BOOK VALUE	
At 31 March 2022	**-**
At 31 March 2021	-

continued...

11. MOVEMENT IN FUNDS

	At 1/4/21 £	Net movement in funds £	At 31/3/22 £
Unrestricted funds			
General fund	**183,325**	**51,360**	**234,685**
Restricted funds			
BBC Children In Need	**111**	**329**	**440**
Francis C Scott Trust	**20,000**	**20,000**	**40,000**
The Henry Smith Charity	**-**	**12,750**	**12,750**
Sir John Fisher Foundation	**35,000**	**(15,000)**	**20,000**
Protective Behaviours	**3,637**	**(3,637)**	**-**
Lloyds Bank Foundation	**-**	**25,000**	**25,000**
LPCC Trust House	**3,030**	**(3,030)**	**-**
Freida Scott Charitable Trust	**20,000**	**-**	**20,000**
Estate of Dorcas Gay	**4,860**	**(4,860)**	**-**
Garfield Weston Foundation	**4,212**	**20,788**	**25,000**
Charles Hayward Trust	**7,000**	**(7,000)**	**-**
CPCC SafetyNet	**10,910**	**(4,647)**	**6,263**
Cumbria Victims Charitable Trust	**1,400**	**(1,400)**	**-**
Innovation Suicide Prevention Funding NHS England/BAE	**1,840**	**(1,840)**	**-**
The Dowager Countess Eleanor Peel Trust	**765**	**(765)**	**-**
Co-op Local Community Fund	**2,760**	**(2,760)**	**-**
BAE	**1,500**	**(1,500)**	**-**
BBC Children in Need - Covid	**201**	**(201)**	**-**
PDS Medical	**1,500**	**(1,500)**	**-**
The Survivors Trust	**2,400**	**(2,400)**	**-**
SLDC Creditors	**1,000**	**(1,000)**	**-**
SN Guest	**855**	**(855)**	**-**
The Pilgrim Trust	**10,000**	**-**	**10,000**
Cumbria Community Foundation	**-**	**10,000**	**10,000**
Cumbria County Council COMF Grant	**-**	**33,000**	**33,000**
Survivors Manchester (NHS Eng)	**-**	**7,865**	**7,865**
	132,981	**77,337**	**210,318**
TOTAL FUNDS	**316,306**	**128,697**	**445,003**

continued...

11. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**35,290**	**16,070**	**51,360**
Restricted funds			
BBC Children In Need	**32,450**	**(32,121)**	**329**
Francis C Scott Trust	**40,000**	**(20,000)**	**20,000**
The Henry Smith Charity	**60,000**	**(47,250)**	**12,750**
Sir John Fisher Foundation	**20,000**	**(35,000)**	**(15,000)**
Protective Behaviours	**-**	**(3,637)**	**(3,637)**
Lloyds Bank Foundation	**25,000**	**-**	**25,000**
LPCC Trust House	**14,160**	**(17,190)**	**(3,030)**
The National Lottery Community Fund	**82,000**	**(82,000)**	**-**
Freida Scott Charitable Trust	**20,000**	**(20,000)**	**-**
Estate of Dorcas Gay	**-**	**(4,860)**	**(4,860)**
Garfield Weston Foundation	**25,000**	**(4,212)**	**20,788**
Charles Hayward Trust	**-**	**(7,000)**	**(7,000)**
CPCC SafetyNet	**33,967**	**(38,614)**	**(4,647)**
Cumbria Victims Charitable Trust	**-**	**(1,400)**	**(1,400)**
Innovation Suicide Prevention Funding NHS England/BAE	**-**	**(1,840)**	**(1,840)**
The Dowager Countess Eleanor Peel Trust	**-**	**(765)**	**(765)**
Co-op Local Community Fund	**-**	**(2,760)**	**(2,760)**
BAE	**-**	**(1,500)**	**(1,500)**
BBC Children in Need - Covid	**-**	**(201)**	**(201)**
PDS Medical	**-**	**(1,500)**	**(1,500)**
The Survivors Trust	**-**	**(2,400)**	**(2,400)**
SLDC Creditors	**-**	**(1,000)**	**(1,000)**
SN Guest	**-**	**(855)**	**(855)**
The Pilgrim Trust	**10,000**	**(10,000)**	**-**
CPCC MOJ Uplift	**13,150**	**(13,150)**	**-**
CPCC MOJ Male Support Fund	**18,247**	**(18,247)**	**-**
LPCC Critical Support Fund	**22,500**	**(22,500)**	**-**
Cumbria Community Foundation	**10,000**	**-**	**10,000**
LPCC MOJ Male Support Fund	**9,947**	**(9,947)**	**-**
Cumbria County Council COMF Grant	**33,000**	**-**	**33,000**
Cumbria County Council DLUHC Grant	**8,750**	**(8,750)**	**-**
Survivors Manchester (NHS Eng)	**9,587**	**(1,722)**	**7,865**
	487,758	**(410,421)**	**77,337**
TOTAL FUNDS	**523,048**	**(394,351)**	**128,697**

continued...

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/20 £	Net movement in funds £	At 31/3/21 £
Unrestricted funds			
General fund	175,083	8,242	183,325
Restricted funds			
BBC Children In Need	-	111	111
Francis C Scott Trust	20,000	-	20,000
Sir John Fisher Foundation	20,000	15,000	35,000
Protective Behaviours	3,637	-	3,637
LPCC Trust House	-	3,030	3,030
Freida Scott Charitable Trust	11,673	8,327	20,000
Estate of Dorcas Gay	4,860	-	4,860
Garfield Weston Foundation	-	4,212	4,212
Charles Hayward Trust	-	7,000	7,000
CPCC SafetyNet	25,837	(14,927)	10,910
Cumbria Victims Charitable Trust	1,400	-	1,400
Duchy of Lancaster	727	(727)	-
Innovation Suicide Prevention Funding NHS England/BAE	1,840	-	1,840
The Dowager Countess Eleanor Peel Trust	5,000	(4,235)	765
Kendal Town Council	750	(750)	-
Co-op Local Community Fund	4,375	(1,615)	2,760
BAE	-	1,500	1,500
BBC Children in Need - Covid	-	201	201
PDS Medical	-	1,500	1,500
The Survivors Trust	-	2,400	2,400
SLDC Creditors	-	1,000	1,000
SN Guest	-	855	855
The Pilgrim Trust	-	10,000	10,000
	100,099	32,882	132,981
TOTAL FUNDS	275,182	41,124	316,306

continued...

11. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	7,764	478	8,242
Restricted funds			
BBC Children In Need	32,818	(32,707)	111
Francis C Scott Trust	20,000	(20,000)	-
Sir John Fisher Foundation	35,000	(20,000)	15,000
Lloyds Bank Foundation	24,500	(24,500)	-
LPCC Trust House	12,120	(9,090)	3,030
The National Lottery Community Fund	82,000	(82,000)	-
Freida Scott Charitable Trust	20,000	(11,673)	8,327
Garfield Weston Foundation	20,000	(15,788)	4,212
Charles Hayward Trust	7,000	-	7,000
CPCC SafetyNet	44,408	(59,335)	(14,927)
Banks Lyon	5,000	(5,000)	-
Duchy of Lancaster	-	(727)	(727)
The Dowager Countess Eleanor Peel Trust	-	(4,235)	(4,235)
Kendal Town Council	2,250	(3,000)	(750)
Co-op Local Community Fund	2,187	(3,802)	(1,615)
BAE	1,500	-	1,500
BBC Children in Need - Covid	3,266	(3,065)	201
Cumbria CF - Core Funding	5,000	(5,000)	-
Cumbria CF - Covid	2,943	(2,943)	-
Cumbria CF - Covid Emergency	8,351	(8,351)	-
CPCC Covid Fund	13,119	(13,119)	-
CPCC Covid Emergency	7,566	(7,566)	-
LPCC Covid Emergency	3,381	(3,381)	-
LPCC Covid Fund	13,359	(13,359)	-
PDS Medical	1,500	-	1,500
The Survivors Trust	2,400	-	2,400
SLDC Creditors	1,000	-	1,000
SN Guest	855	-	855
The Pilgrim Trust	20,000	(10,000)	10,000
Lloyds Bank Foundation - Emergency Grant	11,446	(11,446)	-
	402,969	(370,087)	32,882
TOTAL FUNDS	410,733	(369,609)	41,124

continued...

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2022

	2022	2021
	£	£
INCOME AND ENDOWMENTS		
Other trading activities		
Rent & services	**(3)**	3
Investment income		
Bank interest	**235**	122
Charitable activities		
Donations	**34,957**	7,640
Training income	**100**	-
Grants	**487,759**	402,968
	522,816	410,608
Total incoming resources	**523,048**	410,733
EXPENDITURE		
Charitable activities		
Staff costs for client support	**139,438**	88,958
Rent & services - counselling rooms	**30,268**	27,260
Counselling equipment	**649**	337
Refurbish counselling rooms	**1,988**	4,170
Travelling	**3,378**	1,716
Counsellors	**104,956**	149,893
Clinical supervision	**913**	6,459
Training	**1,560**	4,980
	283,150	283,773
Support costs		
Management		
Wages	**48,992**	31,255
Pensions	**3,680**	2,480
Rent & services	**1,593**	1,867
Insurance	**1,966**	1,861
Telephone	**2,288**	2,874
Postage and stationery	**1,115**	744
Covid safety costs	**-**	5,051
Carried forward	**59,634**	46,132

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2022

	2022	2021
	£	£
Management		
Brought forward	**59,634**	46,132
Sundries	**2,777**	2,640
Professional fees for service development	**30,364**	24,783
Office equipment	**1,719**	-
Bank charges	**188**	248
IT & website	**8,629**	10,342
	103,311	84,145
Governance costs		
Travel & meetings	**197**	71
Accountancy fees	**1,728**	1,620
Legal fees	**5,965**	-
	7,890	1,691
Total resources expended	**394,351**	369,609
Net income	**128,697**	41,124

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BIRCHALL TRUST

Independent examiner's report to the trustees of The Birchall Trust ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Chartered Association of Certified Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

FCCA

Mr Stephen Paul Slater
Chartered Association of Certified Accountants
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

7 September 2022

THE BIRCHALL TRUST

England & Wales - Charity number 1109637

Accounts

Birchall

Supporting people affected by rape and sexual abuse

Annual Report

2020 - 2021

30 Years of Service in
Local Communities





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"I feel continuously strengthened and valued in a way where sexual abuse doesn't become the defining subject."

Survivor of Sexual Assault



Chair's Review

"This year, the Board will be working with our CEO to ensure Birchall not only assists those who have suffered sexual trauma but also advocates for a society free of sexual abuse and violence."

Our counsellors and clients adapted to working virtually so successfully that the number of people who received counselling increased from 329 in the previous year to 368. The lessons learned have led to an ongoing flexible approach to service delivery.

The impact of the pandemic not only affected Birchall as an organisation but also as individuals, leading to many re-evaluating their priorities. As a result, some of our staff and counsellors decided to pursue different options, including our CEO Karen Greenhow who had given many years of valued service to Birchall.

We were delighted to be able to appoint Vanessa Dixon as CEO and her experience and skills have already had a positive impact on the organisation. Since her appointment Vanessa has worked with the Board of Trustees to develop a strategic plan and ensure the charity has a sound financial footing.

In the latter part of the year the Board adopted the Small Charities Governance Assessment framework to ensure we were acting in line with best practice. This highlighted some areas requiring attention which have been acted on and the Board will integrate key points into our ongoing governance monitoring.

Finally,

Thank you to all those who have worked for Birchall during this difficult year and contributed to "service as normal" while managing their own pandemic related challenges. To those who have taken new paths, our best wishes.A special thanks to Jan Athorn who took additional responsibility to maintain services in the period when we were without a CEO.

Gratitude to our funders and supporters who have recognised the value of our work and provided the financial backing to ensure our services are available to all who require them.

Lastly, a personal thank you to my fellow board members who have committed so much time and effort to ensure Birchall has emerged from the past year stronger and fitter for the future.



Dr. Elizabeth Taylor





This is us

Sexual abuse and rape inflict deep trauma - the effects of which can last a lifetime if left untreated. Birchall understand complex trauma, we have specialist training on how the body and brain responds when someone feels like they're under significant threat. We understand the impact that sexual violence has on everyone who experiences it, be that as a one-off incident or years of grooming and abuse.

We offer advice and information, practical support to deal with things such as; flashbacks, sleep patterns, improving mental wellbeing. In the longer-term we offer counselling and play therapy where we start to really help people recover from their trauma and to put their emotional and psychological safety as a key priority.

Sharing our Vision

Here at Birchall we believe that we should be able to live in a society that is free of sexual abuse, rape, exploitation and sexualised violence.

On a Mission

We empower people affected by these issues to recover from trauma so they can lead safe and fulfilling lives. As soon as someone contacts us, we ensure they know they have been heard and believed and that we can support them in their next steps, whatever they are.

Delivering Outcomes

Trauma effects an individual's physiology, emotions, impulse control, self-image and their ability to think, learn, concentrate and form relationships. People can suffer from a range of complex feelings, including anger, shame and guilt and exhibit challenging behaviour.

By working with our specialist team, people can build their self-awareness, develop healthy coping strategies and improve their physical and mental health. They learn to trust others and form relationships that are healthy and fulfilling. They can manage their symptoms of anxiety and are able to cope with life on a day-to-day basis. They often find creative ways to express their thoughts and feelings rather than more harmful coping strategies.



Taking a Trauma Informed Approach



At Birchall, we work in a trauma informed way, which means we realise the widespread impact of trauma and understand potential paths for recovery.

Seeking to actively resist retraumatisation, we recognise the signs and symptoms of trauma in those accessing our services, in their families and in others involved in the systems.

We respond by fully integrating knowledge about trauma into our policies, procedures and practices.

We offer support, ideas and techniques around stabilisation and grounding, allowing people the space to become ready for that deeper work, ensuring they are not overwhelmed and can use their counselling time to the best effect.

With young children in therapy, we use play, art and sand therapy. These activities enable them to communicate without using words and helps them to process their experience

Our services allow people to work on a deeper level and address the trauma they have experienced.

Transforming Lives

Ida's Story

I received weekly counselling from the Birchall Trust for some considerable time. It's with the help of Birchall and other specialised professionals', that I am alive today. The understanding I have gained of trauma during my own recovery has given me a voice to raise awareness of the importance of specialised help in treatment of sexual trauma.

Sexual abuse is a unique type of crime because it attacks us at the most vulnerable core of our being, our sexuality. Unlike many other types of crime, it's often perpetrated by people who we admire, trust and even love. It also uniquely isn't often characterised by brutal force but by careful psychological manipulation that leaves victims not only confused but also often feeling responsible for being victimised in the most callous way.

It's a crime that thrives on silence, for as long as a victim feels responsible, they won't expose the perpetrator. Asking for help is an act of direct defiance against the abuser, and any victim who takes that step deserves to be heard by a professional who is trained to understand what courage this has taken.

My first experience with a counsellor, who didn't understand this very specific type of trauma, was catastrophic. Due to successful manipulation I was confused about the events, and as a result, my counsellor recommended me a book for 'women who ignore nice men and try to make bad boys change their ways instead.' In reality, my partner had repeatedly raped me for two years.

After it had taken me so much courage to speak up, this reaction was devastating. In my head, a person of authority, a trained professional, used the same words as my rapist. It had, indeed, been all my fault.

I then decided to never speak out again.

However, my experiences didn't leave me alone and by the time I reached out for help again, I was amidst suicidal depression. Throughout my time with the Birchall Trust, my counsellors worked at my pace. Gently, carefully, layers of manipulation were removed and finally the only thing left was the devastating truth.

Then, and only then, the long road to healing could begin. I could rightly accredit my counsellors at the Birchall Trust for countless things but the most crucial thing they did was hear me. With their tireless help I understand past events as the crimes that they were, and can now say the following: It was not my fault.

Ida Väisänen has requested that we use her real name as she wants to speak out about her experience and those of other survivors to help dispel the myths of sexual abuse and rape.

Jenny's Story

Jenny, aged 18 Jenny was referred for support after allegations of sexual assault towards her by her dad and the subsequent breakdown of their relationship.

Jenny also had a miscarriage and was struggling at home, particularly with her relationship with her mum. Jenny had been self-harming for several years as a way of coping with her feelings. In her sessions Jenny was able to talk through her feelings about her dad and decided that she didn't want any further contact.

Jenny did some artwork in her sessions to reflect and process her feelings around her miscarriage.

Through this she was able to discover new outlets for her strong emotions which she was able to use in everyday life: meaning that she no longer relied on self-harm as a method of coping.

Her artwork also helped her confidence grow and helped her nurture her own identity; which enabled her to: cope with strong feelings, stop self-harming, build a positive relationship with her mum and apply for a job and a place at college.





Sammy's Story

Sammy, aged 13, Sammy was referred to us following a disclosure of sexual assault by his Great Uncle. His case was being investigated by the police and his Uncle had been placed under bail conditions, therefore initially his counsellor worked with him on a Pre-trial basis.

When Sammy came along for his initial assessment, he was very quiet and nervous. His counsellor reassured him that they would work at his pace and in a way that felt comfortable for him. They began to slowly get to know each other by exploring the things that Sammy liked to do, such as playing computer games, football and building things. They also played 'snap' which Sammy loved.

They explored the notion of safety and Sammy was encouraged to create a 'safe place', where he felt he could be himself and relax. He drew a small imaginary bedroom in his parents' flat and told his counsellor he would like to live with them.

He began to explore his thoughts and feelings about school and his struggle to develop and maintain friendships and tendency to get into fights with his peers, often resulting in exclusion from school. Sammy told his counsellor that he didn't know how to talk about his feelings but knew how to 'be angry'.

It was at this point that Sammy disclosed that he had a particularly difficult relationship with his Grandad and would like it to improve. In time Sammy disclosed that his Grandad had been verbally, emotionally, and physically abusive towards him over a number of years.

Social Services agreed that Sammy could stay with his parents at their one-bedroom flat in the short term and after a formal assessment the family were subsequently allocated a house in Barrow so Sammy could have his own bedroom. Sammy told his counsellor that he loved living with his parents and had never felt as safe.

They spent time developing coping mechanisms which helped him regulate his feelings and deal with his anger, which sometimes resulted in self-harm. He had also had thoughts about killing himself after his assault. He was encouraged to share this with his Mum who reassured him that he could always talk to her or his Dad. In his counselling sessions he explored how he could approach his parents and decided that he would use a code word if he was feeling unsafe or worried.

Sammy was considering finishing counselling, but his family were concerned as they'd learned that his Uncle was due to be released from prison. Sammy became extremely anxious so in his counselling sessions he worked on how to manage any difficult feelings, focusing on his ability to keep himself safe and to continue communicating to his parents.

Sammy's counselling finished in March 2021. His family felt Sammy had matured, his relationships had improved and that he was much happier. They were all very proud of him. They felt that continuing to receive telephone support during lockdown had acted as a 'safety net' helping Sammy to stabilise, to regulate his feelings and develop coping strategies, particularly throughout his Grandad's illness and when his Uncle was released from prison.



Our Services

Adult Counselling

"All in all, it has been a fantastic year. Looking back, nothing makes me prouder than the transformative work we complete with our clients - supporting them to lead a safe and fulfilling life remains at the heart of everything we do."

2020 was an unprecedented year for Birchall, counselling was completely halted and we reverted to working digitally, closing our 4 buildings overnight. This was a plunge into the unknown for our service yet the staff team, counsellors and play therapists completely rose up to meet the challenge head on.

Training was sought to ensure we were providing a safe digital service. Paperwork was re-drafted and processes were changed to ensure we could still operate ethically whilst working home from home. We sorted our infrastructure and set up daily team buzz sessions. Further training to support grief and loss was completed to ensure we could deal with issues that the pandemic brought for so many.

Over the year, digital counselling became a new norm and settled into a constructive way of working for many of the adults who successfully completed their counselling. Looking back at the feedback we receive from clients, Birchall was still able to work its' magic and live up to its standards as an excellent counselling support service.

Jan Athorn
Head of Services





Children and Young People Counselling

"It is important that parents and carers are offered a space to understand and learn about the impact of the abuse their child has experienced and how this affects their child's emotional, social and physical wellbeing."

Birchall continues to be recognised and valued by clients, parents and carers, and professionals. Support for parents and carers is immensely valuable and we have now formally introduced parent consultation sessions and parent collaborative work to our Children & Young People service.

Maintaining the therapeutic relationship with Counsellors throughout this pandemic year has been vital for children and young people. Throughout what has been an extraordinary lived experience - with changes to schooling, family and social life - the one constant has remained their therapy sessions and contact with their Counsellor.

This year, we have worked much more closely with external agencies involved with our clients and their families.

This has proved extremely beneficial to the holistic and shared 'Team around the Family' support offered to our young clients, enabling them to achieve their best outcome within our service and beyond.

As CYP Lead, I continue to be in awe of the wonderful Counsellors and Therapists working with the children and young people in the service. Their dedication, commitment and enthusiasm for working with children and young people, including writing reports, attending meetings and communicating with parents/carers and professionals, is what makes The Birchall Trust such a unique and holistic service for our young clients.

Kim E Robinson, CYP Lead

KE Robinson





Our Impact

During the pandemic we reorganised, retrained and invested in technology to ensure we continued to deliver services to 517 adults and 75 children and young people.

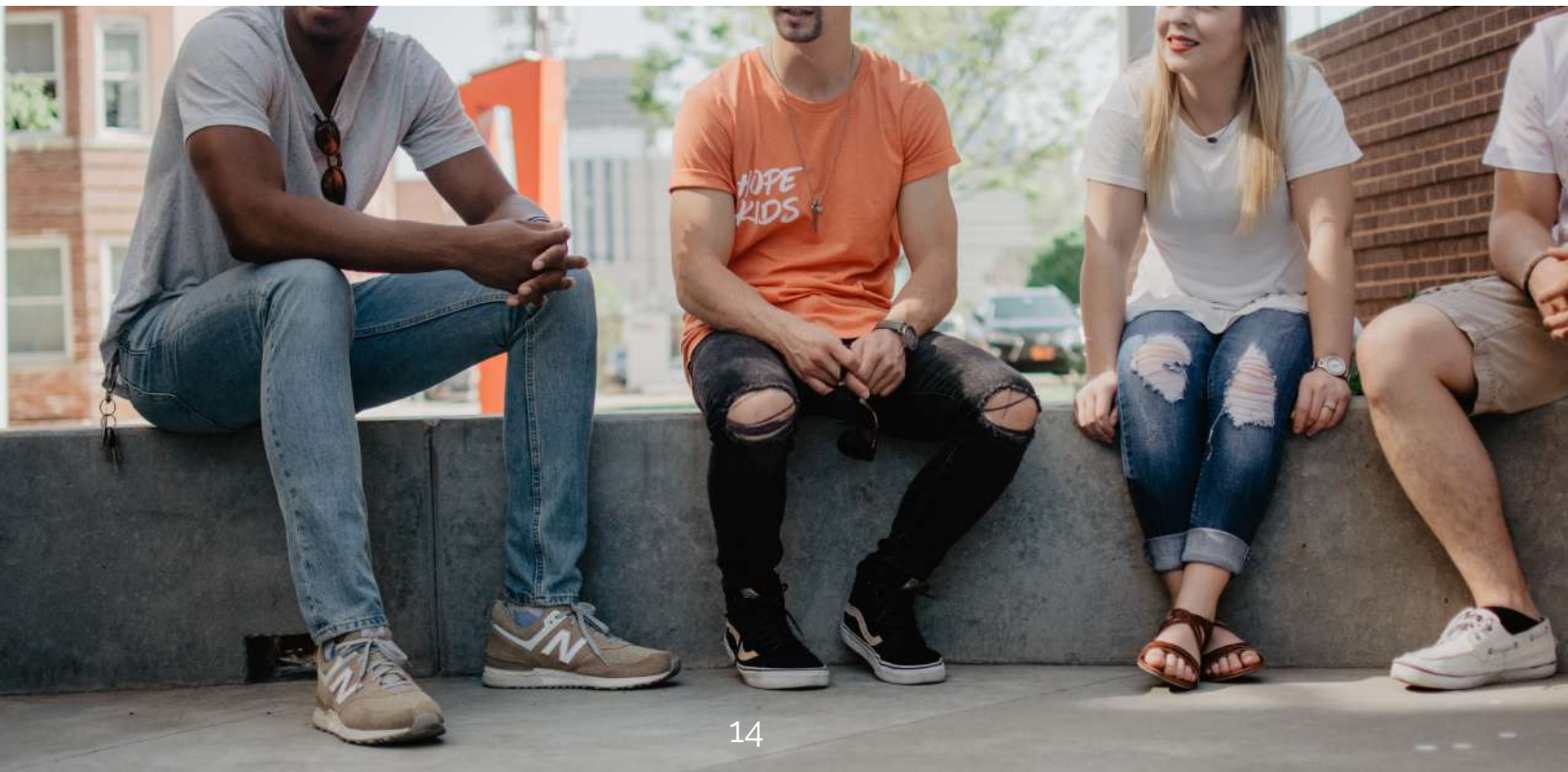


85% of our adult clients define as female
13% define as male.
1% identify as transgender
1% identify as non binary



75% of our CYP define as female
23% define as male
1% define as transgender and 1% are gender fluid

As a service that is proud to hold male accreditation; we encourage males to come forward and engage as research suggests males are less likely to report sexual violence.



4,806

Counselling sessions were completed

10-40

Counselling sessions were received by clients

22%

Received additional sessions for complex issues

A total of 399 females aged 18 or over contacted the service and received support, such as advice and signposting, or entered the service for counselling.

254 women received 3213 sessions of counselling over the year, which is an average of around 12 sessions per client.

A total of 71 males aged 18 or over contacted the service and received support, such as advice and signposting, or entered the service for counselling.

37 men received 483 sessions of counselling in the year, which is an average of around 13 sessions per client.

Males made up 13% of the adult clients that engaged in counselling.

Males made up 15% of the adult clients that received advise and signposting.

"The Birchall Trust has a knack of hearing the silence, always challenging and developing me in an atmosphere of warmth and acceptance"



82% Experienced reduced PTSD symptoms



74% Experienced reduced anxiety

88% Reported their ability to cope with everyday life had improved



91% of clients reported their health and wellbeing improved

80% Experienced reduced depression

"Counselling was different to what I had expected and I had 'breakthroughs' when I least expected it. The Birchall Trust is a well organised, excellent and essential service"

Male, Age 67

Funding Thanks

As for many charities the last year posed many challenges for the Birchall Trust in securing its financial future.

We were fortunate to receive some extra funding and support from a number of our existing funders including Children in Need, Lloyds Bank Foundation and Cumbria Community Foundation. We also received emergency grants from the Ministry of Justice

Grants enabled us to provide extra administrative support and supervisions for our counselling team, extra time for our freelance fundraiser, trial our service one evening a week and purchase essential PPE to enable us to safely return to our premises.

Lloyds Bank Foundation also provided extra resources which helped strengthened our delivery. Our senior staff team were provided with 1-1 coaching and our fundraiser was given the opportunity to work with the Foundation for Social Improvement (FSI). Their support was invaluable in helping us compile a Funding Strategy and develop an Evaluation Framework and Theory of Change.

Over the last year we have continued to work with a volunteer from the Royal Statistical Society as part of a joint programme with the National Lottery. This has made a big difference in our ability to accurately report our outcomes, helping us complete yearly evaluations and strengthening our funding applications.

We are particularly grateful to have received ongoing support from local funders, the Frieda Scott Trust, the Francis Scott Trust, Cumbria Community Foundation and the Sir John Fisher Foundation. Their support has been vital in helping us move forward and secure larger grants for the next three years from national funders, Children in Need and the Henry Smith Charity.

Despite the limitations posed by national lockdowns our supporters were innovative in their fundraising. A variety of activities took place including online raffles, sponsored walks, Facebook birthday fundraisers and a client being sponsored to grow a moustache during Movember! We are very grateful to all those who have raised funds for us including two student groups from Lancaster University, Ludus Dance and Amnesty International.

Local businesses continue to support us in a variety of ways including local Co-op stores in Morecambe, BAE 'Give As You Earn Scheme' and the Waterworks Studio who donated selection boxes to our Children and Young People's services at Christmas.

CEO Review

The year saw the whole world come to a standstill due to the pandemic – here at Birchall we knew we wouldn't have that option. The amazing team pulled together, put things in place and swiftly moved over into a new world of online services.

Many were reluctant and thought it couldn't work, and in some cases unfortunately it didn't. but for many others that continued to link with our services, it genuinely saved their lives during a very difficult time.

I joined this amazing team in December 2020 – the team were tired and frazzled, it had been a difficult time for everyone, both inside and outside of work, but the passion and dedication of the team shone through right from the start.

What has also been amazing is their trust in me as a new CEO with different ideas and ways of working. Developing a new strategy and taking them on a period of change could have pushed them over the edge but they all embraced it, rolled up their sleeves and announced loudly that they were ready.

We are now in our 30th year as a charity, and sadly, there remains a need for our services. In fact, we are seeing demand increasing.

We have worked hard to future-proof our services and to raise awareness of the impact rape and sexual abuse has on those using our services.

Going forwards, we have an even stronger team and vision. We have reviewed the services we offer and expanded those to be more holistic, involving our service users, stakeholder and funders. We are about to launch our new volunteer programme – Birchall Ambassadors and are looking forward to working in partnership with our community.

I would like to thank the staff team, especially Jan Athorn (who stepped up as the interim CEO in a very uncertain time), the Board of Trustees, our funders, volunteers and the local community for their continued belief and support.

Vanessa Dixon



Our Future

"The future of The Birchall Trust will be one in which we meet the needs of growing numbers of children and adults in Cumbria and Lancashire who have been subjected to sexual violence, rape, sexual abuse, trafficking, online abuse, and exploitation regardless of gender identity sexuality, ethnicity, culture, or religion."

To provide high quality trauma informed services to survivors of sexual abuse, rape, and sexualised violence in an accessible way

To develop and enhance our services to meet new and emerging needs with the involvement of our clients

To build a strong profile and to use our experience and expertise to be a positive influence to reduce sexual abuse violence and build better services for those affected by it

To be a strong, sustainable and effective independent organisation



Statement of Financial Activities

The Birchall Trust has ended the financial year April 2020-March 2021 with a healthy financial balance of £316,306 (2020: £275,182). The funds are made up of an unrestricted balance £183,325 and a restricted balance £132,981.

The restricted funds of £132,981 will be used towards delivering our services in the next financial year 2021/2022.

The unrestricted funds of £183,325 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future. It also provides a small amount of funding to be spent at the discretion of the Trustees in furtherance of the charity's objectives (see annual accounts for details).

In the same way as previous years, I have analysed the end of year accounts using the three key ratio's. Fundraising and administration costs to total expenditure (FACE, up 3%), Administration costs to total expenditure (ACE, up 1%) and fundraising costs to total expenditure (FCE, up 2%).

This year we have made major changes to our organisational structure and staffing. As can be seen in the key ratios these have driven increases in both administration and fundraising costs. These changes have been made to improve our productivity and to ensure that we continue to deliver our service to the highest quality standards.

How we have spent our funds

The Covid pandemic has driven our operating costs up. We have needed to invest significant amounts in specialist cleaning equipment to ensure the safety of our staff and clients visiting our facilities along with laptop computers to enable staff to work from home. However, even though we have had these additional costs we have still been able to increase spend on charitable activities by £17,797 a 7% increase on the previous year.

The pandemic has also had a major impact on the availability of funding. We will need to keep a sharp focus on our fundraising activities to ensure we can maintain our current service levels.

We are extremely grateful for the support we have received from donations and grant making organisations, whose support has enabled our charity to carry on delivering this vital service in south Cumbria and north Lancashire.

I would like to thank all of the Birchall Trust team for all their hard work and dedication, which has enabled us to continue to support our clients through these extremely challenging times.

Simon Hanson
Treasurer







Treasurers Report

For the Year Ended 31 March 2021

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 Total funds £
INCOME AND ENDOMENTS FROM Charitable activities				
Counselling, advice & Support	7,640	402,968	410,608	329,451
Other Trading activities	2	1	3	216
Investment income	122	-	122	912
Total	7764	402,969	410,733	330,579
EXPENDITURE ON Charitable activities				
Counselling, advice & support	(478)	370,087	369,609	333,319
NET INCOME/(EXPENDITURE)	8,242	32,882	41,124	(2,740)
RECONCILIATION OF FUNDS				
Total funds brought forward	175,083	100,099	275,182	277,922
TOTAL FUNDS CARRIED FORWARD	**183,325**	**132,981**	**316,306**	**275,182**

Balance Sheet

31 March 2021

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 Total funds £
CURRENT ASSETS				
Cash in bank and in hand	183,325	132,981	316,306	275,182
NET CURRENT ASSETS	183,325	132,981	316,306	275,182
TOTAL ASSETS LESS CURRENT LIABILITIES	183,325	132,981	316,306	275,182
NET ASSETS	183,325	132,981	316,306	275,182
FUNDS				
Unrestricted funds			183,325	175,083
Restricted funds			132,981	100,099
TOTAL FUNDS			**316,306**	**275,182**

Birchall

Supporting people affected by rape and sexual abuse

Tel: 01229 820828 · Email: enquiries@birchalltrust.org.uk

60 Hartington St, Barrow-in-Furness LA14 5SR

36 Northumberland Street, Morecambe LA4 4AY

Registered Charity No: 1109637 · Company Number: 5424196

Other than where specifically noted, all written content has been anonymised to ensure the safety of our service users. The images used in this document do not relate to anyone mentioned.

REGISTERED COMPANY NUMBER: 05424196 (England and Wales)
REGISTERED CHARITY NUMBER: 1109637

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

FOR

THE BIRCHALL TRUST

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

THE BIRCHALL TRUST

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2021

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Statement of Financial Activities	4
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Notes to the Financial Statements	6 to 14
Detailed Statement of Financial Activities	15 to 16

THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

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 2021. 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).

FINANCIAL REVIEW

Reserves policy

At the end of the financial year the combined funds of the charity totalled £316,306 (2020: £275,182). This figure may appear substantial, however it will deplete rapidly if the charity fails to secure future funding.

The funds carried forward into the next financial year are made up of an unrestricted balance of £183,325 and a restricted balance of £132,981.
The unrestricted funds of £183,325 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future. It also provides a small amount of funding to be spent at the discretion of the Trustees in furtherance of the charity's objectives:

- Reserves Policy (6 month wind-down)	
o Staff / Redundancies	£70,572
o Counselling services	£33,000
o Rent, services, Property conversion & Removals	£20,390
o Fundraising (Cont.)	£11,000
o Governance, Communication, Travel & Expense	£10,250
	£145,212
- Trustees discretionary funds	**£38,113**

The restricted funds of £132,981 have been granted by the charity's funders for specific reportable activities with respect to delivering services in the next financial year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05424196 (England and Wales)

Registered Charity number
1109637

Registered office
60 Hartington Street
Barrow In Furness
Cumbria
LA14 5SR

Trustees
S P Hanson
Dr S F Weare
ME Taylor - Chair
J Brown (appointed 15.4.20)

THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Company Secretary
Dr S F Weare

Independent Examiner
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of The Birchall Trust 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.

Approved by order of the board of trustees on 11th August '21 and signed on its behalf by:

S P Hanson

S P Hanson - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BIRCHALL TRUST

Independent examiner's report to the trustees of The Birchall Trust ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Chartered Association of Certified Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

FCCA

Mr Stephen Paul Slater
Chartered Association of Certified Accountants
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

22 July 2021

THE BIRCHALL TRUST

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2021

	Notes	Unrestricted fund £	Restricted funds £	**2021 Total funds £**	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	4				
Counselling, advice & support		**7,640**	**402,968**	**410,608**	329,451
Other trading activities	2	**2**	**1**	**3**	216
Investment income	3	**122**	**-**	**122**	912
Total		**7,764**	**402,969**	**410,733**	330,579
EXPENDITURE ON					
Charitable activities					
Counselling, advice & support		**(478)**	**370,087**	**369,609**	333,319
NET INCOME/(EXPENDITURE)		**8,242**	**32,882**	**41,124**	(2,740)
RECONCILIATION OF FUNDS					
Total funds brought forward		**175,083**	**100,099**	**275,182**	277,922
TOTAL FUNDS CARRIED FORWARD		**183,325**	**132,981**	**316,306**	275,182

The notes form part of these financial statements

THE BIRCHALL TRUST

BALANCE SHEET
31 March 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
CURRENT ASSETS					
Cash at bank and in hand		**183,325**	**132,981**	**316,306**	275,182
NET CURRENT ASSETS		**183,325**	**132,981**	**316,306**	275,182
TOTAL ASSETS LESS CURRENT LIABILITIES		**183,325**	**132,981**	**316,306**	275,182
NET ASSETS		**183,325**	**132,981**	**316,306**	275,182
FUNDS	9				
Unrestricted funds				**183,325**	175,083
Restricted funds				**132,981**	100,099
TOTAL FUNDS				**316,306**	275,182

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 11th August '21 and were signed on its behalf by:

S P Hanson .

S P Hanson - Trustee

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

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

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.

Tangible fixed assets
Fixed assets are stated at cost less accumulated depreciation. The costs of additions below £1,250 are not capitalised. Depreciation is provided in full in the year of purchase.

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

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Rent & services	**3**	216

continued...

3. INVESTMENT INCOME

	2021	2020
	£	£
Bank interest	**122**	912

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2021	2020
		£	£
Donations	Counselling, advice & support	**7,640**	9,252
Training income	Counselling, advice & support	**-**	750
Grants	Counselling, advice & support	**402,968**	319,449
		410,608	329,451

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

	2021	2020
	£	£
Ministry of Justice - Rape Support Fund	**-**	21,000
Francis C Scott Trust	**20,000**	20,000
BBC Children In Need	**32,818**	31,870
The National Lottery Community Fund	**82,000**	82,000
Sir John Fisher Foundation	**35,000**	20,000
Lloyds Bank Foundation	**24,500**	23,792
LPCC Trust House	**12,120**	-
Freida Scott Charitable Trust	**20,000**	11,673
Lancashire Police & Crime Commissioner	**-**	7,070
Garfield Weston Foundation	**20,000**	-
CPCC SafetyNet	**44,408**	55,717
Charles Hayward Trust	**7,000**	-
Walney Extension Community Fund	**-**	30,000
Cumbria Victims Charitable Trust	**-**	1,500
Banks Lyon	**5,000**	-
Innovation Suicide Prevention Funding NHS England/BAE	**-**	4,702
The Dowager Countess Eleanor Peel Trust	**-**	5,000
Kendal Town Council	**2,250**	750
Co-op Local Community Fund	**2,186**	4,375
BAE	**1,500**	-
PDS Medical	**1,500**	-
The Survivors Trust	**2,400**	-
SLDC Creditors	**1,000**	-
CPCC Covid Fund	**13,119**	-
CPCC Covid Emergency	**7,566**	-
LPCC Covid Fund	**13,359**	-
Cumbria CF - Covid Emergency	**8,351**	-
Cumbria CF - Covid	**2,943**	-
Cumbria CF - Core Funding	**5,000**	-
SN Guest	**855**	-
Lloyds Bank Foundation - Emergency Grant	**11,446**	-
Carried forward	**376,321**	319,449

continued...

4. INCOME FROM CHARITABLE ACTIVITIES - continued

	2021	2020
	£	£
Brought forward	**376,321**	319,449
The Pilgrim Trust	**20,000**	-
LPCC Covid Emergency	**3,381**	-
BBC Children in Need - Covid	**3,266**	-
	402,968	319,449

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

Trustees received £114.30 (2020: £192.60) in total for stationery and travel expenses. The maximum received by one Trustee was £114.30 (2020: £192.60).

6. STAFF COSTS

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

	2021	2020
Support staff	**6**	5

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Counselling, advice & support	10,002	319,449	329,451
Other trading activities	215	1	216
Investment income	912	-	912
Total	11,129	319,450	330,579
EXPENDITURE ON			
Charitable activities			
Counselling, advice & support	1,620	331,699	333,319
NET INCOME/(EXPENDITURE)	9,509	(12,249)	(2,740)

continued...

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	165,575	112,347	277,922
TOTAL FUNDS CARRIED FORWARD	175,084	100,098	275,182

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2020 and 31 March 2021	**13,256**
DEPRECIATION	
At 1 April 2020 and 31 March 2021	**13,256**
NET BOOK VALUE	
At 31 March 2021	**-**
At 31 March 2020	-

continued...

9. MOVEMENT IN FUNDS

	At 1/4/20 £	Net movement in funds £	At 31/3/21 £
Unrestricted funds			
General fund	**175,083**	**8,242**	**183,325**
Restricted funds			
BBC Children In Need	**-**	**111**	**111**
Francis C Scott Trust	**20,000**	**-**	**20,000**
Sir John Fisher Foundation	**20,000**	**15,000**	**35,000**
Protective Behaviours	**3,637**	**-**	**3,637**
LPCC Trust House	**-**	**3,030**	**3,030**
Freida Scott Charitable Trust	**11,673**	**8,327**	**20,000**
Estate of Dorcas Gay	**4,860**	**-**	**4,860**
Garfield Weston Foundation	**-**	**4,212**	**4,212**
Charles Hayward Trust	**-**	**7,000**	**7,000**
CPCC SafetyNet	**25,837**	**(14,927)**	**10,910**
Cumbria Victims Charitable Trust	**1,400**	**-**	**1,400**
Duchy of Lancaster	**727**	**(727)**	**-**
Innovation Suicide Prevention Funding NHS England/BAE	**1,840**	**-**	**1,840**
The Dowager Countess Eleanor Peel Trust	**5,000**	**(4,235)**	**765**
Kendal Town Council	**750**	**(750)**	**-**
Co-op Local Community Fund	**4,375**	**(1,615)**	**2,760**
BAE	**-**	**1,500**	**1,500**
BBC Children in Need - Covid	**-**	**201**	**201**
PDS Medical	**-**	**1,500**	**1,500**
The Survivors Trust	**-**	**2,400**	**2,400**
SLDC Creditors	**-**	**1,000**	**1,000**
SN Guest	**-**	**855**	**855**
The Pilgrim Trust	**-**	**10,000**	**10,000**
	100,099	**32,882**	**132,981**
TOTAL FUNDS	**275,182**	**41,124**	**316,306**

continued...

9. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**7,764**	**478**	**8,242**
Restricted funds			
BBC Children In Need	**32,818**	**(32,707)**	**111**
Francis C Scott Trust	**20,000**	**(20,000)**	**-**
Sir John Fisher Foundation	**35,000**	**(20,000)**	**15,000**
Lloyds Bank Foundation	**24,500**	**(24,500)**	**-**
LPCC Trust House	**12,120**	**(9,090)**	**3,030**
The National Lottery Community Fund	**82,000**	**(82,000)**	**-**
Freida Scott Charitable Trust	**20,000**	**(11,673)**	**8,327**
Garfield Weston Foundation	**20,000**	**(15,788)**	**4,212**
Charles Hayward Trust	**7,000**	**-**	**7,000**
CPCC SafetyNet	**44,408**	**(59,335)**	**(14,927)**
Banks Lyon	**5,000**	**(5,000)**	**-**
Duchy of Lancaster	**-**	**(727)**	**(727)**
The Dowager Countess Eleanor Peel Trust	**-**	**(4,235)**	**(4,235)**
Kendal Town Council	**2,250**	**(3,000)**	**(750)**
Co-op Local Community Fund	**2,187**	**(3,802)**	**(1,615)**
BAE	**1,500**	**-**	**1,500**
BBC Children in Need - Covid	**3,266**	**(3,065)**	**201**
Cumbria CF - Core Funding	**5,000**	**(5,000)**	**-**
Cumbria CF - Covid	**2,943**	**(2,943)**	**-**
Cumbria CF - Covid Emergency	**8,351**	**(8,351)**	**-**
CPCC Covid Fund	**13,119**	**(13,119)**	**-**
CPCC Covid Emergency	**7,566**	**(7,566)**	**-**
LPCC Covid Emergency	**3,381**	**(3,381)**	**-**
LPCC Covid Fund	**13,359**	**(13,359)**	**-**
PDS Medical	**1,500**	**-**	**1,500**
The Survivors Trust	**2,400**	**-**	**2,400**
SLDC Creditors	**1,000**	**-**	**1,000**
SN Guest	**855**	**-**	**855**
The Pilgrim Trust	**20,000**	**(10,000)**	**10,000**
Lloyds Bank Foundation - Emergency Grant	**11,446**	**(11,446)**	**-**
	402,969	**(370,087)**	**32,882**
TOTAL FUNDS	**410,733**	**(369,609)**	**41,124**

continued...

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/19 £	Net movement in funds £	Transfers between funds £	At 31/3/20 £
Unrestricted funds				
General fund	165,575	9,508	-	175,083
Restricted funds				
Francis C Scott Trust	20,000	-	-	20,000
Sir John Fisher Foundation	-	20,000	-	20,000
Protective Behaviours	4,707	(1,070)	-	3,637
Residential	840	-	(840)	-
Lloyds Bank Foundation	5,252	(5,252)	-	-
The National Lottery Community Fund	35,000	(35,000)	-	-
The Hadfield Trust	2,560	(2,560)	-	-
Freida Scott Charitable Trust	-	11,673	-	11,673
Comic Relief	1,837	(1,837)	-	-
Estate of Dorcas Gay	5,059	(199)	-	4,860
Garfield Weston Foundation	1,384	(1,384)	-	-
Charles Hayward Trust	3,787	(3,787)	-	-
CPCC SafetyNet	25,955	(118)	-	25,837
Cumbria Victims Charitable Trust	466	934	-	1,400
Banks Lyon	4,500	(4,500)	-	-
Duchy of Lancaster	1,000	(273)	-	727
Innovation Suicide Prevention Funding NHS England/BAE	-	1,000	840	1,840
The Dowager Countess Eleanor Peel Trust	-	5,000	-	5,000
Kendal Town Council	-	750	-	750
Co-op Local Community Fund	-	4,375	-	4,375
	112,347	(12,248)	-	100,099
TOTAL FUNDS	277,922	(2,740)	-	275,182

continued...

9. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	11,129	(1,621)	9,508
Restricted funds			
BBC Children In Need	31,870	(31,870)	-
Francis C Scott Trust	20,000	(20,000)	-
Ministry of Justice - Rape Support Fund	21,000	(21,000)	-
Sir John Fisher Foundation	20,000	-	20,000
Protective Behaviours	-	(1,070)	(1,070)
Lloyds Bank Foundation	23,792	(29,044)	(5,252)
LPCC Trust House	7,070	(7,070)	-
The National Lottery Community Fund	82,000	(117,000)	(35,000)
The Hadfield Trust	-	(2,560)	(2,560)
Freida Scott Charitable Trust	11,673	-	11,673
Comic Relief	-	(1,837)	(1,837)
Estate of Dorcas Gay	-	(199)	(199)
Garfield Weston Foundation	-	(1,384)	(1,384)
Charles Hayward Trust	-	(3,787)	(3,787)
CPCC SafetyNet	55,718	(55,836)	(118)
Cumbria Victims Charitable Trust	1,500	(566)	934
Walney Extension Community Fund	30,000	(30,000)	-
Banks Lyon	-	(4,500)	(4,500)
Duchy of Lancaster	-	(273)	(273)
Innovation Suicide Prevention Funding NHS England/BAE	4,702	(3,702)	1,000
The Dowager Countess Eleanor Peel Trust	5,000	-	5,000
Kendal Town Council	750	-	750
Co-op Local Community Fund	4,375	-	4,375
	319,450	(331,698)	(12,248)
TOTAL FUNDS	330,579	(333,319)	(2,740)

continued...

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2021

	2021	2020
	£	£
INCOME AND ENDOWMENTS		
Other trading activities		
Rent & services	**3**	216
Investment income		
Bank interest	**122**	912
Charitable activities		
Donations	**7,640**	9,252
Training income	**-**	750
Grants	**402,968**	319,449
	410,608	329,451
Total incoming resources	**410,733**	330,579
EXPENDITURE		
Charitable activities		
Staff costs for client support	**88,958**	74,994
Rent & services - counselling rooms	**27,260**	21,535
Counselling equipment	**337**	391
Refurbish counselling rooms	**4,170**	3,032
Travelling	**1,716**	4,850
Counsellors	**149,893**	151,146
Clinical supervision	**6,459**	4,315
Training	**4,980**	5,713
	283,773	265,976
Support costs		
Management		
Wages	**31,255**	26,495
Pensions	**2,480**	2,708
Rent & services	**1,867**	1,048
Insurance	**1,861**	1,691
Telephone	**2,874**	2,823
Postage and stationery	**744**	2,991
Covid safety costs	**5,051**	-
Sundries	**2,640**	5,487
Professional fees for service development	**24,783**	18,289
Bank charges	**248**	254
IT & website	**10,342**	3,362
	84,145	65,148

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2021

	2021	2020
	£	£
Management		
Governance costs		
Travel & meetings	**71**	575
Accountancy fees	**1,620**	1,620
	1,691	2,195
Total resources expended	**369,609**	333,319
Net income/(expenditure)	**41,124**	(2,740)

REGISTERED COMPANY NUMBER: 05424196 (England and Wales)
REGISTERED CHARITY NUMBER: 1109637

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

FOR

THE BIRCHALL TRUST

Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

THE BIRCHALL TRUST

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2021

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THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

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 2021. 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).

FINANCIAL REVIEW

Reserves policy

At the end of the financial year the combined funds of the charity totalled £316,306 (2020: £275,182). This figure may appear substantial, however it will deplete rapidly if the charity fails to secure future funding.

The funds carried forward into the next financial year are made up of an unrestricted balance of £183,325 and a restricted balance of £132,981.
The unrestricted funds of £183,325 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future. It also provides a small amount of funding to be spent at the discretion of the Trustees in furtherance of the charity's objectives:

- Reserves Policy (6 month wind-down)	
o Staff / Redundancies	£70,572
o Counselling services	£33,000
o Rent, services, Property conversion & Removals	£20,390
o Fundraising (Cont.)	£11,000
o Governance, Communication, Travel & Expense	£10,250
	£145,212
- Trustees discretionary funds	**£38,113**

The restricted funds of £132,981 have been granted by the charity's funders for specific reportable activities with respect to delivering services in the next financial year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05424196 (England and Wales)

Registered Charity number
1109637

Registered office
60 Hartington Street
Barrow In Furness
Cumbria
LA14 5SR

Trustees
S P Hanson
Dr S F Weare
ME Taylor - Chair
J Brown (appointed 15.4.20)

THE BIRCHALL TRUST

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Company Secretary
Dr S F Weare

Independent Examiner
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of The Birchall Trust 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.

Approved by order of the board of trustees on 11th August '21 and signed on its behalf by:

S P Hanson

S P Hanson - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE BIRCHALL TRUST

Independent examiner's report to the trustees of The Birchall Trust ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Chartered Association of Certified Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

FCCA

Mr Stephen Paul Slater
Chartered Association of Certified Accountants
Taylor, Robertson & Willett Ltd
95 King Street
Lancaster
Lancashire
LA1 1RH

22 July 2021

THE BIRCHALL TRUST

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2021

	Notes	Unrestricted fund £	Restricted funds £	**2021 Total funds £**	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	4				
Counselling, advice & support		**7,640**	**402,968**	**410,608**	329,451
Other trading activities	2	**2**	**1**	**3**	216
Investment income	3	**122**	**-**	**122**	912
Total		**7,764**	**402,969**	**410,733**	330,579
EXPENDITURE ON					
Charitable activities					
Counselling, advice & support		**(478)**	**370,087**	**369,609**	333,319
NET INCOME/(EXPENDITURE)		**8,242**	**32,882**	**41,124**	(2,740)
RECONCILIATION OF FUNDS					
Total funds brought forward		**175,083**	**100,099**	**275,182**	277,922
TOTAL FUNDS CARRIED FORWARD		**183,325**	**132,981**	**316,306**	275,182

The notes form part of these financial statements

THE BIRCHALL TRUST

BALANCE SHEET
31 March 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
CURRENT ASSETS					
Cash at bank and in hand		**183,325**	**132,981**	**316,306**	275,182
NET CURRENT ASSETS		**183,325**	**132,981**	**316,306**	275,182
TOTAL ASSETS LESS CURRENT LIABILITIES		**183,325**	**132,981**	**316,306**	275,182
NET ASSETS		**183,325**	**132,981**	**316,306**	275,182
FUNDS	9				
Unrestricted funds				**183,325**	175,083
Restricted funds				**132,981**	100,099
TOTAL FUNDS				**316,306**	275,182

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 11th August '21 and were signed on its behalf by:

S P Hanson .

S P Hanson - Trustee

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

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

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.

Tangible fixed assets
Fixed assets are stated at cost less accumulated depreciation. The costs of additions below £1,250 are not capitalised. Depreciation is provided in full in the year of purchase.

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

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Rent & services	**3**	216

continued...

3. INVESTMENT INCOME

	2021	2020
	£	£
Bank interest	**122**	912

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2021	2020
		£	£
Donations	Counselling, advice & support	**7,640**	9,252
Training income	Counselling, advice & support	**-**	750
Grants	Counselling, advice & support	**402,968**	319,449
		410,608	329,451

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

	2021	2020
	£	£
Ministry of Justice - Rape Support Fund	**-**	21,000
Francis C Scott Trust	**20,000**	20,000
BBC Children In Need	**32,818**	31,870
The National Lottery Community Fund	**82,000**	82,000
Sir John Fisher Foundation	**35,000**	20,000
Lloyds Bank Foundation	**24,500**	23,792
LPCC Trust House	**12,120**	-
Freida Scott Charitable Trust	**20,000**	11,673
Lancashire Police & Crime Commissioner	**-**	7,070
Garfield Weston Foundation	**20,000**	-
CPCC SafetyNet	**44,408**	55,717
Charles Hayward Trust	**7,000**	-
Walney Extension Community Fund	**-**	30,000
Cumbria Victims Charitable Trust	**-**	1,500
Banks Lyon	**5,000**	-
Innovation Suicide Prevention Funding NHS England/BAE	**-**	4,702
The Dowager Countess Eleanor Peel Trust	**-**	5,000
Kendal Town Council	**2,250**	750
Co-op Local Community Fund	**2,186**	4,375
BAE	**1,500**	-
PDS Medical	**1,500**	-
The Survivors Trust	**2,400**	-
SLDC Creditors	**1,000**	-
CPCC Covid Fund	**13,119**	-
CPCC Covid Emergency	**7,566**	-
LPCC Covid Fund	**13,359**	-
Cumbria CF - Covid Emergency	**8,351**	-
Cumbria CF - Covid	**2,943**	-
Cumbria CF - Core Funding	**5,000**	-
SN Guest	**855**	-
Lloyds Bank Foundation - Emergency Grant	**11,446**	-
Carried forward	**376,321**	319,449

continued...

4. INCOME FROM CHARITABLE ACTIVITIES - continued

	2021	2020
	£	£
Brought forward	**376,321**	319,449
The Pilgrim Trust	**20,000**	-
LPCC Covid Emergency	**3,381**	-
BBC Children in Need - Covid	**3,266**	-
	402,968	319,449

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

Trustees received £114.30 (2020: £192.60) in total for stationery and travel expenses. The maximum received by one Trustee was £114.30 (2020: £192.60).

6. STAFF COSTS

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

	2021	2020
Support staff	**6**	5

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Counselling, advice & support	10,002	319,449	329,451
Other trading activities	215	1	216
Investment income	912	-	912
Total	11,129	319,450	330,579
EXPENDITURE ON			
Charitable activities			
Counselling, advice & support	1,620	331,699	333,319
NET INCOME/(EXPENDITURE)	9,509	(12,249)	(2,740)

continued...

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	165,575	112,347	277,922
TOTAL FUNDS CARRIED FORWARD	175,084	100,098	275,182

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2020 and 31 March 2021	**13,256**
DEPRECIATION	
At 1 April 2020 and 31 March 2021	**13,256**
NET BOOK VALUE	
At 31 March 2021	**-**
At 31 March 2020	-

continued...

9. MOVEMENT IN FUNDS

	At 1/4/20 £	Net movement in funds £	At 31/3/21 £
Unrestricted funds			
General fund	**175,083**	**8,242**	**183,325**
Restricted funds			
BBC Children In Need	**-**	**111**	**111**
Francis C Scott Trust	**20,000**	**-**	**20,000**
Sir John Fisher Foundation	**20,000**	**15,000**	**35,000**
Protective Behaviours	**3,637**	**-**	**3,637**
LPCC Trust House	**-**	**3,030**	**3,030**
Freida Scott Charitable Trust	**11,673**	**8,327**	**20,000**
Estate of Dorcas Gay	**4,860**	**-**	**4,860**
Garfield Weston Foundation	**-**	**4,212**	**4,212**
Charles Hayward Trust	**-**	**7,000**	**7,000**
CPCC SafetyNet	**25,837**	**(14,927)**	**10,910**
Cumbria Victims Charitable Trust	**1,400**	**-**	**1,400**
Duchy of Lancaster	**727**	**(727)**	**-**
Innovation Suicide Prevention Funding NHS England/BAE	**1,840**	**-**	**1,840**
The Dowager Countess Eleanor Peel Trust	**5,000**	**(4,235)**	**765**
Kendal Town Council	**750**	**(750)**	**-**
Co-op Local Community Fund	**4,375**	**(1,615)**	**2,760**
BAE	**-**	**1,500**	**1,500**
BBC Children in Need - Covid	**-**	**201**	**201**
PDS Medical	**-**	**1,500**	**1,500**
The Survivors Trust	**-**	**2,400**	**2,400**
SLDC Creditors	**-**	**1,000**	**1,000**
SN Guest	**-**	**855**	**855**
The Pilgrim Trust	**-**	**10,000**	**10,000**
	100,099	**32,882**	**132,981**
TOTAL FUNDS	**275,182**	**41,124**	**316,306**

continued...

9. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**7,764**	**478**	**8,242**
Restricted funds			
BBC Children In Need	**32,818**	**(32,707)**	**111**
Francis C Scott Trust	**20,000**	**(20,000)**	**-**
Sir John Fisher Foundation	**35,000**	**(20,000)**	**15,000**
Lloyds Bank Foundation	**24,500**	**(24,500)**	**-**
LPCC Trust House	**12,120**	**(9,090)**	**3,030**
The National Lottery Community Fund	**82,000**	**(82,000)**	**-**
Freida Scott Charitable Trust	**20,000**	**(11,673)**	**8,327**
Garfield Weston Foundation	**20,000**	**(15,788)**	**4,212**
Charles Hayward Trust	**7,000**	**-**	**7,000**
CPCC SafetyNet	**44,408**	**(59,335)**	**(14,927)**
Banks Lyon	**5,000**	**(5,000)**	**-**
Duchy of Lancaster	**-**	**(727)**	**(727)**
The Dowager Countess Eleanor Peel Trust	**-**	**(4,235)**	**(4,235)**
Kendal Town Council	**2,250**	**(3,000)**	**(750)**
Co-op Local Community Fund	**2,187**	**(3,802)**	**(1,615)**
BAE	**1,500**	**-**	**1,500**
BBC Children in Need - Covid	**3,266**	**(3,065)**	**201**
Cumbria CF - Core Funding	**5,000**	**(5,000)**	**-**
Cumbria CF - Covid	**2,943**	**(2,943)**	**-**
Cumbria CF - Covid Emergency	**8,351**	**(8,351)**	**-**
CPCC Covid Fund	**13,119**	**(13,119)**	**-**
CPCC Covid Emergency	**7,566**	**(7,566)**	**-**
LPCC Covid Emergency	**3,381**	**(3,381)**	**-**
LPCC Covid Fund	**13,359**	**(13,359)**	**-**
PDS Medical	**1,500**	**-**	**1,500**
The Survivors Trust	**2,400**	**-**	**2,400**
SLDC Creditors	**1,000**	**-**	**1,000**
SN Guest	**855**	**-**	**855**
The Pilgrim Trust	**20,000**	**(10,000)**	**10,000**
Lloyds Bank Foundation - Emergency Grant	**11,446**	**(11,446)**	**-**
	402,969	**(370,087)**	**32,882**
TOTAL FUNDS	**410,733**	**(369,609)**	**41,124**

continued...

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/19 £	Net movement in funds £	Transfers between funds £	At 31/3/20 £
Unrestricted funds				
General fund	165,575	9,508	-	175,083
Restricted funds				
Francis C Scott Trust	20,000	-	-	20,000
Sir John Fisher Foundation	-	20,000	-	20,000
Protective Behaviours	4,707	(1,070)	-	3,637
Residential	840	-	(840)	-
Lloyds Bank Foundation	5,252	(5,252)	-	-
The National Lottery Community Fund	35,000	(35,000)	-	-
The Hadfield Trust	2,560	(2,560)	-	-
Freida Scott Charitable Trust	-	11,673	-	11,673
Comic Relief	1,837	(1,837)	-	-
Estate of Dorcas Gay	5,059	(199)	-	4,860
Garfield Weston Foundation	1,384	(1,384)	-	-
Charles Hayward Trust	3,787	(3,787)	-	-
CPCC SafetyNet	25,955	(118)	-	25,837
Cumbria Victims Charitable Trust	466	934	-	1,400
Banks Lyon	4,500	(4,500)	-	-
Duchy of Lancaster	1,000	(273)	-	727
Innovation Suicide Prevention Funding NHS England/BAE	-	1,000	840	1,840
The Dowager Countess Eleanor Peel Trust	-	5,000	-	5,000
Kendal Town Council	-	750	-	750
Co-op Local Community Fund	-	4,375	-	4,375
	112,347	(12,248)	-	100,099
TOTAL FUNDS	277,922	(2,740)	-	275,182

continued...

9. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	11,129	(1,621)	9,508
Restricted funds			
BBC Children In Need	31,870	(31,870)	-
Francis C Scott Trust	20,000	(20,000)	-
Ministry of Justice - Rape Support Fund	21,000	(21,000)	-
Sir John Fisher Foundation	20,000	-	20,000
Protective Behaviours	-	(1,070)	(1,070)
Lloyds Bank Foundation	23,792	(29,044)	(5,252)
LPCC Trust House	7,070	(7,070)	-
The National Lottery Community Fund	82,000	(117,000)	(35,000)
The Hadfield Trust	-	(2,560)	(2,560)
Freida Scott Charitable Trust	11,673	-	11,673
Comic Relief	-	(1,837)	(1,837)
Estate of Dorcas Gay	-	(199)	(199)
Garfield Weston Foundation	-	(1,384)	(1,384)
Charles Hayward Trust	-	(3,787)	(3,787)
CPCC SafetyNet	55,718	(55,836)	(118)
Cumbria Victims Charitable Trust	1,500	(566)	934
Walney Extension Community Fund	30,000	(30,000)	-
Banks Lyon	-	(4,500)	(4,500)
Duchy of Lancaster	-	(273)	(273)
Innovation Suicide Prevention Funding NHS England/BAE	4,702	(3,702)	1,000
The Dowager Countess Eleanor Peel Trust	5,000	-	5,000
Kendal Town Council	750	-	750
Co-op Local Community Fund	4,375	-	4,375
	319,450	(331,698)	(12,248)
TOTAL FUNDS	330,579	(333,319)	(2,740)

continued...

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2021

	2021	2020
	£	£
INCOME AND ENDOWMENTS		
Other trading activities		
Rent & services	**3**	216
Investment income		
Bank interest	**122**	912
Charitable activities		
Donations	**7,640**	9,252
Training income	**-**	750
Grants	**402,968**	319,449
	410,608	329,451
Total incoming resources	**410,733**	330,579
EXPENDITURE		
Charitable activities		
Staff costs for client support	**88,958**	74,994
Rent & services - counselling rooms	**27,260**	21,535
Counselling equipment	**337**	391
Refurbish counselling rooms	**4,170**	3,032
Travelling	**1,716**	4,850
Counsellors	**149,893**	151,146
Clinical supervision	**6,459**	4,315
Training	**4,980**	5,713
	283,773	265,976
Support costs		
Management		
Wages	**31,255**	26,495
Pensions	**2,480**	2,708
Rent & services	**1,867**	1,048
Insurance	**1,861**	1,691
Telephone	**2,874**	2,823
Postage and stationery	**744**	2,991
Covid safety costs	**5,051**	-
Sundries	**2,640**	5,487
Professional fees for service development	**24,783**	18,289
Bank charges	**248**	254
IT & website	**10,342**	3,362
	84,145	65,148

THE BIRCHALL TRUST

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2021

	2021	2020
	£	£
Management		
Governance costs		
Travel & meetings	**71**	575
Accountancy fees	**1,620**	1,620
	1,691	2,195
Total resources expended	**369,609**	333,319
Net income/(expenditure)	**41,124**	(2,740)