



# Annual Report

2022-23







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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 informed approach we....

## **Realise**

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

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## **Recognise**

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

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## **Respond**

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

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## **Resist**

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

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## **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

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## 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

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## Choice

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

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## 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

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## 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.

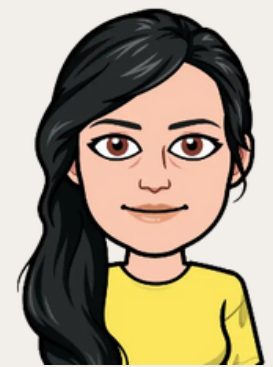
The wellbeing service is an important part of someone's journey through offering practical and emotional support to stabilise and ground someone to ensure that counselling is then effective for them at that time. Again, the wellbeing team has grown and we're now proud to offer that to clients across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

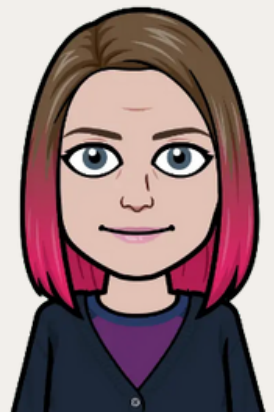
We ensured 249 children in Years 6 and 9 have been able to learn how to recognise when they feel unsafe, and what to do about it.

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**



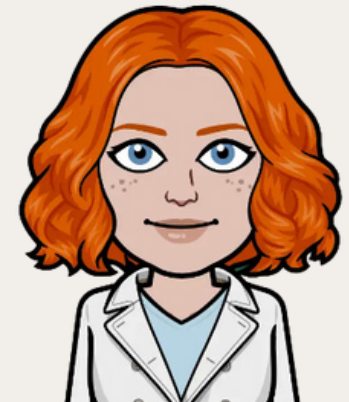


## Community Engagement

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.

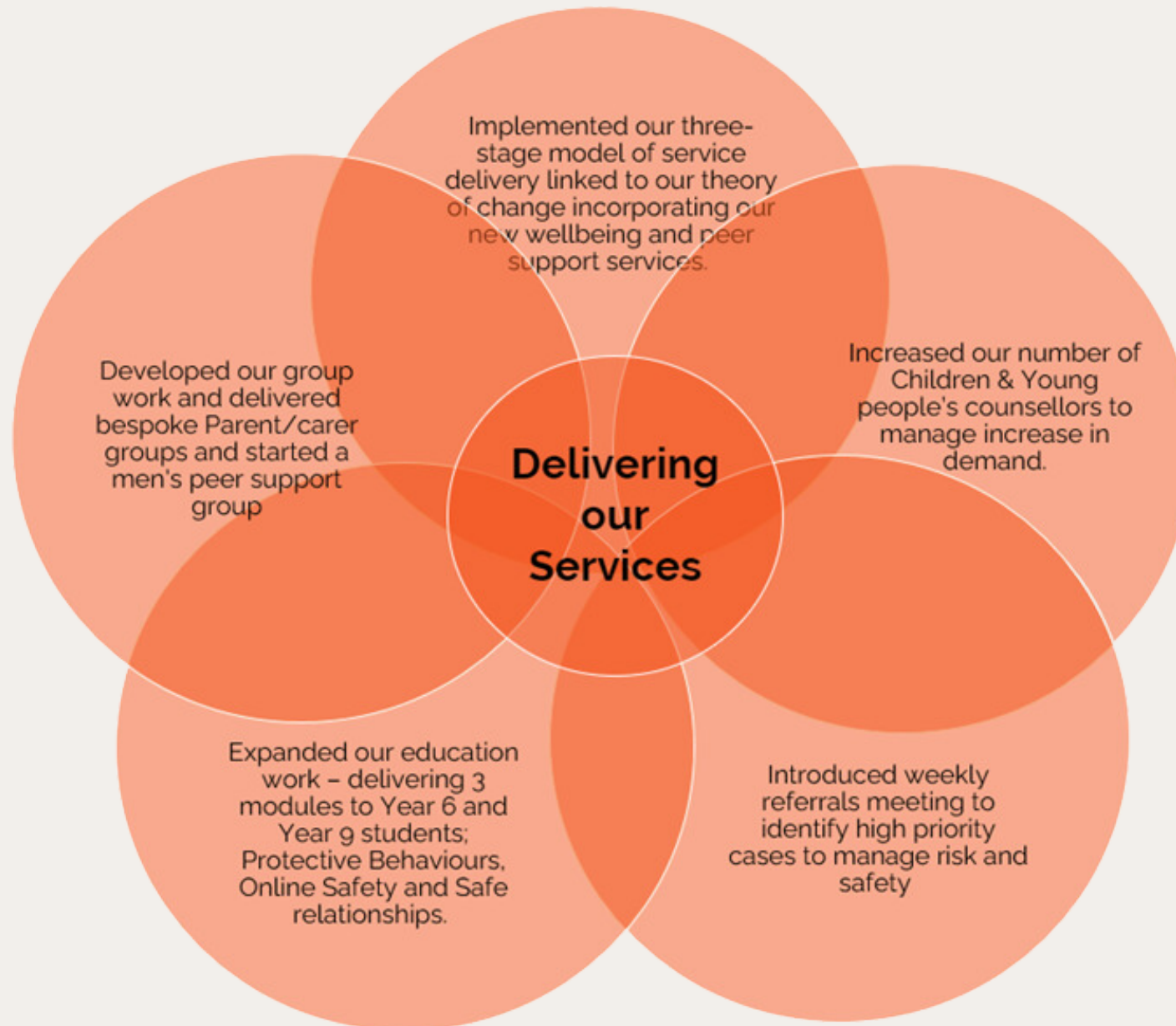
Our Ambassadors supported out Big Christmas Give fundraising campaigning by sharing their stories, poetry and artwork and many people took part in fundraising events to raise money – from the Great North Run to Keswick to Barrow walk to completing the Yorkshire three peaks challenge – each and every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

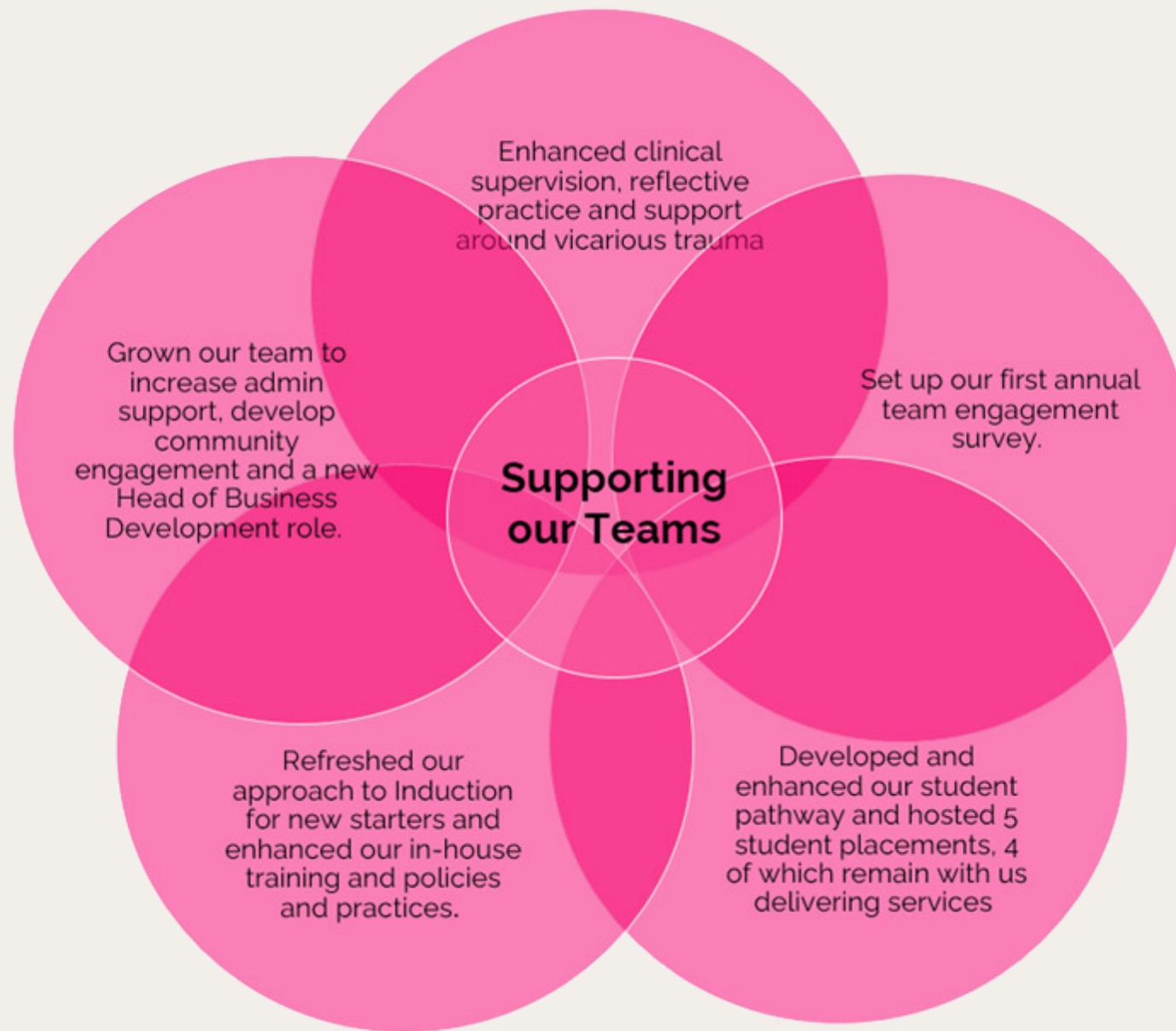
**Bethany De Hert**  
**Head of L&D, Community Engagement**

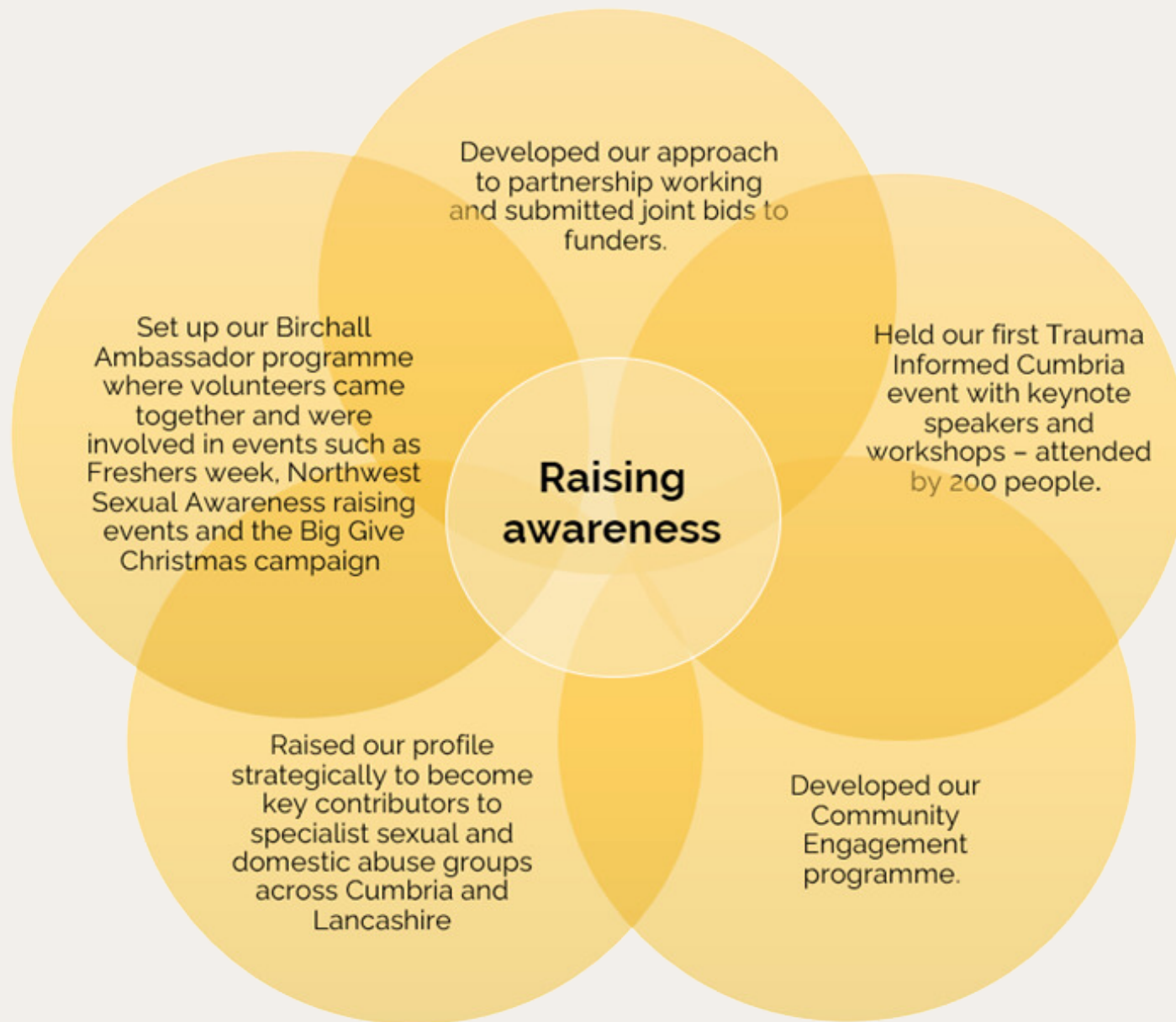




# Our key achievements in 2022-23











# 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



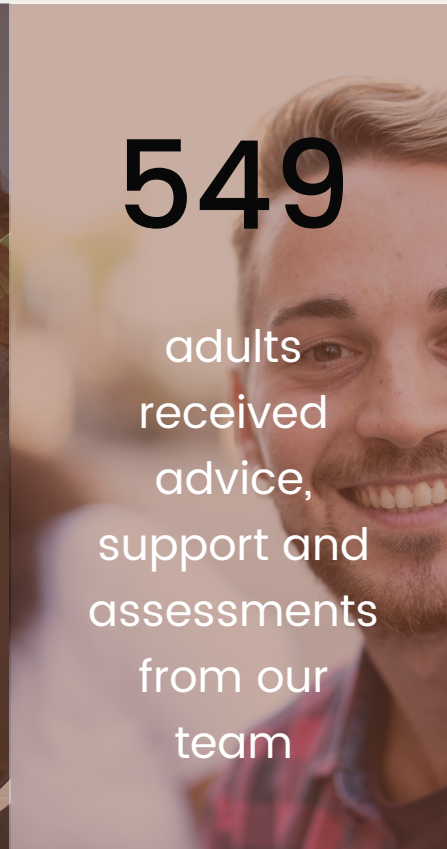
**200**

delegates  
attended our  
Trauma  
Informed  
Cumbria  
Conference



**249**

children  
attended our  
Protective  
Behaviour  
programme



**549**

adults  
received  
advice,  
support and  
assessments  
from our  
team



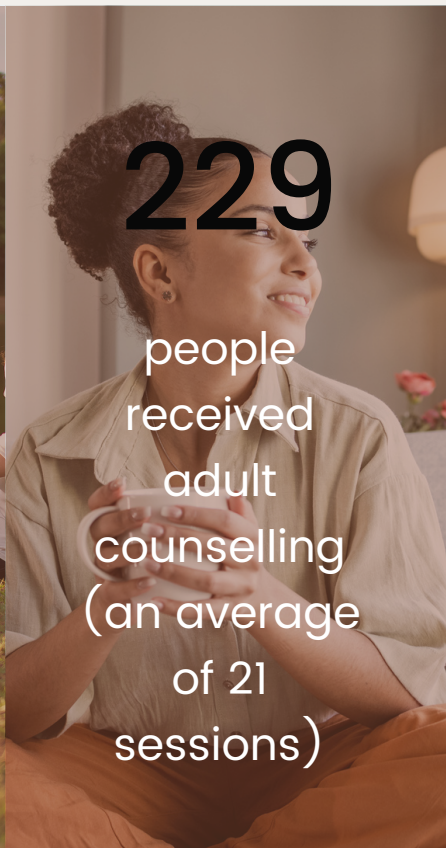
**192**

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](#).



The Pilgrim Trust



# 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.

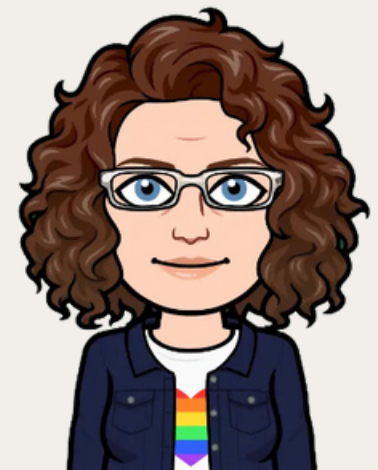
Partnership and collaborative working is important to us here at Birchall and our first Trauma Informed Cumbria conference brought together over 200 delegates from different organisations to learn more about trauma informed principles and practice. I am proud that we are being regarded as a leading centre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



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.

# Treasurers Report

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?

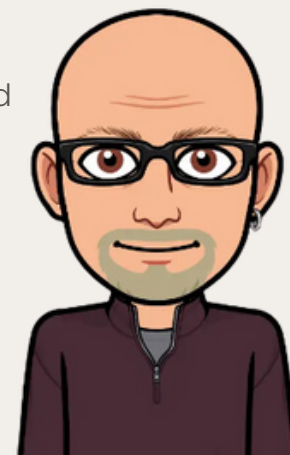
The good news is that despite the need to increase our support costs we have also been able to significantly increase the spend on charitable activities.

(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





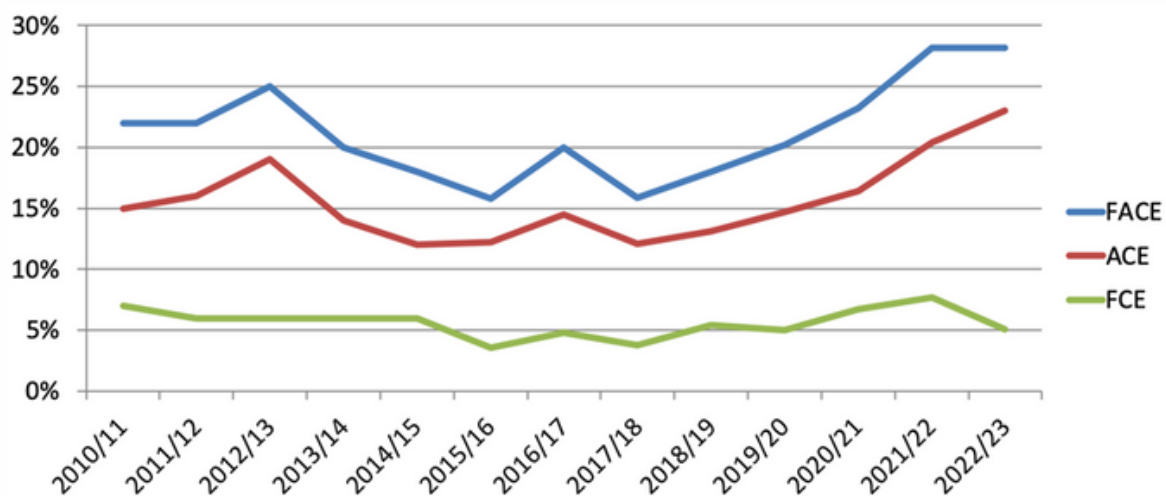


Fig 1 – Key Ratios

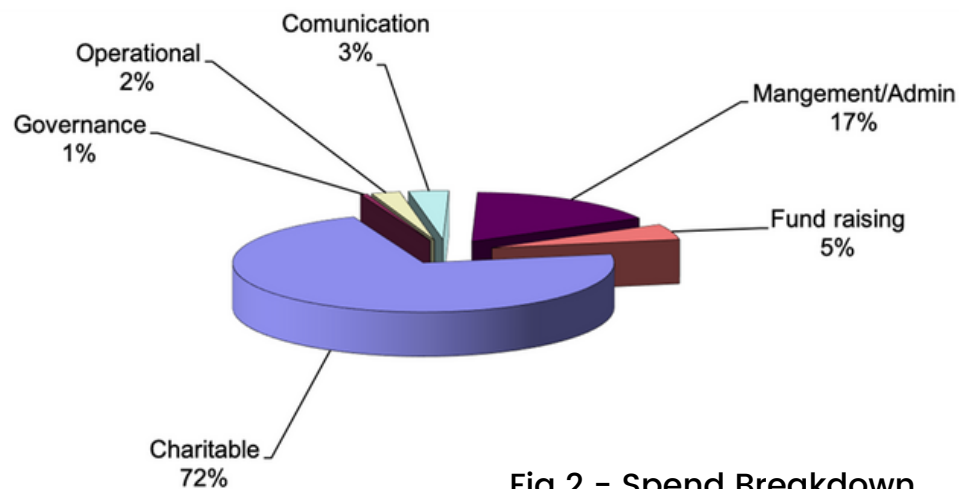


Fig 2 – Spend Breakdown

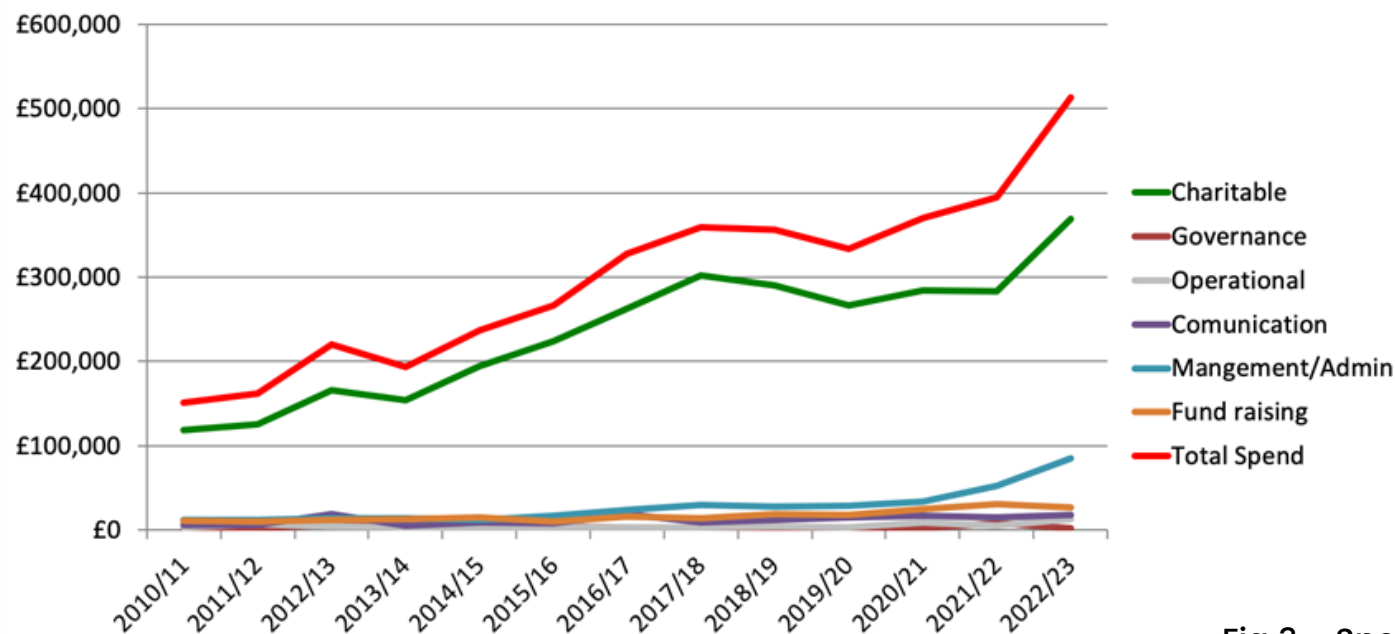


Fig 3 – Spend History

# Statement of Financial Activities

For the Year Ended 31 March 2023

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

# Balance Sheet

31 March 2023

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





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](mailto:enquiries@birchalltrust.org.uk)

[www.birchalltrust.org.uk](http://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**

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**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
	<b>£282,063</b>
 - Strategic development/implementation and discretionary funds	<b>£55,045</b>

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**

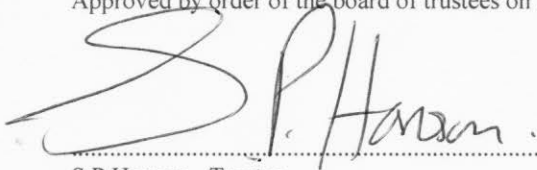
The trustees (who are also the directors of The Birchall Trust for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting 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 22<sup>nd</sup> 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.

 F c c A

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 £
<b>INCOME AND ENDOWMENTS FROM</b>					
<b>Charitable activities</b>	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
<b>Total</b>		<u>46,508</u>	<u>466,415</u>	<u>512,923</u>	<u>523,048</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	5				
Counselling, advice & support		(55,915)	569,212	513,297	394,351
<b>NET INCOME/(EXPENDITURE)</b>		<b>102,423</b>	<b>(102,797)</b>	<b>(374)</b>	<b>128,697</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		234,685	210,318	445,003	316,306
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>337,108</u></u>	<u><u>107,521</u></u>	<u><u>444,629</u></u>	<u><u>445,003</u></u>

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

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.

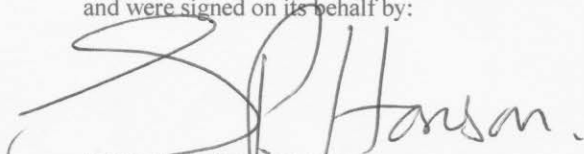
The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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:

20<sup>th</sup> Sept '23



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

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**

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

#### **2. ANALYSIS OF CHANGES IN NET FUNDS**

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

The notes form part of these financial statements

## **THE BIRCHALL TRUST**

### **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**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Rent & services	<b>118</b>	<b>(3)</b>
	<u>          </u>	<u>          </u>



**THE BIRCHALL TRUST****NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2023****3. INVESTMENT INCOME**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Bank interest	<b>4,375</b>	235

**4. INCOME FROM CHARITABLE ACTIVITIES**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Donations	<b>39,006</b>	34,957
Training income	<b>3,009</b>	100
Grants	<b>466,415</b>	487,759
	<b>508,430</b>	522,816

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

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

**THE BIRCHALL TRUST****NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2023****5. CHARITABLE ACTIVITIES COSTS**

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

**6. SUPPORT COSTS**

	Management £	Governance costs £	Totals £
Counselling, advice & support	<b>124,251</b>	<b>2,356</b>	<b>126,607</b>

**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**

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

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

	<b>2023</b>	2022
Support staff	<b>18</b>	10

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

**THE BIRCHALL TRUST****NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2023****9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

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

**10. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
At 1 April 2022 and 31 March 2023	<u><b>13,256</b></u>
<b>DEPRECIATION</b>	
At 1 April 2022 and 31 March 2023	<u><b>13,256</b></u>
<b>NET BOOK VALUE</b>	
At 31 March 2023	<u>-</u>
At 31 March 2022	<u>-</u>



**THE BIRCHALL TRUST****NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2023****11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Accrued expenses	<u>1,661</u>	<u>-</u>

**12. MOVEMENT IN FUNDS**

	At 1/4/22	Net movement in funds	At 31/3/23
	£	£	£
<b>Unrestricted funds</b>			
General fund	234,685	102,423	337,108
<b>Restricted funds</b>			
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
	<u>210,318</u>	<u>(102,797)</u>	<u>107,521</u>
<b>TOTAL FUNDS</b>	<u>445,003</u>	<u>(374)</u>	<u>444,629</u>

**THE BIRCHALL TRUST****NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2023****12. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	46,508	55,915	102,423
<b>Restricted funds</b>			
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
	<u>466,415</u>	<u>(569,212)</u>	<u>(102,797)</u>
<b>TOTAL FUNDS</b>	<u>512,923</u>	<u>(513,297)</u>	<u>(374)</u>

**THE BIRCHALL TRUST****NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2023****12. MOVEMENT IN FUNDS - continued****Comparatives for movement in funds**

	At 1/4/21 £	Net movement in funds £	At 31/3/22 £
<b>Unrestricted funds</b>			
General fund	183,325	51,360	234,685
<b>Restricted funds</b>			
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
	<hr/> 132,981	<hr/> 77,337	<hr/> 210,318
<b>TOTAL FUNDS</b>	<hr/> <hr/> 316,306	<hr/> <hr/> 128,697	<hr/> <hr/> 445,003

**THE BIRCHALL TRUST****NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2023****12. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	35,290	16,070	51,360
<b>Restricted funds</b>			
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
	<hr/> 487,758	<hr/> (410,421)	<hr/> 77,337
<b>TOTAL FUNDS</b>	<hr/> 523,048	<hr/> (394,351)	<hr/> 128,697



**THE BIRCHALL TRUST**

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

**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 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Other trading activities</b>		
Rent & services	118	(3)
<b>Investment income</b>		
Bank interest	4,375	235
<b>Charitable activities</b>		
Donations	39,006	34,957
Training income	3,009	100
Grants	466,415	487,759
	<b>508,430</b>	<b>522,816</b>
<b>Total incoming resources</b>	<b>512,923</b>	<b>523,048</b>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
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	-
	<b>386,690</b>	<b>283,150</b>
<b>Support costs</b>		
<b>Management</b>		
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

This page does not form part of the statutory financial statements

**THE BIRCHALL TRUST****DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**for the Year Ended 31 March 2023**

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

This page does not form part of the statutory financial statements

**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.

 F c c A

Mr Stephen Paul Slater

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

14 September 2023