

Registered number: 06525343  
Charity number: 1124282

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

---

**CONTENTS**

---

	Page
<b>Reference and administrative details of the Charitable Company, its Trustees and advisers</b>	1
<b>Trustees' report</b>	2 - 8
<b>Independent auditors' report on the financial statements</b>	9 - 12
<b>Statement of financial activities</b>	13
<b>Balance sheet</b>	14 - 15
<b>Statement of cash flows</b>	16
<b>Notes to the financial statements</b>	17 - 34

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITABLE COMPANY, ITS TRUSTEES AND ADVISERS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

<b>Trustees</b>	Tina Powell, Chair Gillian Colbert, Vice Chair Judith Bastow, Treasurer until 10 November 2021 Dominique Blondel Linda Isaac, Treasurer from 10 November 2021 Naomi Sephton Victoria Beckwith Naz Kahn (appointed 16 March 2022)
<b>Company registered number</b>	06525343
<b>Charity registered number</b>	1124282
<b>Registered office</b>	Shaftesbury House 72 Culver Street East Colchester CO1 1LF
<b>Principal operating office</b>	PO Box 548 Colchester CO1 1YP
<b>Company secretary and CEO</b>	Helen Parr
<b>Key management</b>	Helen Parr and Sarah Clementson
<b>Independent auditors</b>	Griffin Chapman Statutory Auditor Chartered Accountants 4 & 5 The Cedars, Apex 12 Old Ipswich Road Colchester Essex CO7 7QR

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

The Trustees present their annual report together with the audited financial statements of the Charitable Company Centre for Action on Rape and Abuse (which also trades under the name CARA) for the year 1 April 2021 to 31 March 2022. The Annual report serves the purposes of both a Trustees' report and a Directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) as amended by Update Bulletin 1 (effective January 2015).

Since the Charitable Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

CARA is governed by its memorandum and articles of association established upon incorporation on 6 March 2009. These were later updated on 19 March 2019. The charity was registered with the Charity Commission on 31 May 2008.

## **Objectives and activities**

### **a. Policies and objectives**

**Centre for Action on Rape and Abuse (CARA) works with victims and survivors of sexual violence and child sexual abuse, providing independent, specialist support and promoting and representing their rights and needs.**

CARA provides a range of specialist services, including one-to-one counselling, ISVA (Independent Sexual Violence Adviser) support through the criminal justice process, advocacy, support for young people, play therapy for children under 12, support for families and a women-only social group. CARA also undertakes activities to increase awareness and understanding of sexual violence and child sexual abuse, including delivering presentations and workshops for external agencies.

CARA recognises that women who have experienced sexual violence may need safe, women-only spaces. One floor of our Colchester premises is designated as a women-only safe space. Other rooms we use are located in shared buildings. CARA provides women-only referral pathways, meaning when women contact CARA they can be certain they will only talk with, or meet women workers.

Specialist support services for men and boys are provided at set times in set locations. Support from a male counsellor can be provided on request.

During the COVID-19 pandemic, CARA has adapted its operations and has continued to provide a full range of services for victims and survivors. CARA workers, alongside rape crisis workers across the country, are formally recognised as key workers and as such we have been able to continue to offer a limited number of face to face services to victims and survivors throughout the pandemic, supporting service users who, owing to privacy or safety concerns, are unable to access our support remotely.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.



---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**Objectives and activities (continued)**

**b. Activities undertaken to achieve objectives**

CARA works in partnership with SERICC Rape and Sexual Abuse Specialist Service and Southend-on-Sea Rape Crisis (SOS Rape Crisis) as Synergy Essex. Since April 2016, Synergy Essex has delivered the Essex Police, Fire and Crime Commissioner contract for the provision of sexual abuse support services across Essex. The contract has been awarded until March 2023 with potential for two one year extensions to March 2025.

CARA is a member of Rape Crisis England and Wales and participates in the East of England Regional Network.

**c. Volunteers**

CARA celebrates the fact that it has a committed and diverse volunteer team, who contribute many hours to the charity. Voluntary roles include volunteer sexual violence counsellors, advocates and volunteers who support us with administration and communications activities, including our newsletter and social media.

A number of fundraising activities and the work of the Board of Trustees are also provided on a voluntary basis, and staff time is also regularly volunteered to support fundraising and other events.

In total our volunteers contribution constitutes approximately 1,000 hours a year. Our sincere thanks go to all CARA volunteers.

**Achievements and performance**

**a. CARA's main achievements**

Over the year CARA received a total of 2,102 new referrals to our service, reflecting an increase of 18% since 2020/21. Since 2015, we have seen a 365% rise in demand for CARA services.

CARA's key achievements in 2021/22 have been:

- **Continuing to respond to increasing demand, and to the additional challenges presented by the COVID 19 pandemic.** Over the year, we have increased capacity across all CARA services, in response to rapidly increasing demand for our support. Maintaining sufficient capacity to meet demand is an ongoing challenge for CARA, but we are delighted to have grown the CARA team and recruited a number of new staff and sessional counsellors with strong skills and experience. We have also continued to maintain flexible service provision to respond to changing government guidance around COVID-19. Throughout the pandemic, CARA has been a consistent source of support for victims and survivors, many of whom have struggled with the increased isolation, heightened anxiety and other issues associated with the pandemic.
- **Continuing to work in partnership with SERICC Rape and Sexual Abuse Specialist Service and Southend-on-Sea Rape Crisis (SOS Rape Crisis) as Synergy Essex.** Our shared contract with the Office of the Police, Fire and Crime Commissioner for Essex will last until at least March 2023, with potential for extensions to March 2025. Synergy Essex has also been successful in securing additional shared funding from the Ministry of Justice, NHS England and the Mid and South Essex Community Partnership Fund. Our partnership continues to develop and strengthen.
- **Improving equality, diversity and inclusion at CARA.** This continues to be a key priority for CARA. We have an established Equality, Diversity and Inclusion (EDI) Working Group which meets regularly to push forwards our EDI Action Plan. Over the last year we have:

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**Achievements and performance (continued)**

- o Provided Unconscious Bias and Anti-Racism training for all CARA workers.
  - o Provided a range of resources, including books, articles and videos around diversity and inclusion for CARA workers to use.
  - o Introduced regular monitoring of our data to identify whether people from certain backgrounds are under-represented amongst our service-users and our workers.
  - o Built links with community groups to help us reach people who may not know about our services, or who may face barriers to, or feel excluded from the support we offer.
  - o Continued to review the way our services run to make them as accessible and inclusive as possible.
  - o Signed up to the VAWG Sector Anti-racism Charter. We are using the charter as a framework to begin a process of reflection, learning and change to increase our ability to develop lasting anti-racist practice.
- **Increasing and improving our ISVA provision, through the introduction of Specialist Engagement ISVAs.** Early in the year, Synergy Essex was successful in securing funding from the Ministry of Justice to appoint additional ISVAs with a focused role to provide more intensive support to victims and survivors from groups identified as being most likely to disengage with the criminal justice process. In Essex these groups have been identified as victims who have been raped (as opposed to being victims of other sexual offences), are from a minoritised ethnic background, are from a low socio-economic status background or have a mental health diagnosis. We now have two Specialist Engagement ISVAs on the CARA team.
- **Increased service-user involvement in all aspects of our work.** Our service-user forum has become a firmly established part of CARA, with over 20 ex and current service-user members. Over the year, the forum has become increasingly service-user led: It is now chaired by a service-user and planning meetings involve service users and CARA workers working together to set the agenda and ensure agreed actions are followed up. A number of service-user led sub-groups are now emerging from the forum, including a fundraising group and a group working to promote CARA's work. In March 2022, a member of the CARA service-user forum was appointed to our board of trustees – an important step in ensuring service-user voice is heard at a strategic level.
- **Improved relationships with other agencies,** in particular with adult and children's mental health services, Essex County Council Safeguarding and Education team, and with Essex Police. The CARA team has made a concerted effort to reach out and develop valuable relationships at all levels and we remain very receptive to constructive partnership working with other agencies for the benefit of our clients.
- **Developing our social media presence.** We now have active and varied profiles on Twitter, Facebook and Instagram. Our Social Media Working Group is focusing on extending our reach to new audiences.
- **Our schools animation project.** Towards the end of the year, in collaboration with young survivors in Essex, and working in partnership with Icena, we started an exciting new project, producing a series of animated videos to support professionals working with children and young people to understand the impacts of sexual violence. The full series of animations – *Understanding Young People's Experiences of Sexual Harm: Supporting Students* - will be available in August 2022, and the Essex County Council Education and Safeguarding Team has agreed to distribute the animations to all Essex schools.



---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**Achievements and performance (continued)**

**b. Key performance indicators**

**Fundraising activities and income generation**

Around 37% of our income in 2021/22 came via contracts and grants provided through the **Office of the Police, Fire and Crime Commissioner for Essex (PFCC)**, distributed through Synergy Essex. As Essex is one of five areas across England selected to pilot the devolution of the Ministry of Justice (MoJ) Rape Support Fund, our Rape Support Fund grant is included in this total.

The other main source of CARA's income has been from grants, including from the **MoJ, The National Lottery Community Fund, The Henry Smith Charity, BBC Children in Need, Colchester Borough Council, the Garfield Weston Foundation, the Masonic Charitable Foundation, the Mid and South Essex Community Partnership Fund** and a number of other local and national funders. A full list of our funders can be found on pages 26 - 27 and on the CARA website.

Approximately 2.5% of our income has been received from donations, fundraising activities and legacies, an increase of around 1.1% on the previous year.

CARA continues to work closely with 4 other rape crisis centres to develop Icena Ltd, a social enterprise with a two-fold social impact – providing services which empower individuals and create social change and generating sustainable income for rape crisis centres. Over the last year Icena's work has begun to develop very quickly and income projections for the next two years show significant growth. Icena remains a key part of CARA's long-term sustainability plan.

We are extremely grateful to all the organisations and individuals who have supported CARA and made our work possible.

**Financial review**

**a. Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

**b. Reserves policy**

CARA's policy is that free unrestricted reserves should be held at a level equivalent to between 3-6 months running costs. On 31 March 2022 our unrestricted reserves stand at £615,291 representing just under 5.5 months estimated running costs for 2022/23.

CARA's trustees again decided to demonstrate their commitment to long-term sustainability and that a further £100,000 of our unrestricted reserves should be transferred to our designated Sustainable Future Investment Fund, bringing the total of this fund to £200,000. This fund is ringfenced for investments in CARA's future sustainability, including supporting Icena's development and/or buying premises from which CARA can operate.

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**c. Principal risks and uncertainties**

Trustees consider the major risks to which the charity is exposed are around funding and financial sustainability. To mitigate these risks, we:

- Pursue diverse opportunities to generate income;
- Keep proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable regular reviews of our expenditure to maintain control.

**Structure, governance and management**

**a. Constitution**

Centre For Action on Rape and Abuse is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

**b. Methods of appointment or election of Trustees**

The management of the Charitable Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Memorandum of Association.

Trustees may, by special resolution, appoint a person who is willing to act as a Trustee who applies in the prescribed way to the board. They may also determine the rotation in which any additional trustees are to retire.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of it winding up.

**c. Organisational structure and decision-making policies**

The charity is run on a day-to-day basis by the Chief Executive Officer and Head of Operations, with the support of the trustees as and when necessary.

**d. Policies adopted for the induction and training of Trustees**

The Charity has a structured induction and training programme for trustees. CARA is also a member of Community 360 which provides training opportunities related to good governance.

**e. Pay policy for key management personnel**

Pay and remuneration of key management are set by the trustees, using NJC payscales as a benchmark.

**f. Related party relationships**

Icena Limited is a social enterprise with a board made up of representatives of rape crisis centres from across the Eastern Region, including CARA. Icena Ltd is owned in equal shares by CARA along with four other charitable entities.

Tina Powell has been a Director of both CARA and Icena Ltd during the year. CARA's Chief Executive Officer, Helen Parr, has also been a Director of Icena Ltd during the year.



---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**Plans for future periods**

We are very pleased to be launching a new project from April 2022. Our *Integrated Support* project will fill an identified gap in CARA's current provision, developing and delivering a range of additional support services particularly aimed at victims and survivors of sexual violence and child sexual abuse who have a high level of immediate need and/or face multiple disadvantage, including due to mental ill-health. The project will develop:

- An emotional support service, tailored to the individual client's needs.
- Support for clients in accessing the other services they need - including from mental health, social care and voluntary sector services, working closely with other agencies to provide joined-up support.
- A programme of regular groups, likely to include a short-term structured group with a focus on learning coping mechanisms and understanding trauma reactions, as well as longer term support groups.

We are delighted to have secured funding to support this project for three years from the Henry Smith COVID-19 Long-term Support grant programme, and for one year from Provide Community.

In August 2022, we will be launching five 90 second animations to support schools and professionals working with children and young people to understand the impacts of sexual violence. The animations have been developed in collaboration with young survivors in Essex and in partnership with Icena, and cover the following topics:

- "They just fob it off." Preventing Sexual Harm in Schools
- "It's all about paperwork and box ticking." Responding to Disclosures of Sexual Violence
- "I felt like a burden." Providing Support After Sexual Violence
- "I lost all my friends." The Impact of Sexual Violence on Peer Groups
- From Disclosure to Closure: Supporting Young Survivors Throughout Their Journey

A set of supporting resources will be available for Designated Safeguarding Leads and Senior Leaders to use to use in INSET and continuing professional development sessions with all staff.

In financial terms, for the short-term our future looks positive, and we are confident that we have funding in place to continue to deliver and to further expand our current services for the next financial year. Although our PFCC contract is due to end in March 2023, we are confident that a one-year extension to March 2024 is being considered.

Alongside continuing funding from Office of the Police, Fire and Crime Commissioner for Essex the Ministry of Justice, the National Lottery Community Fund, BBC Children in Need and many other funders we are very pleased to be starting the 2022/23 financial year with new multi-year grants in place from the Ministry of Justice and the Henry Smith COVID-19 Long-term Support programme. We are also reassured to have a healthy level of reserves to fall back on if times get tough in the years ahead. Our designated Sustainable Future Investment Fund demonstrates our commitment to investing in projects and activities to support our longer-term financial sustainability, and this continues to be a priority.

**Members' liability**

The Members of the Charitable Company guarantee to contribute an amount not exceeding £1 to the assets of the Charitable Company in the event of winding up.



---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**Statement of Trustees' responsibilities**

The Trustees (who are also the directors of the Charitable Company for the purposes of company law) are responsible for preparing the Trustees' report 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 . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- 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 adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and 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.

**Disclosure of information to auditors**

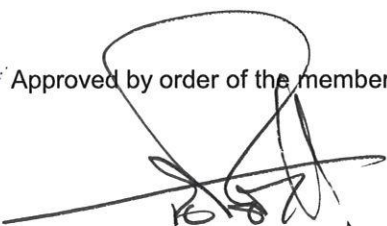
Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

**Auditors**

The auditors, Griffin Chapman, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....  
**Chair of the Board of Trustees**  
Tina Powell

Date: 23 September 2022

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CENTRE FOR ACTION ON RAPE AND ABUSE**

---

**Opinion**

We have audited the financial statements of Centre For Action on Rape and Abuse (the 'charitable company') for the Year ended 31 March 2022 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

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

**Basis for opinion**

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

**Conclusions relating to going concern**

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

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

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



---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CENTRE FOR ACTION ON RAPE AND ABUSE (CONTINUED)**

---

**Other information**

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

**Opinion on other matters prescribed by the Companies Act 2006**

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

- the information given in the Trustees' report for the financial Year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' report has been prepared in accordance with applicable legal requirements.

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

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

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

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

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CENTRE FOR ACTION ON RAPE AND ABUSE (CONTINUED)**

---

**Responsibilities of trustees**

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

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

**Auditors' responsibilities for the audit of the financial statements**

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Companies Act 2006, UK financial reporting standards as issued by the Financial Reporting Council and UK taxation legislation.

We obtained an understanding of how the charitable company complies with these requirements by discussions with management and those charged with governance.

We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance.

We enquire of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.

Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and those charged with governance and obtaining additional corroborative evidence as required.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.



---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CENTRE FOR ACTION ON RAPE AND ABUSE (CONTINUED)**

---

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

**Use of our report**

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



**Thomas Maddocks ACA FMAAT (Senior statutory auditor)**

for and on behalf of

**Griffin Chapman**

Statutory Auditor

Chartered Accountants

4 & 5 The Cedars, Apex 12

Old Ipswich Road

Colchester

Essex

CO7 7QR

Date: 23 September 2022



**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2022**

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
<b>Income from:</b>					
Donations and grants	3	30,391	-	30,391	15,562
Charitable activities	4	451,756	727,574	1,179,330	959,901
Investments	5	458	-	458	368
Other income	6	4,414	-	4,414	6,238
<b>Total income</b>		<b>487,019</b>	<b>727,574</b>	<b>1,214,593</b>	<b>982,069</b>
<b>Expenditure on:</b>					
Raising funds	7	23,941	-	23,941	19,304
Charitable activities	8	332,495	665,823	998,318	867,471
<b>Total expenditure</b>		<b>356,436</b>	<b>665,823</b>	<b>1,022,259</b>	<b>886,775</b>
<b>Net movement in funds</b>		<b>130,583</b>	<b>61,751</b>	<b>192,334</b>	<b>95,294</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		484,708	122,024	606,732	511,438
Net movement in funds		130,583	61,751	192,334	95,294
<b>Total funds carried forward</b>		<b>615,291</b>	<b>183,775</b>	<b>799,066</b>	<b>606,732</b>

The Statement of financial activities includes all gains and losses recognised in the Year.

The Statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

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

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
**(A company limited by guarantee)**  
**REGISTERED NUMBER: 06525343**

**BALANCE SHEET**  
**AS AT 31 MARCH 2022**

	Note	2022 £	2021 £
<b>Fixed assets</b>			
Investments	13	1	1
		<u>1</u>	<u>1</u>
<b>Current assets</b>			
Debtors	14	14,919	10,732
Cash at bank and in hand		828,057	628,877
		<u>842,976</u>	<u>639,609</u>
Creditors: amounts falling due within one year	15	(43,911)	(32,878)
<b>Net current assets</b>		<u>799,065</u>	<u>606,731</u>
<b>Total assets less current liabilities</b>		<u>799,066</u>	<u>606,732</u>
<b>Net assets excluding pension asset</b>		<u>799,066</u>	<u>606,732</u>
<b>Total net assets</b>		<u><u>799,066</u></u>	<u><u>606,732</u></u>
<b>Charity funds</b>			
Restricted funds	16	183,775	122,024
Unrestricted funds			
Designated funds	16	200,000	100,000
General funds	16	415,291	384,708
		<u>615,291</u>	<u>484,708</u>
<b>Total unrestricted funds</b>	16	<u>615,291</u>	<u>484,708</u>
<b>Total funds</b>		<u><u>799,066</u></u>	<u><u>606,732</u></u>

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

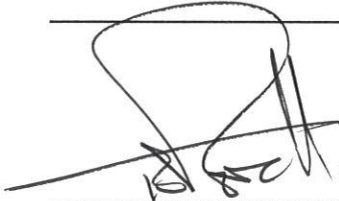
---

CENTRE FOR ACTION ON RAPE AND ABUSE  
(A company limited by guarantee)  
REGISTERED NUMBER: 06525343

---

BALANCE SHEET (CONTINUED)  
AS AT 31 MARCH 2022

---



---

**Tina Powell**  
Chair of the Board of Trustees

Date: 23 September 2022

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

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2021 £
<b>Cash flows from operating activities</b>		
Net cash used in operating activities	199,180	92,802
<b>Cash flows from investing activities</b>		
Net cash provided by investing activities	-	-
<b>Cash flows from financing activities</b>		
Net cash provided by financing activities	-	-
<b>Change in cash and cash equivalents in the Year</b>	<b>199,180</b>	<b>92,802</b>
Cash and cash equivalents at the beginning of the Year	628,877	536,075
<b>Cash and cash equivalents at the end of the Year</b>	<b>828,057</b>	<b>628,877</b>

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

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**1. General information**

The charity is a private company limited by guarantee and registered in England & Wales. The members of the company are the Trustees named on page 1.

**2. Accounting policies**

**2.1 Basis of preparation of financial statements**

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Centre For Action on Rape and Abuse constitutes a public benefit entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

**2.2 Going concern**

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

**2.3 Income**

All income is recognised once the Charitable Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Charitable Company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Charitable Company, can be reliably measured.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.



---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**2. Accounting policies (continued)**

**2.4 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charitable Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charitable Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

**2.5 Government grants**

Grant income is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

**2.6 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charitable Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

**2.7 Taxation**

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

**2.8 Investments**

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**2. Accounting policies (continued)**

**2.9 Debtors**

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**2.10 Cash at bank and in hand**

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**2.11 Liabilities and provisions**

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charitable Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

**2.12 Financial instruments**

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**2.13 Operating leases**

Rentals paid under operating leases are charged to the Statement of financial activities on a straight line basis over the lease term.

**2.14 Pensions**

The Charitable Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charitable Company to the fund in respect of the Year.

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**2. Accounting policies (continued)**

**2.15 Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charitable Company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charitable Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

**3. Income from donations and grants**

	<b>Unrestricted funds 2022 £</b>	<b>Restricted funds 2022 £</b>	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
Donations	20,391	-	<b>20,391</b>	13,966
Legacies	10,000	-	<b>10,000</b>	-
Government grants	-	-	-	1,596
	<u>30,391</u>	<u>-</u>	<u><b>30,391</b></u>	<u>15,562</u>
<i>Total 2021</i>	<u>13,966</u>	<u>1,596</u>	<u>15,562</u>	

Details of local government grants can be found in the Statement of Funds note 18.



**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**4. Income from charitable activities**

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Main activities	451,756	727,574	1,179,330	959,901
<i>Total 2021</i>	452,743	507,158	959,901	

Within the unrestricted funds income above, CARA received £451,756 (2021: £452,743) from SERICC to work in partnership, as Synergy Essex, to help deliver the Essex Police, Fire and Crime Commissioner contract for the provision of sexual abuse support services across Essex.

**5. Investment income**

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Bank interest	458	458	368

**6. Other incoming resources**

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Other incoming resources	4,414	4,414	6,238

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**7. Expenditure on raising funds**

**Costs of raising voluntary income**

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Wages and salaries	23,941	23,941	19,304

A proportion of the CEO's payroll costs are attributed to the cost of raising funds, being 40% of the total cost.

**8. Analysis of expenditure on charitable activities**

**Summary by fund type**

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
Core activities	73,364	61,485	134,849	89,212
Outreach expenses	10,356	24,731	35,087	30,411
Counselling, sessional fees and social groups	3,654	185,898	189,552	195,508
Other activity costs	-	-	-	2,307
Wages and salaries	245,121	393,709	638,830	550,033
	332,495	665,823	998,318	867,471
<i>Total 2021</i>	397,893	469,578	867,471	



**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**9. Analysis of expenditure by activities**

	<b>Activities undertaken directly 2022 £</b>	<b>Support costs 2022 £</b>	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
Core activities	70,685	64,164	134,849	89,212
Outreach costs	35,087	-	35,087	30,411
Counselling, sessional fees and social groups	189,552	-	189,552	195,508
Other direct activities	-	-	-	2,307
Wages and salaries	638,830	-	638,830	550,033
	<u>934,154</u>	<u>64,164</u>	<u>998,318</u>	<u>867,471</u>
<i>Total 2021</i>	<u>811,950</u>	<u>55,521</u>	<u>867,471</u>	

**Analysis of support costs**

	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
Premises costs	20,468	19,875
Office and administration costs	4,902	4,904
Insurance	4,281	2,444
IT and computer costs	26,083	22,947
Bookkeeping and financial support	2,741	1,899
Audit/independent examiner fees	3,750	1,920
Volunteer expenses	58	45
Bank charges	349	325
Other support costs	1,532	1,162
	<u>64,164</u>	<u>55,521</u>

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**10. Auditors' remuneration**

	2022 £	2021 £
Fees payable to the Charitable Company's auditor for the audit of the Charitable Company's annual accounts	3,480	-
Fees payable to the Charitable Company's auditor in respect of: Other financial services	3,150	3,540
	<u>3,150</u>	<u>3,540</u>

**11. Staff costs**

	2022 £	2021 £
Wages and salaries	600,051	516,611
Social security costs	49,887	41,169
Contribution to defined contribution pension schemes	12,833	11,557
	<u>662,771</u>	<u>569,337</u>

The average number of persons employed by the Charitable Company during the Year was as follows:

	2022 No.	2021 No.
Practitioners, advisers and co-ordinators	19	18
Administration and management	6	6
	<u>25</u>	<u>24</u>

No employee received remuneration amounting to more than £60,000 in either year.

The key management personnel of the charity comprise the trustees and the senior management team as listed on page 1. The total amount of employee benefits (including employer pension contributions) received by key management personnel for their services to the charity was £99,031 (2021: £84,801).

**12. Trustees' remuneration and expenses**

During the Year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the Year ended 31 March 2022, no Trustee expenses have been incurred (2021 - £NIL).

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**13. Fixed asset investments**

	Unlisted investments £
<b>Cost or valuation</b>	
Additions	1
At 31 March 2022	<u>1</u>
<b>Net book value</b>	
At 31 March 2022	<u>1</u>

The company is a Shareholder in Icena Ltd, a social enterprise incorporated in England & Wales.

**14. Debtors**

	2022 £	2021 £
Trade debtors	-	1,200
Other debtors	600	600
Prepayments and accrued income	14,319	8,932
	<u>14,919</u>	<u>10,732</u>

**15. Creditors: Amounts falling due within one year**

	2022 £	2021 £
Trade creditors	18,632	18,310
Other taxation and social security	13,682	12,517
Other creditors	312	131
Accruals and deferred income	11,285	1,920
	<u>43,911</u>	<u>32,878</u>



**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**16. Statement of funds**

**Statement of funds - current Year**

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
<b>Unrestricted funds</b>					
<b>Designated funds</b>					
Sustainable future investment fund	100,000	-	-	100,000	200,000
<b>General funds</b>					
General reserves	384,708	487,019	(356,436)	(100,000)	415,291
<b>Total Unrestricted funds</b>	<b>484,708</b>	<b>487,019</b>	<b>(356,436)</b>	<b>-</b>	<b>615,291</b>
<b>Restricted funds</b>					
National Lottery Community Fund - Supporting CARA	-	125,888	(83,925)	-	41,963
National Lottery Community Fund - CARA Cares	35,239	-	(35,239)	-	-
Garfield Weston Foundation	25,000	25,000	(25,000)	-	25,000
BBC Children in Need	-	39,979	(26,958)	-	13,021
Masonic Charitable Foundation	17,883	24,380	(23,843)	-	18,420
Mid and South Essex Community Foundation	-	50,000	(44,667)	-	5,333
Henry Smith Charity	22,500	45,000	(45,000)	-	22,500
Awards for All Schools' animation project	-	9,518	(5,768)	-	3,750
Lloyds Bank Foundation	2,940	-	(2,940)	-	-
FSJ Charities	-	5,000	-	-	5,000
Charles S French Charitable Trust	-	3,000	-	-	3,000
Awards for All	3,045	-	(1,427)	-	1,618
PFCC (VVCS) Fund	-	20,000	-	-	20,000
Braintree District and Eastlight Community Fund	9,750	13,000	(13,000)	-	9,750
Colchester Borough Council	-	21,000	(20,000)	-	1,000
Linklaters	2,000	-	(2,000)	-	-

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**16. Statement of funds (continued)**

**Statement of funds - current Year (continued)**

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
Essex Community Foundation - Jerome Booth Fund	-	2,700	-	-	2,700
Essex Community Foundation - Leeze Fund	-	3,300	-	-	3,300
Essex Community Foundation - Police Property Act Fund	-	4,000	-	-	4,000
North East Essex Men's Mental Health Community Fund	3,667	3,420	(3,667)	-	3,420
Talking Therapies (NHS)	-	52,911	(52,911)	-	-
Ministry of Justice	-	279,478	(279,478)	-	-
	<u>122,024</u>	<u>727,574</u>	<u>(665,823)</u>	<u>-</u>	<u>183,775</u>
<b>Total of funds</b>	<u>606,732</u>	<u>1,214,593</u>	<u>(1,022,259)</u>	<u>-</u>	<u>799,066</u>

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**16. Statement of funds (continued)**

**Statement of funds - prior Year**

	<i>As restated Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Release of deferred income £</i>	<i>Balance at 31 March 2021 £</i>
<b>Unrestricted funds</b>					
<b>Designated funds</b>					
Sustainable future investment fund	-	-	-	100,000	100,000
<b>General funds</b>					
General reserves	428,590	473,315	(417,197)	(100,000)	384,708
<b>Total Unrestricted funds</b>	<b>428,590</b>	<b>473,315</b>	<b>(417,197)</b>	<b>-</b>	<b>484,708</b>
<b>Restricted funds</b>					
National Lottery Community Fund - CARA Cares	17,619	26,430	(8,810)	-	35,239
National Lottery Community Fund - Healthy Sexual Relationships	13,997	-	(13,997)	-	-
National Lottery Community Fund - Covid Fund	-	55,835	(55,835)	-	-
Garfield Weston Foundation	-	25,000	-	-	25,000
Masonic Charitable Foundation	-	39,173	(39,173)	-	-
Masonic Charitable Foundation	17,919	25,318	(25,354)	-	17,883
Tampon Tax Community Fund	10,000	-	(10,000)	-	-
Henry Smith Charity	5,000	22,500	(5,000)	-	22,500
Walter Farthing Trust	-	2,000	(2,000)	-	-
Lloyds Bank Foundation	2,033	35,282	(34,375)	-	2,940
FSJ Charities	2,000	-	(2,000)	-	-
Charles S French Charitable Trust	3,000	-	(3,000)	-	-
Awards for All	4,150	-	(1,105)	-	3,045
Braintree District and Greenfields Community Fund	7,130	-	(7,130)	-	-
Braintree District and Eastlight Community Fund	-	13,000	(3,250)	-	9,750



**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**16. Statement of funds (continued)**

**Statement of funds - prior Year (continued)**

	<i>As restated Balance at 1 April 2020</i>	<i>Income</i>	<i>Expenditure</i>	<i>Release of deferred income</i>	<i>Balance at 31 March 2021</i>
	£	£	£	£	£
Colchester Borough Council	-	20,000	(20,000)	-	-
Linklaters	-	2,000	-	-	2,000
Talking Therapies (NHS)	-	10,700	(10,700)	-	-
St James' Place Charitable Foundation	-	10,000	(10,000)	-	-
Suicide Prevention in Men in NE Essex	-	4,000	(3,333)	-	667
North East Essex Men's Mental Health Community Fund	-	3,000	-	-	3,000
Ministry of Justice	-	214,516	(214,516)	-	-
	<u>82,848</u>	<u>508,754</u>	<u>(469,578)</u>	<u>-</u>	<u>122,024</u>
<b>Total of funds</b>	<u>511,438</u>	<u>982,069</u>	<u>(886,775)</u>	<u>-</u>	<u>606,732</u>

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**17. Statement of Funds information**

The amounts shown in the previous note which are carried forward relate to expenditure which will take place after the year end in accordance with terms and conditions of the grant.

The funding received is given for the various activities of the charity. The restricted grants are awarded for specific purposes and therefore expended in accordance with the terms and conditions of the award and is expended in the timeline specified by the funder.

Funding for the year to 31 March 2022 has been received for the purposes as follows:

Within unrestricted funds under Charitable Activities £451,756 (2021: £452,743) relates to income received from 3rd Party Payment SERICC, to work in partnership, as Synergy Essex, to help deliver the Essex Police, Fire and Crime Commissioner contract for the provision of sexual abuse support services across Essex. The money received was used for the main activities of the charity covering costs such as staff salaries, sessional and counselling services, premises expenses where the activities take place and other related costs to aid with the objectives of the charity.

The National Lottery Community Fund has provided two grants: The CARA Cares grant which was extended until July 2021 and the Supporting CARA grant which started from August 2021. Both grants contributed to the salary costs of key staff.

Garfield Weston Foundation - to provide funding for the core activities of the charity.

BBC Children in Need - to fund child therapists' salaries and sessional fees.

Masonic Charitable Foundation - to provide funding for a part-time young person's practitioner.

The Henry Smith Charity - to provide funding for the core activities of the charity.

Lloyds Bank Foundation - to fund costs of a part time sexual violence advocacy coordinator, sessional fees and associated costs of the sessional counsellors.

Awards for All - Two grants, one to cover expenditure towards social groups and the second towards a new project, producing animations for schools and professionals about how they can best support young survivors.

The Braintree District and Eastlight Community Fund - to provide specialist counselling in Braintree.

Colchester Borough Council - Voluntary Welfare Grant for supporting victims and survivors of sexual violence and child sexual abuse in Colchester. Cllr Steph Nissen's Locality Budget to support our work on the Animation in Schools project.

Linklaters - funding to support for the core activities of the charity.

Talking Therapies (NHS) - funding to provide specialist counselling.

North East Essex Men's Mental Health Community Fund (previously Suicide Prevention in Men in North East Essex) - to provide specialist counselling for men in North East Essex.

Ministry of Justice - to support increased demand for counselling and other services and to increase the capacity of our ISVA service, including by providing specialist engagement ISVAs.

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

Mid and South Essex Community Partnership Grants Programme - to provide additional specialist counselling across Mid and South Essex. This grant was shared with SERICC Rape and Sexual Abuse Specialist Service and Southend on Sea Rape Crisis.

The Jerome Booth Charitable Fund, the Police Property Act Fund and the Leeze Charitable Fund (all administered by Essex Community Foundation) - funding for core running costs.

**18. Summary of funds**

**Summary of funds - current Year**

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
Designated funds	100,000	-	-	100,000	200,000
General funds	384,708	487,019	(356,436)	(100,000)	415,291
Restricted funds	122,024	727,574	(665,823)	-	183,775
	<u>606,732</u>	<u>1,214,593</u>	<u>(1,022,259)</u>	<u>-</u>	<u>799,066</u>

**Summary of funds - prior Year**

	As restated Balance at 1 April 2020 £	Income £	Expenditure £	Release of deferred income £	Balance at 31 March 2021 £
Designated funds	-	-	-	100,000	100,000
General funds	428,590	473,315	(417,197)	(100,000)	384,708
Restricted funds	82,848	508,754	(469,578)	-	122,024
	<u>511,438</u>	<u>982,069</u>	<u>(886,775)</u>	<u>-</u>	<u>606,732</u>



**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**19. Analysis of net assets between funds**

**Analysis of net assets between funds - current year**

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Fixed asset investments	1	-	1
Current assets	659,201	183,775	842,976
Creditors due within one year	(43,911)	-	(43,911)
<b>Total</b>	<b>615,291</b>	<b>183,775</b>	<b>799,066</b>

**Analysis of net assets between funds - prior year**

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Fixed asset investments	1	-	1
Current assets	517,585	122,024	639,609
Creditors due within one year	(32,878)	-	(32,878)
<b>Total</b>	<b>484,708</b>	<b>122,024</b>	<b>606,732</b>

**20. Reconciliation of net movement in funds to net cash flow from operating activities**

	2022 £	2021 £
Net income for the year (as per Statement of Financial Activities)	192,334	95,294
<b>Adjustments for:</b>		
Increase in debtors	(4,188)	(5,231)
Increase in creditors	11,034	2,739
<b>Net cash provided by operating activities</b>	<b>199,180</b>	<b>92,802</b>

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**21. Analysis of cash and cash equivalents**

	2022 £	2021 £
Cash in hand	828,057	628,877
<b>Total cash and cash equivalents</b>	<b>828,057</b>	<b>628,877</b>

**22. Analysis of changes in net debt**

	At 1 April 2021 £	Cash flows £	At 31 March 2022 £
Cash at bank and in hand	628,877	199,180	828,057
	<b>628,877</b>	<b>199,180</b>	<b>828,057</b>

**23. Operating lease commitments**

At 31 March 2022 the Charitable Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2022 £	2021 £
Not later than 1 year	11,995	12,453
Later than 1 year and not later than 5 years	-	3,958
<b>Total</b>	<b>11,995</b>	<b>16,411</b>

The following lease payments and changes in lease payments have been recognised in the Statement of financial activities:

	2022 £	2021 £
<b>Operating lease payments</b>		
Operating lease rentals	12,016	14,938
Changes in lease payments arising from COVID-19 related rent concessions	-	(182)

The charity operates from a number of sites which are leased primarily on a short term basis.

---

**CENTRE FOR ACTION ON RAPE AND ABUSE**  
(A company limited by guarantee)

---

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

---

**24. Members' liability**

Each member of the charitable company undertakes to contribute to the assets of the company in the event of it being wound up while he/she is a member, or within one year after he/she ceases to be a member, such amount as may be required, not exceeding £1 for the debts and liabilities contracted before he/she ceases to be a member.

**25. Related party transactions**

Owing to the nature of the charity and the composition of the board of trustees being drawn from public and private sector organisations, transactions may take place with organisations in which trustees have an interest.

The following related party transactions took place in the period of accounts:

During the year the charity received income of £1,000 for consultancy from Icena Ltd, a social enterprise incorporated in England & Wales in which the charity has an investment. Expenditure of £2,018 was incurred from Icena Ltd for support services. At the year-end no balance was due to or from Icena Ltd.

Tina Powell was a director of both CARA and Icena Ltd for the year.

Helen Parr was CEO and company secretary of CARA and a director of Icena Ltd for the year.