LIFE CENTRE

England & Wales · Charity number 1127779

Details

Status	Registered
Legal form	Charitable company
Company number	06766164
Registered	2009-01-29
Register	View on the Charity Commission register

Contact

Address	Lifecentre Po Box 58 Chichester PO198UD
Phone	01243786349
Email	info@lifecentre.uk.com
Website	www.lifecentre.uk.com

Activities

Objects: "TO RELIEVE PERSONS WHO HAVE SUFFERED SEXUAL ABUSE BY THE PROVISION OF A COUNSELLING SERVICE AND OTHER SUCH PURPOSES WHICH ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAW OF ENGLAND AND WALES AND ARE CONNECTED WITH THE CHARITABLE WORK OF LIFE CENTRE".

Activities: Face to face, email and group counselling services and telephone and text helplines for men, women and child survivors of sexual abuse and rape and their close family members and supporters. We also provide training to organisations.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

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Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- East Sussex
- Hampshire
- Surrey
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£834,724	£879,590	£754,068	16
2024-03-31	£709,573	£822,850	£798,934	16
2023-03-31	£1,003,020	£739,833	£920,083	13
2022-03-31	£695,679	£635,120	£649,023	9
2021-03-31	£956,192	£786,294	£588,464	7

Trustees

Name	Role	Appointed
ANDREA CLARKE	Chair	
Dr Serena North		2021-12-06
MR ALISTAIR MACFARLANE		
Margaret Ellis		2024-09-13
Mark Oliver		2019-06-03

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LIFE CENTRE

England & Wales - Charity number 1127779

Accounts

life CENTRE

ANNUAL REPORT

& unaudited financial statements

for the period
from 1 April 2024
to 31 March 2025

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1. OBJECTIVES & ACTIVITIES

1.1 Vision

Lifecentre's vision is to bring hope, guidance, and fresh possibilities to those who have had an unwanted sexual experience and are on a journey of transformation. We achieve this by providing therapeutic services for survivors of rape and sexual abuse of all genders and ages and their close supporters. The services we provide include in-person, telephone, online or email counselling and psychoeducational groups and other wellbeing support. We also provide training to organisations.

1.2 Mission

Our mission is to guide journeys of transformation by:

- Creating a safe haven where people feel empowered to share their story without judgement,
- Providing a consistently first-class service delivered by highly experienced and qualified counsellors,
- Bringing together a compassionate team of people with a thirst for transformation and a commitment to help others live life to the full.

1.3 Values

Lifecentre's values are:

We create safety

Enabling others to open-up freely.
We help people to feel comfortable and have safe conversations free from fear and the disturbances of the outside world.

We cherish diversity

Seeing the unique potential in everyone.
We welcome people of all ages, faiths and backgrounds without preconceptions, and listen deeply to their stories.

We show kindness

Ensuring every person in our community feels valued.
We relentlessly care for those in need of support, tending to their physical, mental and spiritual needs.

We nurture hope

Believing in a brighter future.
We approach every challenge with an infectious optimism, inspiring others to see light in the darkest times.

1.4 The charity objectives are:

- to provide services and support for people who are in need of assistance resulting from life traumatising events, such as rape, sexual abuse, assault and other related issues, including the provision of trauma-informed therapy services and prompting the physical, emotional, social, mental, cultural and spiritual wellbeing of the service users

- to promote public awareness of the issues which surround trauma inducing life experiences, particularly those of sexual violation

- to promote and fulfil these and other charitable purposes beneficial to the community in the West Sussex area

- to develop services which will empower individuals and families where sexual violation has created dysfunction in their ordinary life and empower them to find a voice

- to strengthen people who are supporting survivors of sexual violation, be that parents, partners, or close friends.

1.5 Our main activities

Our organisation, and every service we provide, is trauma informed. This means we work with an understanding of how trauma affects mind, body, and emotions. Whether in therapy sessions or mind-body regulation classes, we create spaces that are safe, empowering, and sensitive to the needs of survivors.

- Relieve suffering of people of all ages and genders who have been affected by sexual violation through trauma-informed in-person therapy, online, telephone and email therapy, and play therapy for children.

- Supporting survivors before and after therapy through specialist holistic wellbeing support, including trauma-informed mind and body regulation classes, psychoeducation support groups and our Thrive mental wellbeing app.

- Supporting parents, carers and supporters through therapy and educational peer support groups.

- Raising awareness and educating the education, public and business sectors of the community around related issues, such as violence against women and girls and the impact of trauma through the development and delivery of training programmes.

- Supporting survivors who choose to include the Christian faith as part of their therapeutic healing experience.

1.6 Our trauma-informed services

- Therapy for adults: in-person, email, telephone and online
- Therapy for young people (12-17)
- Play Therapy for children (Under 12's)
- Specialist therapies (Art therapy & EMDR therapy)
- Training and education
  - o Local Authority funded "cultivating safe spaces" training
  - o Public services training (police)

- Wraparound holistic wellbeing services:

  Our projects:

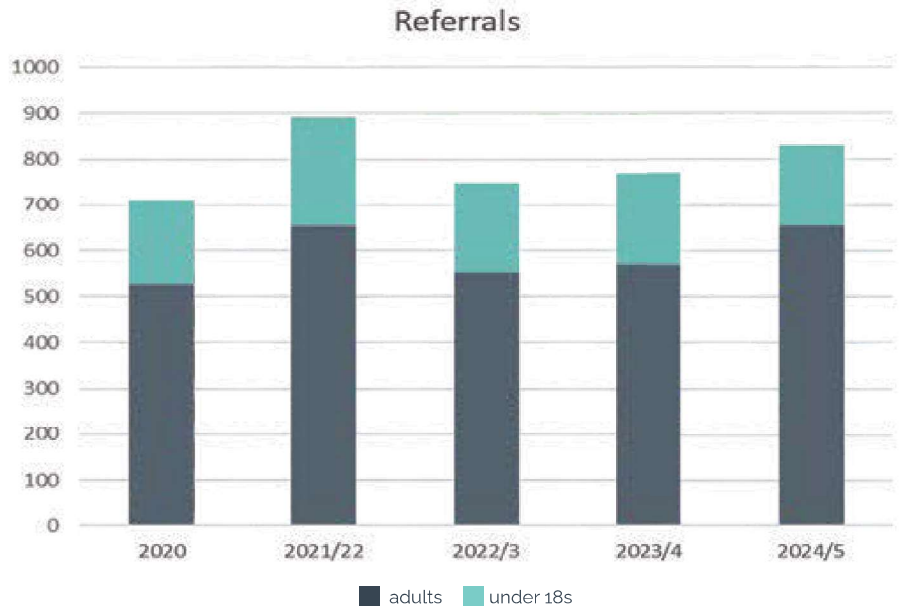
  - o Thrive
  - o Trauma-informed mind and body regulation groups
  - o Psychoeducation groups including client care packages
  - o Parent and carer support groups

1.7 Annual summary

During this financial period, Lifecentre has continued to deliver its aims by supporting individuals of all ages and all genders with therapy and support services.

This table shows referrals to Lifecentre over the past four years. This shows that there is still a great demand for our services. This financial period we had **828** referrals for trauma informed therapy.

The therapy has been life changing for me. The change in me has been seen by everyone in my life. My therapist was so good that I now feel I am able to deal with any and every problem in a positive way and my future looks positive for the first time."



This year we supported **743** clients across West Sussex with specialist trauma-informed therapy: 582 adults and 161 clients were under 18.
We provided a total of **5029 therapy sessions**: 3990 to adults and 1039 to under 18s.

The following table shows the **under 18s** we supported and sessions delivered by location.

During this period 84% of our therapy was provided in-person, with 16% provided either by telephone or online.

We have achieved results this year which show therapy with Lifecentre makes an incredible difference to the lives of our clients. They report having fewer issues with depression, anxiety, eating disorders and addictions to name a few.

To support clients whilst they wait for therapy and to support the parents of our children, we run our client psychoeducation groups. The **68 clients** that benefitted from our groups reported positive outcomes and found the peer support beneficial.

Our Crawley site delivered the most sessions overall to the most clients, followed by Chichester and then Worthing.

"Amazing people. The e-course at the beginning, (Therapists name)'s sessions and [TIMBR] classes are a perfect balance for holistic healing in a safe non-judgmental place."

We have some resources on our website, including videos on breathing to help manage everyday stress.

We continued to provide additional support to our clients. We have invested in Thrive, an NHS approved app to support client wellbeing, which **104** people took this support.

This year **35** people benefitted from our trauma informed mind and body regulation sessions to help with client wellbeing. We then had to pause the service for the rest of the year. Further funding has been sought and these will re-start in the next financial year.

2. ACHIEVEMENTS AND PERFORMANCE

2.1 Therapy services and outcomes overview

All our clients have experienced some form of sexual violence or are a close family member or supporter of someone who has. Sexual violence is the primary issue they wish to work through in therapy. All our support is client-led, which puts the survivor in control of the support they receive. All our therapy is 3 phase trauma-therapy.
The traumatic effects of sexual violence are often severe and deeply rooted, which is why Lifecentre offers up to 18, hour-long therapy sessions and more by agreement. Our therapy can be accessed at one of our sites, Crawley, Worthing, or Chichester or online or over the telephone. We have Association for Counselling and Therapy Online (ACTO) trained therapists to deliver our online therapy.

Therapy has been delivered during 2024/5 by 26 paid therapists and play therapists, all of whom have a service contract with Lifecentre. All our therapists are affiliated to a professional body. All therapists and play therapists receive monthly supervision from an external professional supervisor. Supervisors meet three times a year for regulation of clinical guidelines. They also have organisational support from one of our senior therapists. Each month we have a team meeting, which includes continuous professional development.

Prior to commencing therapy, all new clients attend a comprehensive initial assessment to assess their suitability for the service, their mental health, and specific needs. We are committed to work in collaboration with other professionals involved in the client's care and to liaise with them as necessary before therapy starts.

Our therapy uses different modalities including humanistic, systemic, psychodynamic, trauma focused cognitive behavioural therapy (CBT) and eye movement desensitisation and reprocessing (EMDR). For our young people we offer play therapy and art therapy. We also provide pre-trial therapy, which is offered to a victim or witness while the criminal justice process is ongoing, or a trial may be possible. It aims to ensure that clients feel emotionally supported whilst also not influencing the evidence they would give in court.

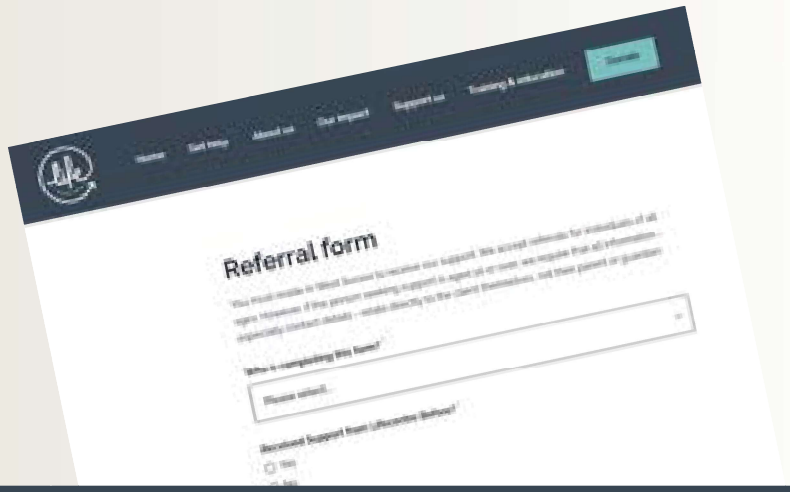
Therapy is offered free of charge, but adult clients are asked to consider making a donation towards the costs of their therapy if they are able to do so.

"The support from Lifecentre has been incredible, from the admin staff to (Therapist's name).

The approach enables you to feel safe, valued and supported which I had not felt in a long time. (Therapists name)'s support has been amazing.

I felt HEARD and was guided through grounding techniques that I use on a daily basis. I'm beginning to feel confident in my own body again."

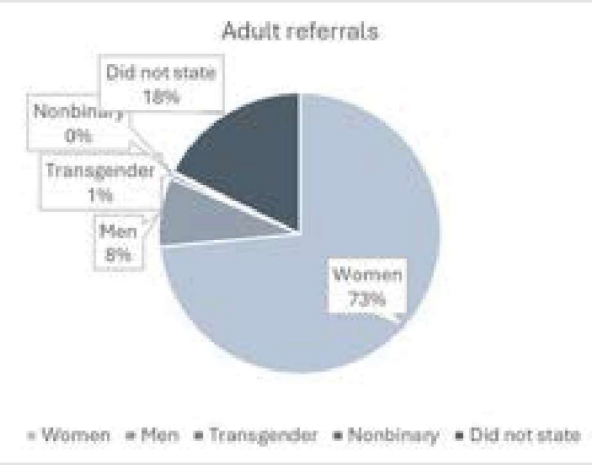
2.1.1 Referrals for therapy



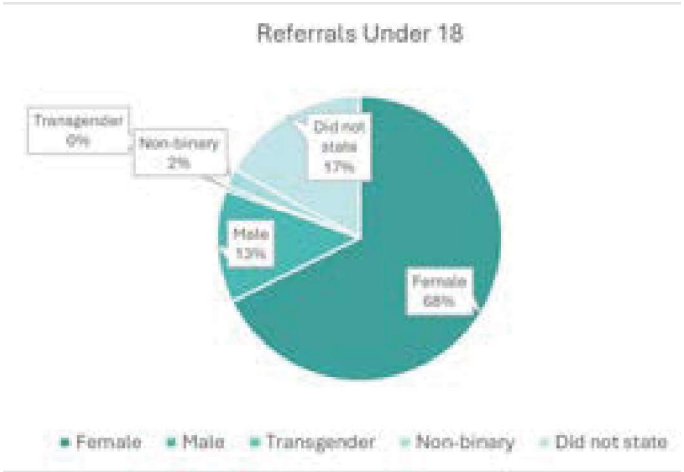
Referral source	Adults	%	Under 18s	%
Self-referral	360	57%	12	6%
Supporter referral	12	2%	57	28%
Health Services	37	6%	6	3%
Mental Health	28	5%	8	4%
Police	52	8%	21	11%
Change Grow Live	8	1%	-	-
Domestic abuse services	14	2%	-	-
Local Authority (WSCC)	4	1%	-	-
West Sussex Talking Therapies	30	5%	-	-
Schools	1	0%	14	7%
WSCC Social Care	10	2%	46	23%
WSCC Early Help	9	2%	12	6%
Survivors Network	15	2%	5	2%
WSCC Worth Services	14	2%	4	2%
WSCC YES Team	0	0%	6	3%
Other (Charities)	33	5%	10	5%
Total	**627**	**100%**	**201**	**100%**

2.1.1 Referrals for therapy

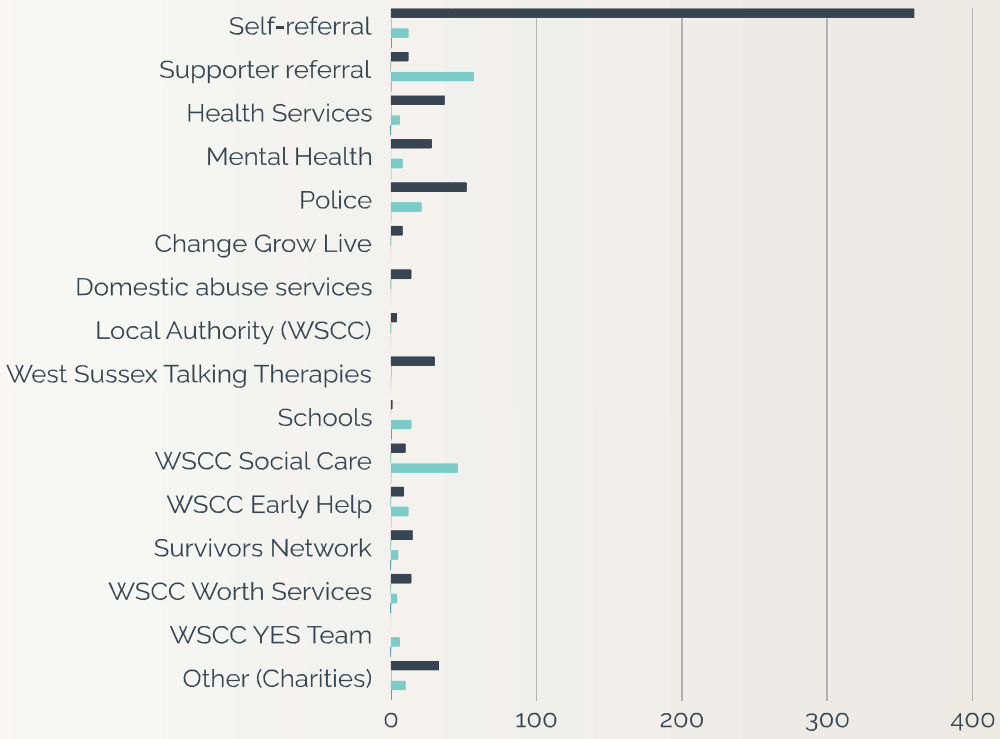
During the period we have received 828 referrals for therapy.
Of these 627 (76%) were from **adults:**



172 (21%) were received from those **under the age 18.**



Referral sources

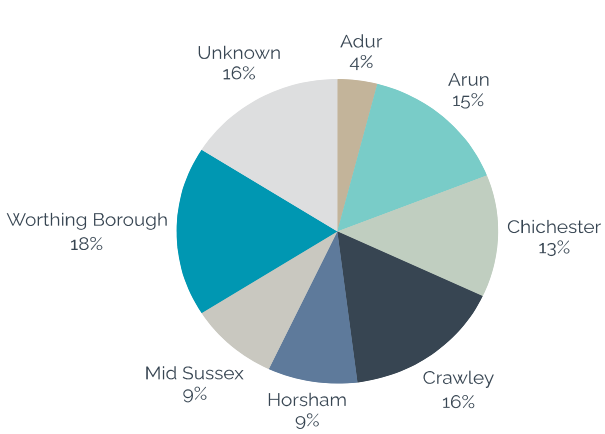


Adults

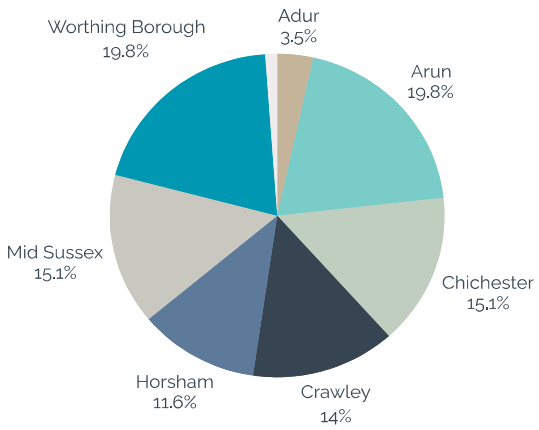
Under 18ss

The following charts show which area the referrals were from.

Adult Referrals

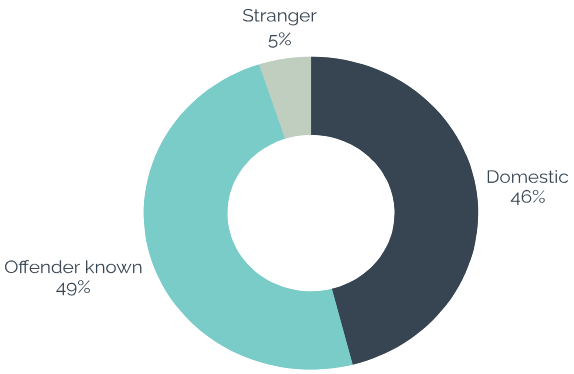


Under 18 Referrals



In terms of the perpetrator of the sexual violence, while most clients did not state, the majority of those that did, knew the perpetrator.

Relationship to offender



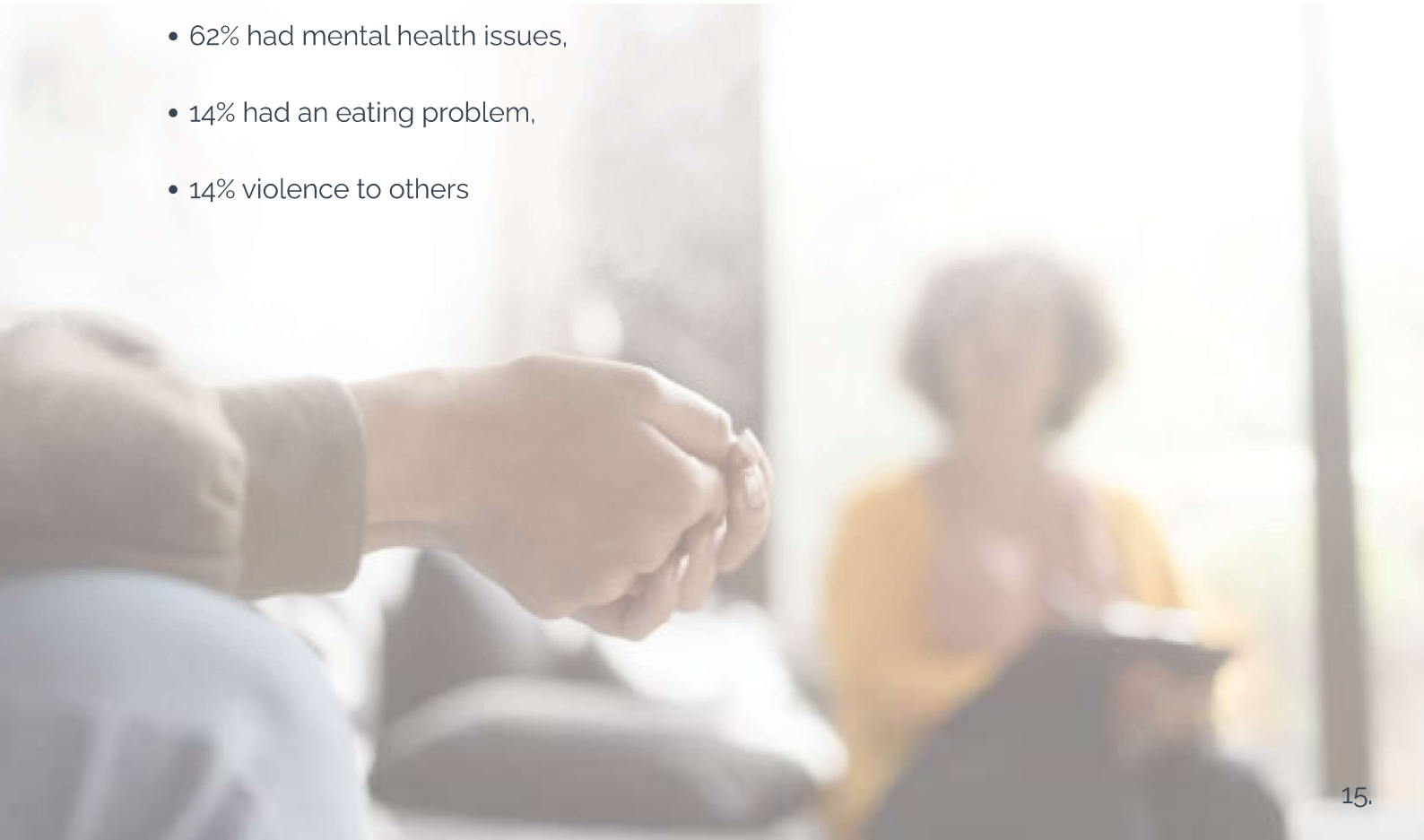
2.1.2 What do therapy sessions address

The effect of sexual abuse and rape on our clients is devastating. Those who have experienced sexual abuse or rape are more likely to have a range of physical and mental health conditions including anxiety, flashbacks, sleep problems, stress, eating disorders, personality disorders, lack of confidence and lack of trust in others. Not surprisingly, survivors can find it difficult to manage everyday life.

Sexual abuse and rape also put great pressure on other family members, we also support siblings, parents, and other close family members.

Our clients referred to us with the following issues in this period:

- 34% were or had been depressed,
- 36% of our adult clients and 6% of under 18 clients were not in education, employment or training when referred.
- 58% of the clients we met in this period had thought about suicide; 30% attempted suicide,
- 39% had self-harmed,
- 15% were facing drug and/or alcohol related issues.
- 62% had mental health issues,
- 14% had an eating problem,
- 14% violence to others



2.1.3 Overall therapy delivery overview

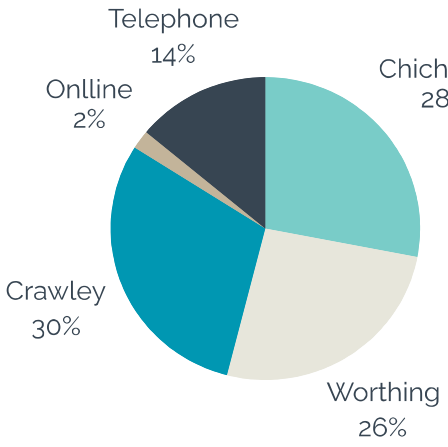
We delivered a total of **5029 sessions** during this period to **743 clients.**
Most of our face-to-face support was for people from the **Crawley/Horsham** area **(36%);** with **33%** from **Chichester** and district and **31%** from **Worthing** and surrounding area. This period **16%** of our support was delivered by telephone and online therapy, and **84%** in person.

The support from Lifecentre has been incredible, from the admin staff to (therapist's name). The appraoch enables you to feel safe, valued and supported which I had not felt in a long time.

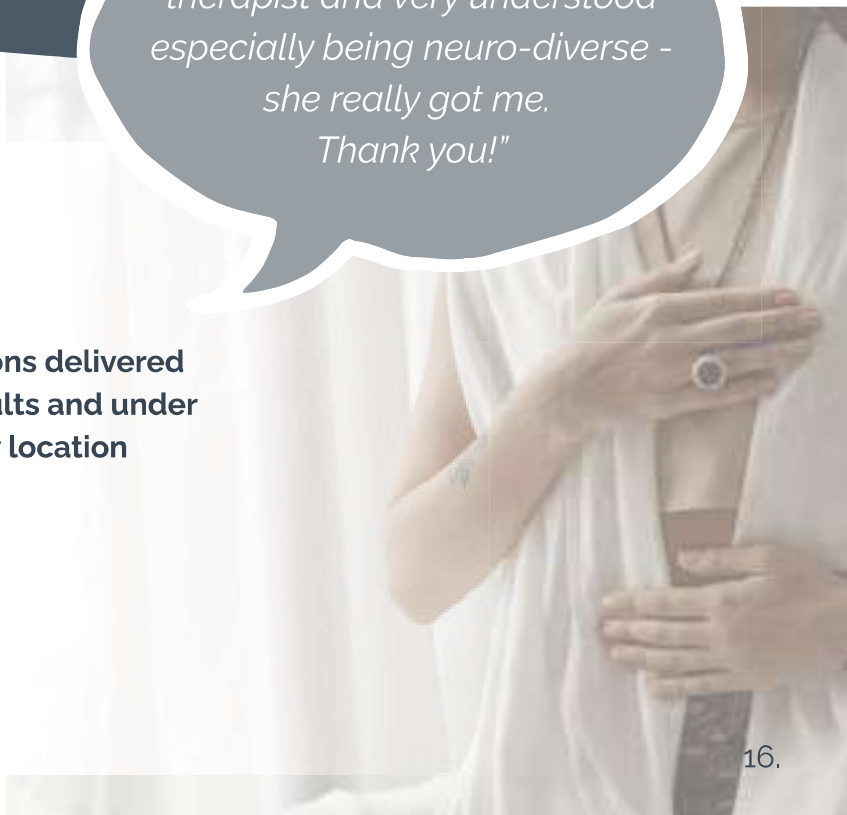
(Therapist name)'s support has been amazing. I felt HEARD and was guided through grounding techniques that I use on a daily basis. I'm beginning to feel confident in my own body again."

"EMDR has been beneficial as it has allowed me to express and process the trauma and talk about it a little more and come to terms with it in a safe space."

"I felt so supported by my therapist and very understood especially being neuro-diverse - she really got me.
Thank you!"



Sessions delivered to adults and under 18s by location



2.2 Adult therapy

2.2.1 Adult therapy delivery

	Adults supported	Sessions
Crawley site	176	1048
Worthing site	154	958
Chichester site	177	1187
Online/telephone	75	797
Total	**582**	**3990**

We supported **582 adults** with **3990 sessions** of therapy. Most of the adults we supported had sessions in person.

All therapy clients aged 16 + are invited to complete a CORE (clinical outcomes in routine evaluation) evaluation forms at the beginning, middle and end of therapy.

2.2.2 Adult therapy outcomes

Outcomes (adult) - improvement in overall client experience of:	
Trauma/abuse	67%
Depression	71%
Anxiety/stress	66%
Self-esteem	65%
Addictions	75%
Eating disorders	74%
Interpersonal relationships	57%
Personality disorders	63%
Bereavement / loss	61%
Work/academic related problems	88%
Cognitive learning	83%

We also use our own evaluation forms for those aged 12-17 and Under 12's. For clients under 12, parents or carers are also asked to complete evaluation forms based on the progress the child has made.

Clients are also provided the opportunity to give quotes and share case studies about the benefits counselling has had in their lives.

"My counsellor was excellent. she made me feel safe and comfortable from our first session and has made a massive positive difference to my life. I can't say thank you enough, she has given me the confidence and tools to begin processing what happened to me."

2.3. Under 18 therapy

2.3.1 Young people therapy delivery

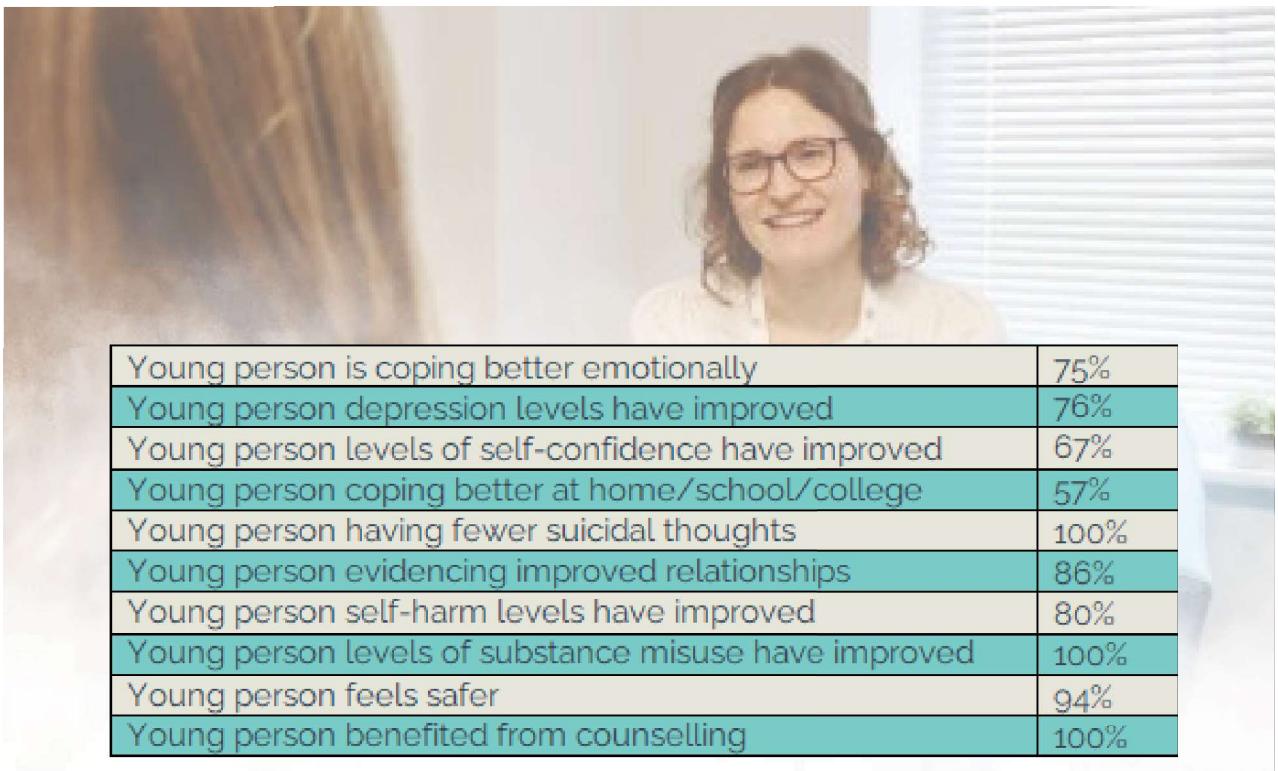
> *"I feel I can explore emotions - I am getting better at understanding how i feel and talking to others. I couldn't do that before."*

Trauma informed therapy is one of the most effective methods of helping younger people to come to terms with their unwanted sexual experience. Our therapists have lots of experience of helping younger people deal with trauma.

The following table shows sessions delivered to adults and under 18s by location.

	Under 18s supported	Sessions
Crawley site	78	464
Worthing site	56	350
Chichester site	25	221
Online/telephone	2	4
Total	**161**	**1039**

2.3.2 Young people therapy (12 – 17s) outcomes



Young person is coping better emotionally	75%
Young person depression levels have improved	76%
Young person levels of self-confidence have improved	67%
Young person coping better at home/school/college	57%
Young person having fewer suicidal thoughts	100%
Young person evidencing improved relationships	86%
Young person self-harm levels have improved	80%
Young person levels of substance misuse have improved	100%
Young person feels safer	94%
Young person benefited from counselling	100%

2.4 Play therapy (Under 12s)

2.4.1 Play therapy delivery

Play therapy is a type of therapy that helps children to explore their feelings, to express themselves and to make sense of their difficult life experiences. Children are given a safe and confidential space where they are free to explore their expression through play, which is the child's natural way of learning, communicating, and exploring their world. Children use play first and speech second.

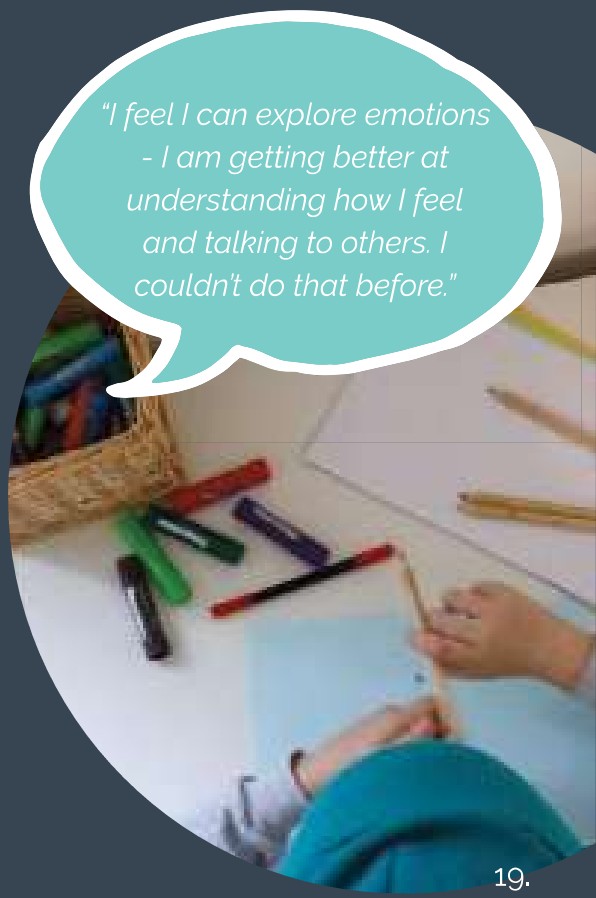
Recovery from difficult life experiences can be helped by a play therapist allowing a child space to express themselves in a safe and trusting environment. Play therapy gives children the opportunity to explore and understand their feelings. It can help them to change their view of the trauma of abuse so that they are less likely to blame themselves. The resulting increased self-esteem can help the child cope with future difficulties in the world.

We have **3 play therapists** working at Lifecentre. Together they have delivered **332 sessions** to **56 children** under the age of 11.

2.4.2 Play therapy outcomes (Under 12s)

Outcomes (Under 12s):

Child feels safer	83%
Child has benefited from counselling	100%
Child shows improved engagement in learning	100%
Child shows improved ability to regulate emotons	83%
Child shows improved ability in self-confidence	83%
Child shows improved ability to build relationships	100%
Behaviour has improved	100%
Less symptoms of distress	83%



3. WRAP-AROUND SUPPORT SERVICES & OUTCOMES

3.1 Client wellbeing and holistic support

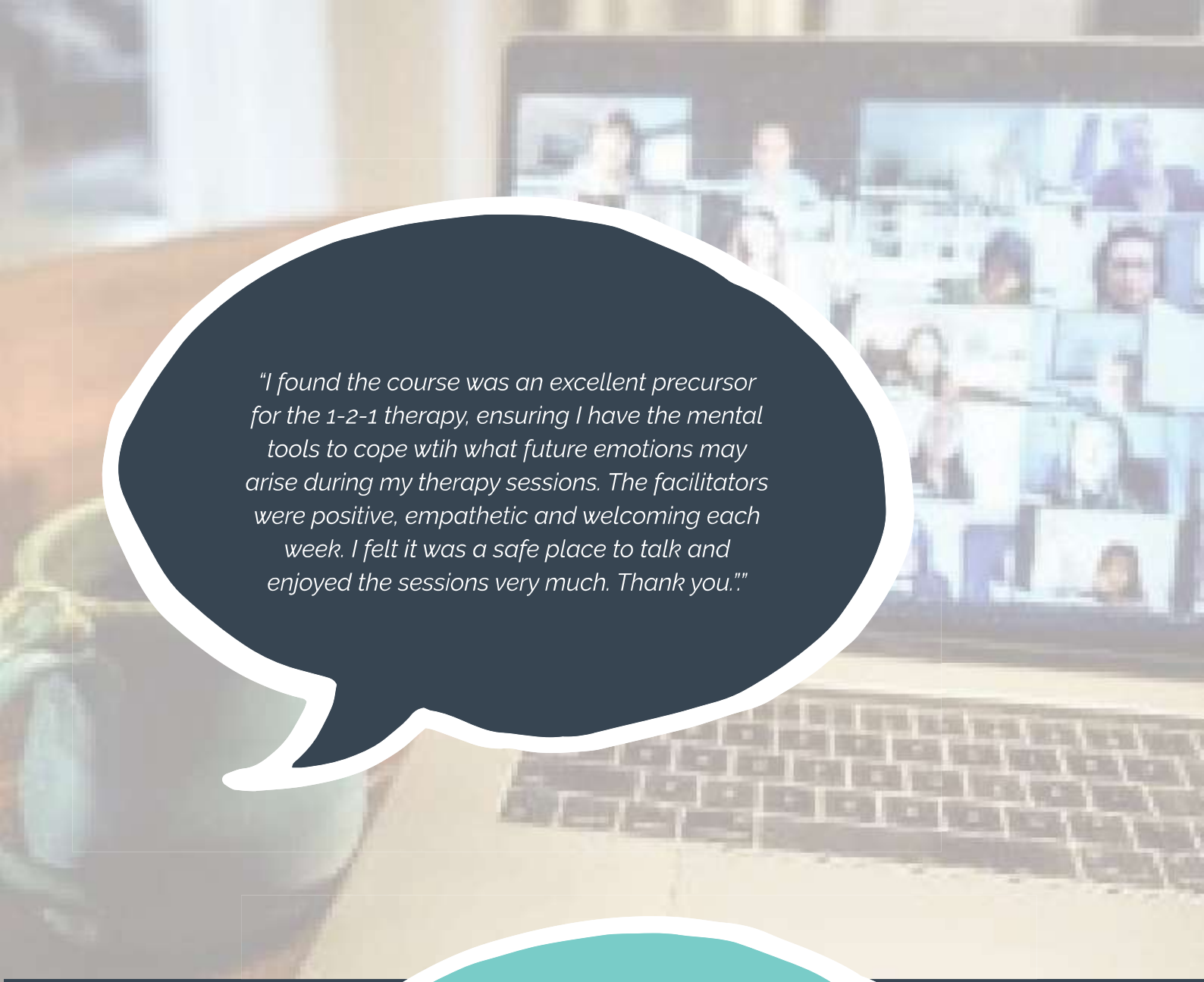
3.1.1 Adult survivors – psychoeducation peer support groups

This year we continued to provide psychoeducational groups for survivors. These are stabilisation groups of 6 sessions. The aim of the group is to help survivors understand the impact of trauma and help them to develop some techniques to cope with some of the impact of that trauma. Each session ended with some mindfulness, so clients finish in a safe space.

The 68 clients that benefitted from the 8 groups we ran reporting positive outcomes and found the peer support beneficial.

- **96%** said they felt more knowledgeable and empowered to progress after their involvement in the group.
- **91%** said their participation in the group left them feeling more able to cope and build resilience, allowing them to feel more prepared for the individual therapy sessions.
- **57%** said that their participation on the group has impacted their feeling of safety.
- **59%** rated the content of the group session positively.
- **83%** rated the impact of the group sessions on their health and wellbeing positively.
- **78%** felt more equipped to deal with the impact of triggers, difficult emotions and flashbacks following participation on the group.

The results show that participants of the psychoeducation course have an improved ability to manage self-care and ability to manage difficult emotions all improved following participation.



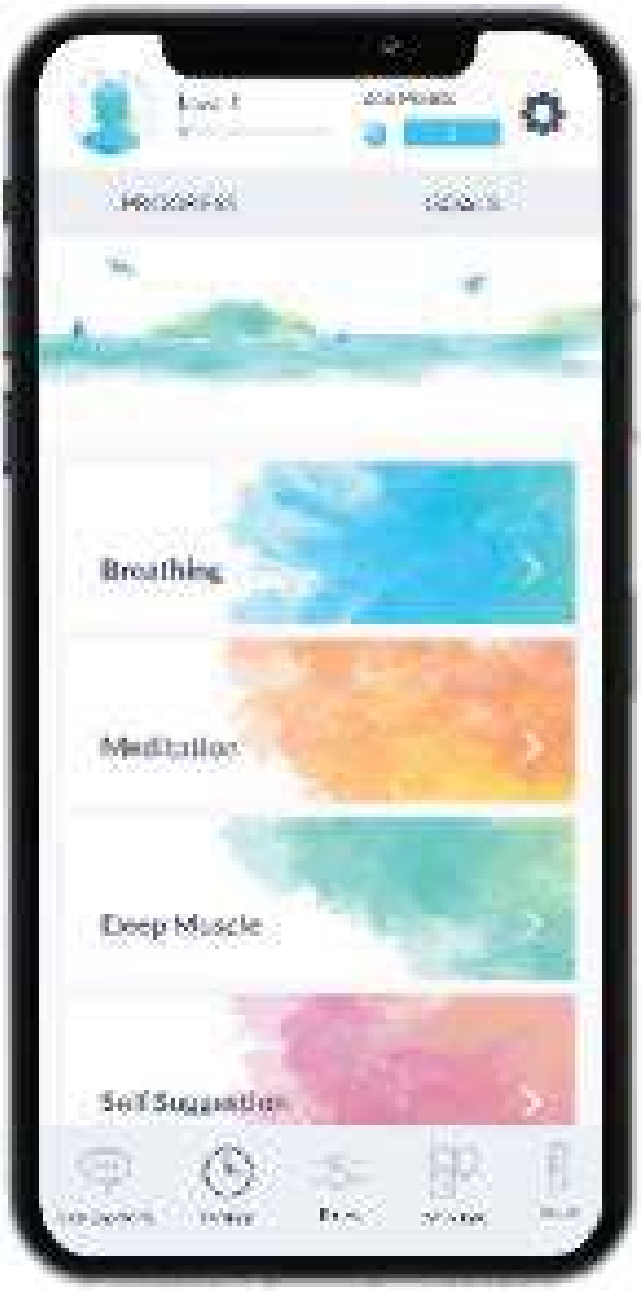
"I found the course was an excellent precursor for the 1-2-1 therapy, ensuring I have the mental tools to cope wtih what future emotions may arise during my therapy sessions. The facilitators were positive, empathetic and welcoming each week. I felt it was a safe place to talk and enjoyed the sessions very much. Thank you."."

"It is very helpful and interesting to understand how my brain is processing my trauma. Learning it is actually a chemical/biological function instead of me just being a 'Drama Queen' is quite validating in the behaviour I see in myself.
I can't help feeling the way I feel but understanding the brain function behind it helps me to see I am not broken."

3.1.2 Thrive mental wellbeing app

Opening up to a counsellor in person or over the phone for many may feel too overwhelming so Lifecentre offers other forms of support. Thrive is an NHS approved mental health mobile app full of wellbeing advice and tools. It includes over 100 hours of content around mindfulness, CBT, relaxation techniques, screening tools, risk assessments, and more.

During this period, we had **104 Thrive users**, of which 99% of users actively used the app. Of these users we saw 29% full recoveries, 25% improvements and 24 people who engaged with signposting in the app.

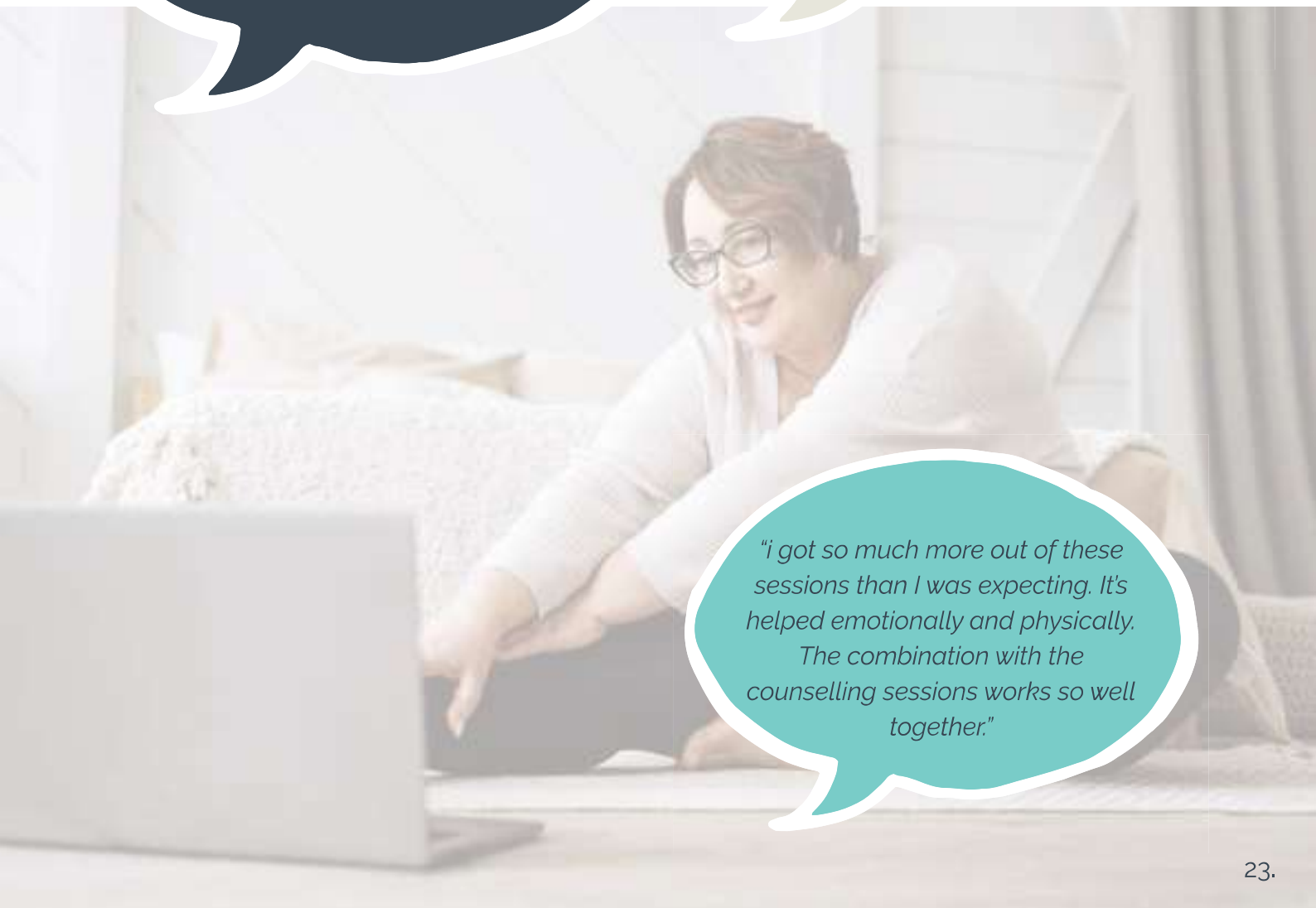


3.1.3 Trauma-informed mind and body regulation service

Following feedback from our clients we introduced trauma informed breathing and movement to relieve stress and anxiety, together with mindfulness to support our client's mental health. We received some additional funding to pilot extending this service for three years. This year we had 35 clients engaged in these yoga-based classes, which will be seeking funding to continue next year.

Thank you, Lifecentre, teacher and funders of this project, for helping me access the gentle, trauma informed classes. It's good to get back in touch with joy in my body and experience new, self-generated energy and positive feeling.""

Being in a safe environment with people who have had similar experiences has made my journey less lonely. The grounding exercises and yoga we did helped manage my anxiety and having a safe space once a week helped more than I ever expected."



"i got so much more out of these sessions than I was expecting. It's helped emotionally and physically. The combination with the counselling sessions works so well together."

3.2 Support for client supporters

Therapy for supporters of survivors
Lifecentre provides therapy for supporters of survivors. This helps them to better support the survivor and supports their own recovery. This year we supported **4 supporters** of survivors with **37 sessions** of therapy.

3.3 Community support

Work to promote the issues faced by survivors
An important part of our work is to promote the issues faced by survivors to influence local and national policy and strategy. Lifecentre's CEO attends meetings with local and national strategic leads and policy makers in relation to sexual violence and violence against women and girls to achieve this.

The CEO chairs the Violence Against Women and Girls Forum, West Sussex Domestic and Sexual Abuse and Violence Oversight Group and the Pan Sussex Sexual Violence and Abuse Partnership Group. In addition, we engage in consultations over changes in the law and the criminal justice process and the supporting survivors who are children and young people, which are arranged by Survivors Trust.

We have continued to take appropriate opportunities to raise awareness of the issues surrounding sexual violation and of the services available through Lifecentre. We have been active on social media such as Facebook, LinkedIn and Instagram.

"I am so grateful to you for connecting with our school and for working with our colleagues. I know that there has been lots of positivity around the sessions. The resources are super helpful."

Training and awareness raising
An important part of the work we do, is to prevent sexual violence by raising awareness about the issues surrounding sexual violence.

This includes helping partners, education establishments and the public to understand of the issues survivors face to try and help them to respond more appropriately to survivors needs.

Education sector
With support from West Sussex County Council, we developed a training course tailored for teachers and those who work with young people. This course has been designed to help school staff deepen their understanding of how issues such as masculinity, misogyny, gender-based abuse, and social media influencers are impacting young people. It equips staff with the confidence and skills to engage students in meaningful, reflective conversations around these topics. Additionally, the training provides practical tools that can be taught to young people, empowering them to take ownership and promote positive change.

The team have delivered **20 sessions** to **453 participants** during this period, with more to come next year. All topic areas showed participants reporting an improvement in understanding with 75% of participants reporting that the training would have a positive impact on their practice and interactions with young people.

Public, social and health care sectors
We work with other agencies to highlight the issues caused by gender stereotypes and cultures that can enable sexual violence. Our education facilitator provided training for other organisations to help them to understand more about sexual violence. We provided a training event to a partner agency with 13 participants. We also promote our work and the impact of sexual violence by talking to local organisations. We have spoken to 99 participants at 7 events

"I am so grateful to you for connecting with our school and for working with our colleagues. I know that there has been lots of positivity around the sessions. The resources are super helpful."

"The explanation of how the brain works when traumatised was very interesting. I am looking forward to receiving the handout material to remind me of some of the useful facts and techniques covered during the training for future reference."

Trauma and the Brain training
Our training team delivers an online course titled 'Trauma and the Brain', designed as an introductory level training. The course explores what trauma is, how it occurs, and what happens in the brain during and after a traumatic event. It covers key topics such as flashbacks, the impact of trauma on individuals, the effects on those supporting survivors, and practical guidance on creating a trauma-informed environment.
We have delivered this training to 13 professionals from the charity sector and local authority

3.4 Social Return on Investment

Since the introduction of the Public Sector Social Value Act (2012), Social Value has become an increasingly important aspect of the business. This is due to the greater need to procure better value for money and retain greater sums of economic benefit within the UK.

The Social Value Business (SVB) and the Social Value Quality Mark have a wealth of experience supporting values-driven organisations to develop and grow, and they have accredited over 100 organisations. Their experience has been gained from supporting the development of more than 30+ social enterprises, helping over 150+ organisations unlock more than £24.7bn in social value. They are also the founders of the Social Value Quality Mark CIC.

Social Return on Investment (SROI) is a way of showing the true value of the work Lifecentre does. It translates the life-changing support we offer into measurable economic and social impact.

SROI is not a new approach or concept. It is built on well-established evaluation approaches and on health and environmental economics. It focuses on answering five key questions:

- Who changes? Including beneficiaries, organisations and environments.
- How do they change? Focusing upon positive and negative changes that take place.
- How do you know? Gathering evidence that goes beyond individual opinion.
- How much is you? Taking account of all other influences that might have changes things for the better.
- How important are the changes? Understanding the relative value of the outcomes in all people, organisations and environments affected.

We wanted to use an experienced, independent evaluator to understand more about how Lifecentre makes an impact.

In the financial year 2023 – 2024 for every £1 invested in Lifecentre, we achieved £10.53 social return on investment.

Our overall social value for that financial year was **£9,265,762.97**

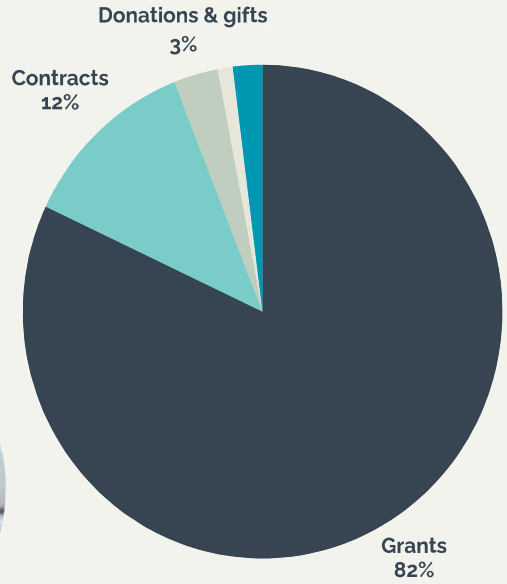
4. FUNDRAISING & FINANCIAL REVIEW

4.1 Income breakdown

We are tremendously grateful to all those individuals, trusts and organisations that support Lifecentre, including those who donate anonymously.

Grants were the main source of our income this period, they included:

- The Ministry of Justice
- Sussex Police and Crime Commissioner
- National Lottery
- Henry Smith
- Children in Need
- Charles Plater Trust
- The Roddick Foundation
- Sydney & Phyllis Goldberg Memorial Trust
- Littlehampton Town Council
- Lloyds Bank Foundation
- Bassil Shippam and Alsford Trust
- Sussex Community Foundation
- The James Tudor Trust
- The Boltini Trust
- Palca Stevenson Giving
- Marsh Charitable Trust



- Client payments (2%)
- Donations (3%)
- Grants (82%)
- Room hire (1%)
- Contracts (12%)

4.2 Financial review

Chart funds	At 31 March 2025	At 31 March 2024
General unrestricted funds	£526,136	£408,588
Restricted funds	£227,932	£390,346
Total charity funds	£754,068	£798,934
Unrestricted free reserves*	£521,491	£407,564

Excluding unrestricted tangible fixed assets totalling £4,844.48. (2024: £1,024.35).

The financial statements show a deficit of income for the year ended 31 March 2025 of £44,866 (2024 deficit £113,277) and the year-end balance sheet position totalled £754,068 (2024 £798,934).

To increase future funding, we are working on diversifying our income generation over the coming years.

4.3 Reserves policy

To increase future funding, we are working on diversifying our income generation over the coming years.

Lifecentre policy is to have unrestricted reserves of between 9 and 12 months of expected expenditures.

The reserves policy is regularly reviewed by trustees and used in day-to-day management of the charity.

	31 March 2025	31 March 2024
Unrestricted reserves	6.4 months of budgeted expense	5.0 months of budgeted expense

5. STRUCTURE, GOVERNANCE & MANAGEMENT

The Charity is a company limited by guarantee and established by memorandum and articles of association, incorporated on 4 December 2008 as amended by special resolution dated 12 February 2009.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

- Alistair MacFarlane (S. A. MacFarlane)
- Charlotte Pexton (R. C. Pexton)
- Andrea Clarke
- Mark Oliver
- Serena North
- Margaret Ellis

Lifecentre is an incorporated charity limited by guarantee.
The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the trust's aims and objectives and in planning future activities.

The Board of Trustees regularly review and monitor the skills represented on the board with a view to highlighting any gaps in the expertise needed. This awareness informs the recruitment and appointment of new trustees.

Our recruitment process for new trustees includes advertising the role and offering an informal conversation with a trustee or CEO. The selection process includes shortlisting applicants, interviewing suitable candidates and checking eligibility and references. An induction will be offered to all new Board members.

All new trustees are required to uphold the vision and values of the Charity and comply with the Company's Memorandum and Articles of Association.

All of the Trustees are members of the Company and guarantee to contribute £10 in the event of a winding up.

6. RISK MANAGEMENT

The trustees are responsible for the overseeing of the risks faced by Lifecentre. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis. Risk is managed under the headings of governance, finance, operations and legal.

The main risks identified and the plans to manage those risks are:

- **Inability to secure income required to deliver the service:** Our ability to continue providing services to clients is reliant on funding. We anticipate challenges with this moving forward due to the ongoing financial impact of the cost-of-living crisis. This risk is managing by developing diversified income streams, diversifying services to support clients in a variety of ways, contingency planning for reduced funding, maintaining contract performance and our reviewed reserves policy. In addition, Lifecentre has a plan for what services would be maintained at different levels of income generation.

- **Difficulties recruiting and retaining therapists to deliver our service:** We anticipate continued increases in the level of referrals. We are actively recruiting for therapists to increase our capacity. We continue to diversify our income streams to fund this work.

- **A serious safeguarding incident:** Lifecentre has a safeguarding policy which is reviewed annually. We have appointed and trained designated safeguarding lead and officers to oversee safeguarding practice and referrals throughout the organisation. All staff are trained annually on our safeguarding policy to ensure they understand their responsibilities and a culture promoting safe practice is developed.

7. ORGANISATONAL STRUCTURE

Each trustee takes responsibility for monitoring the charity's activities. The Trustees meet four times in the year.

The charity's Chief Executive is responsible for the day-to-day operation of the charity and manages the staff of the charity on behalf of the trustees.

The work of the Charity is delivered through four departments: clinical; operations, training and finally fundraising and communications. Each department is managed by designated staff, who have responsibility for the staff within that department.

A pay policy has been published, which outlines the pay scales and process for review for key staff roles. The trustees review CEO pay, and counsellor pay on an annual basis. Supervisors are contracted in to supervise the clinical work of the counsellors. The trustees' report was approved by the Board of Trustees.

The Trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Lifecentre is an organisational member of the British Association of Counselling and Psychotherapy.

The company has taken advantage of the small companies' exemption in preparing the report above. The trustees declare that they have approved the trustees' report (including directors' report) above.

8. ADMINISTRATION

The administration of the charity has been delivered by an Operations Manager. During this financial year we also employed an Office Supervisor to support our team. We have 4 part time Client Support Officers, who spend all their time assisting and supporting clients from referral to therapy.

In addition, we employ 1.5 administrators to support the senior leaders and undertake administrative duties.

9. ORGANISATIONAL DEVELOPMENT

Efficiency
We have undertaken an audit of how we receive and process referrals with a view to making this more efficient and trauma informed. We have been working on delivering improvements throughout the year.

Funding
We have reorganised our internal structure to incorporate a business development focus as part of our fundraising strategy and grow our training offer capability.

10. STAFF WELLBEING

We held our first staff wellbeing event this year. This was an opportunity to support the team and allow some space for the team to connect with each other and participate in some fun activities to alleviate some of the stress and challenges of the roles.

We have also introduced a new initiative that aims to support employee well-being and mental health at work – the Health Assured Employee Assistance Program (EAP). This program offers a range of services designed to help staff navigate personal and professional challenges more effectively.

It includes access to counselling for emotional problems and a pathway to structured therapy sessions, legal information: or issues that cause anxiety or distress including debt management, consumer, property or neighbour disputes, bereavement support and medical information supporting on a range of medical or health-related issues offering practical information and advice.

Additional to the existing regular supervision provision for client facing staff and therapists, we have also reviewed our internal communications to open up more spaces to allow for questions and feedback.

We have created a staff update meeting, have evolved our team newsletter and we ensure that regular organisational, clinical and operational updates are sent throughout the organisation.

11. PARTNERSHIP WORKING

We work closely with other local charitable organisations which include:

- Safe in Sussex
- My Sister's House Women's Centre
- Relationships Sussex
- Allsorts Youth Project
- Change Grow Live
- Hourglass - Safer ageing
- WORTH Services

This occasionally includes working on collaborative bids for funding with partners such as:

- Mankind
- Survivors Network
- Hersana

12. FUTURE PLANS

We aim to continue to provide high quality services to those who have experienced an unwanted sexual experience and their close supporters. Making sure that our services are available and accessible to those who need them, regardless of age, gender or any other factor.

- As part of this we want to make sure we are promoting our services across West Sussex so that clients know we are here for them and with a view to recruiting therapists to support more survivors.

- We would like to continue to develop an offer to support schools and other educational establishments with the issues of a harassment culture they are facing highlighted by the Everyone's Invited website and the recent Ofsted review.

- We will continue to develop our training offer for partners, local organisations and businesses to support their work.

Our future plans include:

- Improve the client journey by making our systems and processes for supporting clients through the referral process more efficient.
- Develop a client survey to further understand and develop our wraparound services providing holistic wellbeing services and support clients waiting for therapy.
- Earn The Survivors Trust quality assurance accreditation
- Improve the resources on our website
- Explore the use of Artificial Intelligence to improve efficiency.

13. LEGAL & ADMINISTRATIVE INFORMATION

Trustees	Alistair MacFarlane (S. A. MacFarlane) Charlotte Pexton (R. C. Pexton) Andrea Clarke Mark Oliver Dr Serena North Margaret Ellis
Charity number	1127779
Company number	6766164
Principal address	PO Box 58 Chichester West Sussex P019 8UD
Registered office	PO Box 58 Chichester P019 8UD
Independent examiner	Independent Examiners Ltd The Grain Store Hills Barns Appledram Lane South Chichester West Sussex PO20 7EG
Bankers	Lloyds Bank pic 10 East Street Chichester West Sussex P019 1HJ

Page 40	Independent Examiners Report
Page 41	Statement of Financial Activities
Page 42	Balance Sheet
Page 43 to 53	Notes to the Financial Statements
Page 54	Statement of Cashflows

I report to the trustees on my examination of the accounts of Life Centre for the year ended 31 March 2025.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

As the charity's Trustees of Life Centre (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').

The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

Having satisfied myself that the accounts of Life Centre 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 Life Centre's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a fellow member of the Association of Charity Independent Examiners, 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 Life Centre 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.

Independent Examiners Ltd
The Grain Store,
Hills Barns, Appledram Lane South,
Chichester
PO20 7EG

J Irvinesmith FCIE

Date: 10 December 2025

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2025 £	TOTAL 2024 £
Income and Endowments from:						
Donations, Grants and Legacies	2a	91,279	-	616,559	707,838	592,586
Charitable Activities	2b	125,167	-	-	125,167	116,987
Other Trading Activities	2c	-	-	-	-	-
Investments	2d	-	-	-	-	-
Other	2e	1,719	-	-	1,719	-
Total		**218,165**	**-**	**616,559**	**834,724**	**709,573**
Expenditure on:						
Raising Funds	3a	50,120	-	7,000	57,120	34,459
Charitable Activities	3b	129,447	-	693,023	822,470	788,391
Other	3c	-	-	-	-	-
Total		**179,567**	**-**	**700,023**	**879,590**	**822,850**
Net income/(expenditure)		**38,598**	**-**	**(83,464)**	**(44,866)**	**(113,277)**
Transfers between funds	10,11	**78,950**	**-**	**(78,950)**	**-**	**-**
Other recognised gains/losses						
Gains/(losses) on revaluation of fixed assets		**-**	**-**	**-**	**-**	**-**
Gains/(losses) on investment assets		**-**	**-**	**-**	**-**	**-**
Net movement in funds		**117,548**	**-**	**(162,414)**	**(44,866)**	**(113,277)**
Reconciliation of funds:						
Total funds brought forward		408,588	-	390,346	798,934	912,211
Total funds carried forward		**526,136**	**-**	**227,932**	**754,068**	**798,934**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 43 to 54 form part of these financial statements.

Company registration no: 06766164

	Note	Unrestricted Funds £	Designated Funds £	Restricted Funds £	31-Mar-25 Total £	31-Mar-24 Total £
Fixed Assets						
Tangible assets	6	4,645	-	184,769	189,414	187,492
Current Assets						
Cash at bank and in hand	7	539,934	-	43,163	583,097	602,550
Debtors	8	6,146	-	-	6,146	41,674
Total Current Assets		**546,080**	**-**	**43,163**	**589,243**	**644,224**
Creditors: amounts falling due within one year	9	24,589	-	-	24,589	32,782
NET CURRENT ASSETS		521,491	-	43,163	564,654	611,442
TOTAL ASSETS less current liabilities		**526,136**	**-**	**227,932**	**754,068**	**798,934**
NET ASSETS		**526,136**	**-**	**227,932**	**754,068**	**798,934**
Funds of the Charity						
General Funds		526,136	-	-	526,136	408,588
Designated Funds	10	-	-	-	-	-
Restricted Funds	11	-	-	227,932	227,932	390,346
Total Funds		**526,136**	**-**	**227,932**	**754,068**	**798,934**

Directors' Responsibilities:

The directors are satisfied that for the year ended on 31st March 2025 the charitable company was entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act. However, in accordance with section 145 of the Charities Act 2011, the accounts have been examined by an Independent Examiner whose report appears on page 40.

The directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to Charities preparing their accounts in accordance with FRS 102 (effective 1 January 2019) - (Charities SORP (FRS 102)) and the Charities Act 2011.

The directors acknowledge their responsibility for ensuring that the company keeps proper accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and if its profit and loss for the 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 accounts, so far as applicable to the company.

Approved by the Directors on the 09/12/2025

Signed on their behalf by Director Andrea Clarke

Andrea Clarke (Dec 9, 2025 16:14:38 GMT)

Print Name: Andrea Clarke

Basis of preparation:
The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to Charities preparing their accounts in accordance with FRS 102 (effective 1 January 2019) - (Charities SORP (FRS 102)) and the Charities Act 2011.

Advantage has been taken of Section 396(5) of The Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

Life Centre meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Going concern
Preparation of the accounts is on a going concern basis. The Trustees are of the view that the level of reserves will support the charity going forward.

Changes to accounting estimates
No changes to accounting estimates have occurred in the reporting period.

Material prior period errors
No material prior year errors have been identified in the reporting period.

Some items of expenditure have been reallocated to provide better clarity and consistency between financial years. There is no impact on the overall results.

Charitable funds
Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.
Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.
Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1. ACCOUNTING POLICIES
The particular accounting policies adopted are set out below.

Income
Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grants, including grants for the purchase of fixed assets, are recognised as incoming resources when receivable. Where grants are given in relation to a set period which straddles a year end, recognition of an appropriate portion of the grant is deferred.

Donated counselling sessions are included in voluntary income. They are valued at the cost usually payable to the counsellor providing the session.

Donated goods
Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated Services and Facilities
Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.

Volunteer Help
The value of any voluntary help received is not included in the accounts but is described in the Directors' annual report

Income from interest, royalties and dividends
This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

Insurance claims
Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP) and are included as an item of other income in the SoFA.

Expenditure and liabilities

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 are allocated on the portion of the asset's use. All expenditure is accounted for on an accruals basis and includes attributable VAT which cannot be recovered. Expenditure is either allocated or apportioned to cost categories based on the estimated amount attributable to that activity in the year. These estimates are based on staff time. Governance costs are those associated with constitutional and statutory requirements. They include both direct costs and a share of indirect staff costs.

Liability recognition
Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Employee benefits
Short term benefits including holiday pay are recognised as an expense in the period in which the service is received.

Retirement benefits
Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Redundancy cost
The charity made no redundancy payments during the reporting period.

Deferred income
No material item of deferred income has been included in the accounts.

Legal status of the charity
The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

Stocks and work in progress
Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.

Debtors
Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Fixed Assets
Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

All single purchases of fixed assets of less than £1,500 are written off in the year of purchase unless forming part of a more comprehensive scheme where the total cost is £1,500 or more. Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold property	Over 125 years
Fixtures, fittings & equipment	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

Impairment of fixed assets
At each reporting end date, the Charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). No such impairments were noted for the Year Ended 31 March 2025.

Depreciation
The annual depreciation charge is sensitive to changes in the estimated useful lives and residual value of the assets. The residual values are re-assessed annually and amended where necessary.

Cash and cash equivalents
Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

2. INCOME AND ENDOWMENTS FROM:	Note	Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2025 £	TOTAL 2024 £
a) Donations, Grants and Legacies						
Donations:						
Donations Received		24,075	-	-	24,075	17,847
Grants:						
Grants Received		67,204	-	616,559	683,763	574,739
		91,279	**-**	**616,559**	**707,838**	**592,586**
b) Charitable Activities						
Counselling & support services		13,619	-	-	13,619	19,553
Counselling services provided under contract		101,982	-	-	101,982	88,452
Other income		9,566	-	-	9,566	8,982
		125,167	**-**	**-**	**125,167**	**116,987**
c) Other Trading Activities						
Online Merchandise		-	-	-	-	-
		-	**-**	**-**	**-**	**-**
d) Investments						
Dividends & Interest		-	-	-	-	-
		-	**-**	**-**	**-**	**-**
e) Other						
Training Income		1,719	-	-	1,719	-
						-
		1,719	**-**	**-**	**1,719**	**-**

3. EXPENDITURE ON:

	Note	Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2025 £	TOTAL 2024 £
a) Raising Funds						
Fundraising Agents		50,120	-	7,000	57,120	34,459
		50,120	**-**	**7,000**	**57,120**	**34,459**
b) Charitable Activities						
Furthering charity aims						
Staff costs		-		295,519	295,519	204,861
Depreciation and impairment		1,381		1,697	3,078	2,721
Supervisors' & counsellors' fees		53,856		196,846	250,702	241,323
Premises costs, Utilities and Office running costs		443		116,024	116,467	121,939
Legal and professional fees		1,072		5,726	6,798	8,365
Other costs (Staff Training, Travel, Recruitment and Insurance)		3,111		17,096	20,207	19,075
Support and Governance Costs						
Support Costs		69,584		50,930	120,513	175,982
Governance Costs		-		9,185	9,185	14,125
		129,447	**-**	**693,023**	**822,470**	**788,391**

The trustees consider that all support and governance costs should be allocated to the charitable activities of the charity.

4. SUPPORT AND GOVERNANCE COSTS

	Support	Governance	Total
	£	£	£
Audit and Accountancy Fees	-	9,185	9,185
Staff Costs	120,513	-	120,513
	120,513	**9,185**	**129,698**

5. DETAILS OF CERTAIN TYPES OF EXPENDITURE

	2025 £	2024 £
Independent examiner's fees	1,710	3,325
Assurance services other than audit or independent examination	-	-
Tax advisory fees	-	-

6. TANGIBLE FIXED ASSETS

		Leasehold Property	Fixtures, Fittings & Equipment	Total
		£	£	£
Cost	01-Apr-24	217,114	48,452	265,566
Additions		-	5,000	5,000
Transfers		-	-	-
Cost at	31-Mar-25	217,114	53,452	270,566
Depreciation	01-Apr-24	30,648	47,426	78,074
Charge		1,697	1,381	3,078
On Disposals		-	-	-
Depreciation at	31-Mar-25	32,345	48,807	81,152
Net Book Value	31-Mar-25	**184,769**	**4,645**	**189,414**
Net Book Value	31-Mar-24	186,466	1,026	187,492

The annual commitments under non-cancelling operating leases and capital commitments for the next financial year are as follows:
31st March 2025 : Copier Lease £540.16 per quarter.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund	Designated Fund	Restricted Fund	**Total 31-Mar-25**	**Total 31-Mar-24**
	£	£	£	**£**	**£**
Cash at Bank and in Hand	539,934	-	43,163	583,097	602,550
	539,934	**-**	**43,163**	**583,097**	**602,550**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund	Unrestricted Fund	Restricted Fund	**Total 31-Mar-25**	**Total 31-Mar-24**
	£	£	£	**£**	**£**
Prepayments and Accrued Income	1,942	-	-	1,942	7,284
Trade Debtors	3,722	-	-	3,722	33,910
Other Debtors	482	-	-	482	480
	6,146	**-**	**-**	**6,146**	**41,674**

9. CREDITORS AND ACCRUALS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Designated Fund £	Restricted Fund £	**Total 31-Mar-25 £**	**Total 31-Mar-24 £**
Trade Creditors	18,600	-	-	18,600	19,732
Independent Examiners Fees	1,710	-	-	1,710	3,325
Deferred Income (Note 9a)	2,066	-	-	2,066	7,872
Accruals	-	-	-	-	1,853
Pensions Payable	2,213	-	-	2,213	-
	24,589	**-**	**-**	**24,589**	**32,782**

9.a) DEFERRED INCOME

Deferred income is included in the financial statements as follows:

Deferred income brought forward 1 April 2024	7,872
Utilised in the year	(7,872)
Receipts in 2024 for 2025	2,066
Deferred income as at 31 March 2025	2,066

Some 2024 income has been deferred to 2025 because there are conditions attached to the income regarding future service delivery.

10. DESIGNATED FUNDS

Life Centre held no designated funds in this or the previous financial year.

11. RESTRICTED FUNDS - CURRENT YEAR END 31 MARCH 2025

	Balance 01-Apr-24 £	Income £	Expenditure £	Transfer In £	Transfer Out £	Balance 31-Mar-25 £
Access Insurance	1,000	-	(1,000)	-	-	-
Arundel Town Council	2,016	-	(2,016)	-	-	-
Awards 4 All	2,800	-	(2,800)	-	-	-
Boltini Trust	5,000	-	(5,000)	-	-	-
Carpenter Box	500	-	(500)	-	-	-
CIN	-	21,388	(21,388)	-	-	-
EKW Mental Health	8,500	-	(18,499)	9,999	-	-
Henry Smith Charity	-	60,000	(31,410)	-	-	28,590
Ian Askew	500	-	(500)	-	-	-
Leathersellers	9,581	-	(9,581)	-	-	-
Marsh Trust	550	-	(550)	-	-	-
Mental Health VCSE	2,640	2,400	(2,640)	-	-	2,400
Midhurst Town Council	1,400	-	(1,400)	-	-	-
Ministry of Justice RSF		252,381	(252,381)	-	-	-
NHS England	40,949	-	-	-	(40,949)	-
Palca Stevensons	2,000	-	(2,000)	-	-	-
PCC	5,879	-	(5,879)	-	-	-
PCC JTR	9,933	125,497	(135,430)	-	-	-
PCC SSF		19,000	(19,000)	-	-	-
PCC Uni Work	555	-	(555)	-	-	-
Peter Harrison	19,440	-	(19,440)	-	-	-
Plater Trust		10,893	(16,340)	-	-	(5,447)
Reaching Communities	4,330	100,000	(104,330)	-	-	-
Roddick Foundation		25,000	(12,500)	-	-	12,500
Shanley Foundation	2,000	-	(2,000)	-	-	-
Sports England	4,100	-	(4,100)	-	-	-
St James Place	10,000	-	(10,000)	-	-	-
University of Chichester	1,200	-	(1,200)	-	-	-
West Sussex Travel Society	3,000	-	(3,000)	-	-	-
Woodger Trust - Rent	18,005	-	(12,887)	-	-	5,118
Worthing Fund	186,468	-	(1,697)	-	-	184,771
WSCC	48,000	-	-	-	(48,000)	-
	390,346	**616,559**	**(700,023)**	**9,999**	**(88,949)**	**227,932**

Any funds in deficit will be replenished by income expected in the next financial year.
The transfers shown above were agreed with donors, and permission was granted for the funds to be re-allocated to unrestricted funds.

11) RESTRICTED FUNDS - PREVIOUS YEAR END 31 MARCH 2024

	Balance 01-Apr-23 £	Income £	Expenditure £	Transfers In £	Transfers out £	Balance 31-Mar-24 £
Access Insurance	1,000	-	-	-	-	1,000
Arundel Town Council	2,016	-	-	-	-	2,016
Awards 4 All	2,800	-	-	-	-	2,800
Boltini Trust	5,000	-	-	-	-	5,000
Carpenter Box	500	-	-	-	-	500
CIN	-	17,767	(17,767)	-	-	-
EKW Mental Health	8,500	-	-	-	-	8,500
Ian Askew	500	-	-	-	-	500
Leathersellers	9,581	-	-	-	-	9,581
Marsh Trust	550	-	-	-	-	550
Mental Health VCSE	-	9,000	(6,360)	-	-	2,640
Midhurst Town Council	1,400	-	-	-	-	1,400
Ministry of Justice additional	265	-	(265)	-	-	-
Ministry of Justice RSF	-	243,056	(243,056)	-	-	-
NHS England	40,949	-	-	-	-	40,949
Palca Stevensons	2,000	-	-	-	-	2,000
PCC	5,879	-	-	-	-	5,879
PCC JTR	11,402	125,497	(126,966)	-	-	9,933
PCC SSF	-	20,000	(20,000)	-	-	-
PCC Uni Work	555	-	-	-	-	555
Peter Harrison	19,440	-	-	-	-	19,440
RASAF Extension	-	30,370	(30,370)	-	-	-
Reaching Communities	-	50,000	(45,670)	-	-	4,330
SCF	1,500	-	(1,500)	-	-	-
Shanley Foundation	2,000	-	-	-	-	2,000
Sports England	4,183	-	(83)	-	-	4,100
St James Place	-	10,000	-	-	-	10,000
University of Chichester	1,200	12,190	(12,190)	-	-	1,200
West Sussex Travel Society	3,000	-	-	-	-	3,000
Woodger Trust - Rent	18,005	-	-	-	-	18,005
Worthing Fund	188,165	-	(1,697)	-	-	186,468
WSCC	48,000	-	-	-	-	48,000
	378,390	**517,880**	**(505,924)**	**-**	**-**	**390,346**

Access Insurance - Rent on our new Crawley building

Arundel Town Council - Therapist fees for supporting Arundel survivors

Awards for all paid for quality assurance, supervision, counselling and CPD and fundraising resources.

Boltini Trust - counsellor fees.

Carpenter Box - Supporting Worthing survivors

CIN - Supporting our work with Children and Young People in Crawley.

Money from **Ernest Kleinwort** (EKW) funded our support of young people.

Henry Smith - Worthing running costs

Ian Askew - Art therapy provision

Leathersellers - Partially covered rent for Crawley site.

Marsh Trust - To cover core costs

Mental Health VCSE - Supporting a project to understand our social value.

Midhurst Town Council - Therapist fees for supporting Midhurst survivors

Ministry of Justice additional - Paid towards out IT infrastructure costs, some staff costs, our trainers salary and some funds toward legal and professional fees.

Male rape support fund paid for us to support male survivors and project materials and resources.

11. RESTRICTED FUNDS (CONTINUED)

MOJ MRSS - Male Rape Support Fund paid for us to support male survivors.

Rape and Sexual Abuse support fund Ministry of Justice - this fund represents a proportion of the value of support for female and/or male victims of rape and sexual abuse, including recent and non-recent child sexual abuse.

NHS England - to pay for the cost of taking on the supporting of clients who were being provided by RCSAS.

Palca Stevenson - To cover core costs

Police and Crime Commission paid for some IT infrastructure, therapy for young people and men, groupwork, cleaning, play therapy, accreditation and office running costs.

PCC JTR - Paid towards our therapy, enabling us to train and deliver EMDR therapy, some groupwork, Thrive, marketing and yoga and a project officer.

PCC SSF - Providing IT support for our expanding staff team and communication capacity and to meet our ongoing commitment to deliver high quality services provided funding to invest in maintaining and enhancing our teams' capabilities through continuous professional development of staff.

PCC Uni Work - To provide Bystander training into Chichester University

Peter Harrison - Core costs for our therapeutic work with young people in West Sussex

Plater Trust - Psycho education groups

Rape support fund paid for counselling, staff salaries, office running costs and legal and professional costs and recruitment.

RASAF Extension - Supporting staffing costs, IT equipment, web charges and legal and professional fees.

Reaching Communities - Supporting therapy provision in Crawley.

Roddick Foundation - To cover core costs

Shanley Foundation - Art Therapy

Sports England funded us rolling out yoga to support survivors wellbeing

St James Place - Supporting therapy costs for 11-17 year-olds.

University of Chichester - Costs relating to the delivery of 6 focus groups in schools in West Sussex for research into harassment in schools.

West Sussex Travel Society - To cover core costs

Woodger Trust Rent - this fund is to provide the value of rent on the Chichester Office purchased with a restricted grant.

Worthing Fund - this fund represents the net book value of long leasehold premises which are used to deliver counselling and helpline services in Worthing. The premises were purchased in 2009 with a grant given in 2008 for this purpose.

WSCC - To provide training to teachers and school staff on creating safe learning environments

The restricted funds have been spent in accordance with the purpose they were given.

12. ANALYSIS OF STAFF COSTS AND THE COST OF KEY PERSONNEL

	2025	2024
	£	£
Gross Wages and Salaries	375,000	345,581
Employer's National Insurance Costs	32,158	29,930
Less HMRC Incentive	(5,000)	(5,000)
Temporary Staff	3,476	914
Employer's Pension Contributions	10,399	9,418
	416,032	380,843

Number of employees who were employed:

	2025	2024
Average number of employees during the year	16	16
Area of the charity staff were employed:		
Administration and Fundraising	9	9
Counselling and Client Support	7	7
TOTAL	16	16

Staff are paid through the PAYE system.

Number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards:

Band	Number of employees
£60,000 to £69,999	0
£70,000 to £79,999	1
£80,000 to £89,999	0
£90,000 to £99,999	0
£100,000 to £109,999	0

The key management personnel of the charity comprise the Trustees and the CEO. No Trustees received remuneration. The total employee benefits (including employer national insurance and employer pension contributions) of key management personnel of the charity was £79,610.

The charity makes pension contributions for employees into individual personal pension plans. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme. The amount charged in the financial year end 31st March 2025 was £10,399 (2024/23: £9,418). The charity is under no further obligation to make any extra payments irrespective of how that pension fund performs. The assets of the scheme are held separately from those of the company in independently administered funds.

13. TRUSTEES AND OTHER RELATED PARTIES

		2025	2024
Number of Trustees who were paid expenses		-	-
Total amount paid	£	-	-

No remuneration or expenses were paid to Trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a Trustee or any person connected with them.

14. MOVEMENT IN FUNDS - CURRENT YEAR

The Company is Limited by Guarantee (1966619) and is a Charity registered with the Charity Commission (801118) and does not have a Share capital and has no income subject to Corporation Tax.

Current year movement in funds	At 01-Apr-24 £	Net movement in funds £	Transfers btw funds £	At 31-Mar-25 £
Unrestricted Funds				
General Funds	408,588	38,598	78,950	526,136
Designated Funds	-	-	-	-
Restricted Funds				
Restricted Funds	390,346	(83,464)	(78,950)	227,932
TOTAL FUNDS	798,934	(44,866)	-	754,068

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

	Income £	Expenditure £	Movement in funds £
Unrestricted Funds			
General Funds	218,165	(179,567)	38,598
Designated Funds	-	-	-
Restricted Funds			
Restricted Funds	616,559	(700,023)	(83,464)
TOTAL FUNDS	834,724	(879,590)	(44,866)

14. MOVEMENT IN FUNDS - PRIOR YEAR

Comparatives for movement in funds	At 01-Apr-23 £	Net movement in funds £	Transfers btw funds £	At 31-Mar-24 £
Unrestricted Funds				
General Funds	533,822	(125,234)	-	408,588
Designated Funds	-	-	-	-
Restricted Funds				
Restricted Funds	378,389	11,957	-	390,346
TOTAL FUNDS	912,211	(113,277)	-	798,934

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

	Income £	Expenditure £	Movement in funds £
Unrestricted Funds			
General Funds	191,693	(316,927)	(125,234)
Designated Funds	-	-	-
Restricted Funds			
Restricted Funds	517,880	(505,923)	11,957
TOTAL FUNDS	709,573	(822,850)	(113,277)

15. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

16. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the charity's needs. Further detail is provided in the Annual report.

17. PUBLIC BENEFIT

The charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or ‘aims’ that are for the public benefit. Details of how the charity has achieved this are provided in the Annual report.

18. EVENTS AFTER THE END OF THE REPORTING PERIOD

There are no events that require disclosure.

		2025 £	2024 £
Cash used in operating activities	(a)	**(14,453)**	**(66,054)**
Cash used from investing activities			
Interest income		-	-
Purchase of tangible fixed assets		(5,000)	-
Disposal of tangible fixed assets		-	-
Cash provided by (used in) investing activities		(5,000)	-
Cash flows from financing activities			
Introduction/(Repayment) of long term borrowing		-	-
Cash used in financing activities		-	-
Increase/(decrease) in cash and cash equivalents in the year		(19,453)	(66,054)
Cash and cash equivalents at the start of the year		602,550	668,604
TOTAL cash and cash equivalents at the end of the year	(b)	**583,097**	**602,550**

(a) Reconciliation of net movement in funds to net cash flow from operating activities

	2025 £	2024 £
Net movement in funds	(44,866)	(113,277)
Add back depreciation charge	3,078	2,721
Deduct interest income shown in investing activities	-	-
Decrease/(increase) in debtors	35,528	43,447
Increase/(decrease) in creditors	(8,193)	1,055
Decrease/(increase) in donated goods stock	-	-
Net cash used in operating activities	**(14,453)**	**(66,054)**

(b) Analysis of cash and cash equivalents

	2025 £	2024 £
Cash at bank and in hand	583,097	602,550
Fixed Term Bond	-	-
Total cash and cash equivalents	**583,097**	**602,550**

(c) Analysis of net debt

	At start of year	Cash flows	Acquisition/ disposal of subsidiaries	New finance leases	Fair value movements	Foreign exchange movements	At end of year
	£	£	£	£	£	£	£
Cash	602,550	(19,453)	-	-	-	-	583,097
Cash Equivalents	-	-	-	-	-	-	-
Overdraft repayable on demand	-	-	-	-	-	-	-
Loans falling due < 1 yr	-	-	-	-	-	-	-
Loans falling due > 1 yr	-	-	-	-	-	-	-
Finance lease obligations	-	-	-	-	-	-	-
TOTAL	**602,550**	**(19,453)**	**-**	**-**	**-**	**-**	**583,097**

LIFE CENTRE

England & Wales - Charity number 1127779

Accounts

Lifecentre

Annual report and unaudited financial statements

for the period from 1 April 2023 to 31 March 2024

Charity Registration No. 1127779
Company Registration No. 06766164 (England and Wales)

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1. Objectives and Activities

1.1 Vision

Lifecentre's vision is to bring hope, guidance, and fresh possibilities to those who have had an unwanted sexual experience and are on a journey of transformation. We achieve this by providing therapeutic services for survivors of rape and sexual abuse of all genders and ages and their close supporters. The services we provide include in-person, telephone, online or email counselling and psychoeducational groups and other wellbeing support. We also provide training to organisations.

1.2 The charity objectives are:

- to provide services and support for people who are in need of assistance resulting from life traumatising events, such as rape, sexual abuse, assault and other related issues, including the provision of trauma-informed therapy services and prompting the physical, emotional, social, mental, cultural and spiritual wellbeing of the service users.
- to promote public awareness of the issues which surround trauma inducing life experiences, particularly those of sexual violation
- To promote and fulfil these and other charitable purposes beneficial to the community in the West Sussex area
- to develop services which will empower individuals and families where sexual violation has created dysfunction in their ordinary life and empower them to find a voice
- to strengthen people who are supporting survivors of sexual violation, be that parents, partners, or close friends.

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1.3 Mission

Our mission is to guide journeys of transformation by:

- Creating a safe haven where people feel empowered to share their story without judgement,
- Providing a consistently first-class service delivered by highly experienced and qualified counsellors,
- Bringing together a compassionate team of people with a thirst for transformation and a commitment to help others live life to the full.

1.4 Values

Lifecentre's values are:

- **We create safety**

  Enabling others to open-up freely.

  We help people to feel comfortable and have safe conversations free from fear and the disturbances of the outside world.

- **We cherish diversity**

  Seeing the unique potential in everyone.

  We welcome people of all ages, faiths and backgrounds without preconceptions, and listen deeply to their stories.

- **We show kindness**

  Ensuring every person in our community feels valued.

  We relentlessly care for those in need of support, tending to their physical, mental and spiritual needs.

- **We nurture hope**

  Believing in a brighter future.

  We approach every challenge with an infectious optimism, inspiring others to see light in the darkest times.

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1.5 Our main activities

- Relieve suffering of people of all ages and genders who have been affected by sexual violation through trauma-informed in-person therapy, online, telephone and email therapy, and play therapy for children.
- Supporting survivors before and after therapy through specialist holistic wellbeing support, including trauma-informed mind and body regulation classes, psychoeducation support groups and our Thrive mental wellbeing app.
- Supporting parents, carers and supporters through educational peer support groups.
- Raising awareness and educating the education, public and business sectors of the community around related issues, such as violence against women and girls and the impact of trauma through the development and delivery of training programmes.
- Supporting survivors who choose to include the Christian faith as part of their therapeutic healing experience.

1.6 Our trauma-informed services

- Therapy for adults: in-person, email, telephone and online
- Therapy for young people (12-17s)
- Play Therapy for children (11's and under)
- Specialist therapies (Art therapy & EMDR therapy)
- Training and education
    - Local Authority funded "creating safe spaces" training
    - University research
    - Public services training (police)
    - Corporate offer development supporting corporate social responsibility and staff wellbeing
- Wraparound holistic wellbeing services:

    Our projects

    - Thrive
    - Trauma-informed mind and body regulation groups
    - Psychoeducation groups including client care packages
    - Parent and carer support groups

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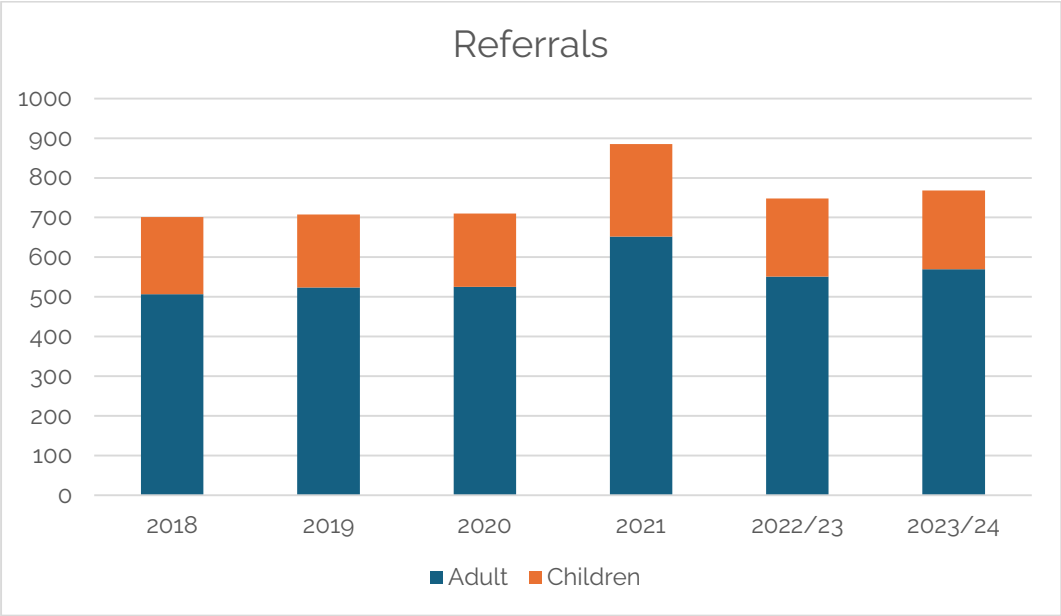
1.7 Annual summary

During this financial period, Lifecentre has continued to deliver its aims by supporting individuals of all ages and all genders with therapy and support services.

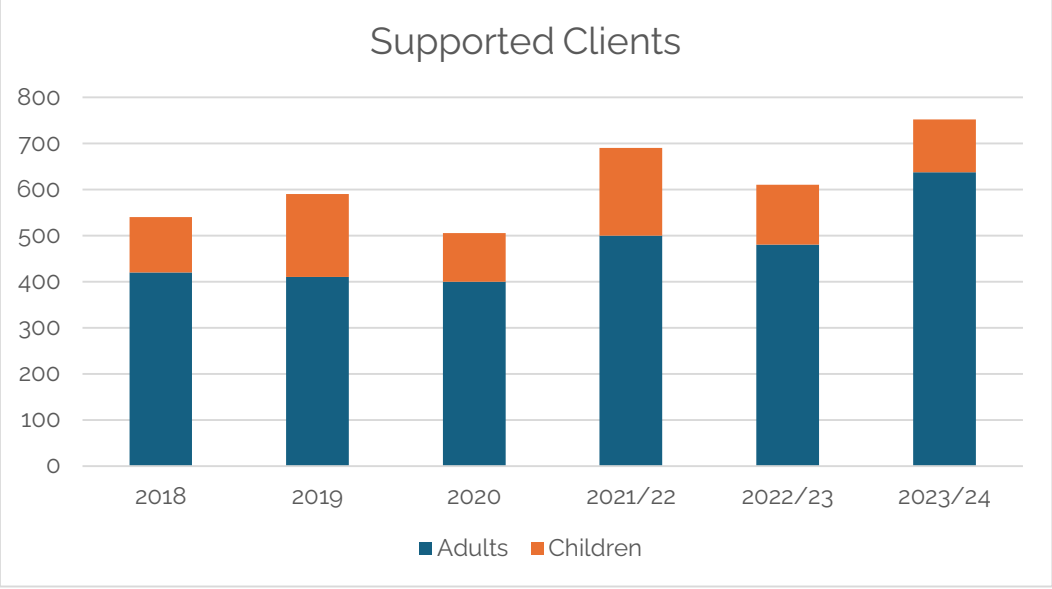
This table shows referrals to Lifecentre over the past four years. This shows that there is still a great demand for our services.



This year we supported 791 clients across West Sussex with specialist trauma-informed therapy: 637 adults and 115 clients were under 18.

We provided a total of 4,908 therapy sessions: 3,854 to adults and 1,054 to under 18s.

The table below shows the comparison with previous years.



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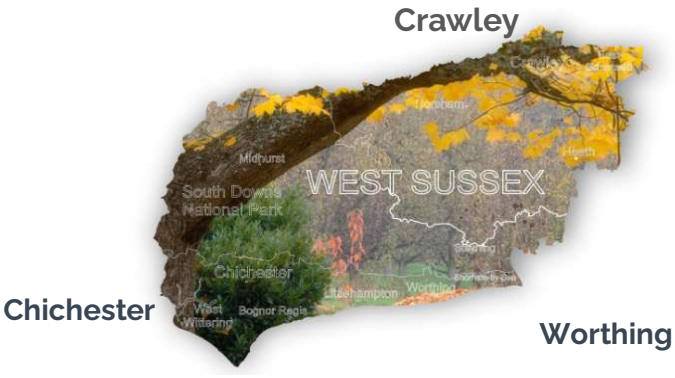
"Thank you Lifecentre, you have literally saved my life. Can't say any more than that. Life changing and so grateful to my therapist."

During this period 80% of our therapy was provided in-person, with 16% provided by telephone, and 4% provided online. This compared to only 55% in person therapy in the previous financial year and 45% being either online or telephone. We are seeing a much higher demand for in person therapy.

We have achieved results this year which show therapy with Lifecentre makes an incredible difference to the lives of our clients. They report having fewer issues with depression, anxiety, eating disorders and addictions to name a few.

Our Worthing and Crawley sites delivered the most sessions overall and per client, whilst our Chichester site supported the most clients but with slightly fewer sessions per client.



To support clients whilst they wait for therapy and to support the parents of our children, we run our client psychoeducation groups. The 45 clients that benefitted from our groups reported positive outcomes and found the peer support beneficial.

We continued to provide additional support to our clients. We have invested in Thrive, an NHS approved app to support client wellbeing, which 455 people took this support.

We also ran trauma informed mind and body regulation sessions to help with client wellbeing, after responding to what clients said they needed.

We have some resources on our website, including videos on breathing to help manage everyday stress.

"The therapy has been life changing for me. The change in me has been seen by everyone in my life. My therapist was so good that I now feel I am able to deal with any and every problem in a positive way and my future looks positive for the first time. "

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2. Achievements and performance

2.1 Therapy services and outcomes overview

All our clients have experienced some form of sexual violence or are a close family member or supporter of someone who has. Sexual violence is the primary issue they wish to work through in therapy. All our support is client-led, which puts the survivor in control of the support they receive. All our therapy is 3 phase trauma-therapy.

The traumatic effects of sexual violence are often severe and deeply rooted, which is why Lifecentre offers up to 18, hour-long therapy sessions and more by agreement. Our therapy can be accessed at one of our sites, Crawley, Worthing, or Chichester or online or over the telephone. We have Association for Counselling and Therapy Online (ACTO) trained therapists to deliver our online therapy.

Therapy has been delivered during 2023/4 by 23 paid therapists and play therapists, all of whom have a service contract with Lifecentre. All our therapists are affiliated to a professional body. All therapists and play therapists receive monthly supervision from an external professional supervisor. Supervisors meet three times a year for regulation of clinical guidelines. They also have organisational support from one of our senior therapists. Each month we have a team meeting, which includes continuous professional development.

Prior to commencing therapy, all new clients attend a comprehensive initial assessment to assess their suitability for the service, their mental health, and specific needs. We are committed to work in collaboration with other professionals involved in the client's care and to liaise with them as necessary before therapy starts.

Our therapy uses different modalities including humanistic, systemic, psychodynamic, trauma focused cognitive behavioural therapy (CBT) and eye movement desensitisation and reprocessing (EMDR). For our young people we offer play therapy and art therapy. We also provide pre-trial therapy, which is offered to a victim or witness while the criminal justice process is ongoing, or a trial may be possible. It aims to ensure that clients feel emotionally supported whilst also not influencing the evidence they would give in court.

Therapy is offered free of charge, but adult clients are asked to consider making a donation towards the costs of their therapy if they are able to do so.

"My counsellor was excellent, she made me feel safe and comfortable from our first session and has made a massive positive difference to my life. I can't say thank you enough, she has given me the confidence and tools to begin processing what happened to me."

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2.1.1 Referrals for therapy

During the period we have received 768 referrals for therapy.

Of these 570 (74%) were from adults:

- 478 (84%) were from women
- 67 (12%) men
- 3 (1%) were transgender
- 2 (0%) were nonbinary
- 20 (3%) did not state.

- 198 (26%) were received from those under the age of 18:86% of our clients under 18 were aged 11-17 years.
- 14% were 10 years of age and under.

Of the under 18s,

- 164 (83%) were female
- 20 (10%) were male
- 2 (1%) were transgender
- 1 (0%) were non-binary
- 11 (6%) did not state

Referral source	Adults	%	Under 18s	%
Change Grow Live	9	2%	0	0%
Family Member	6	1%	50	25%
Health Services	15	3%	1	1%
Housing Support	1	0%	0	0%
Mental Health	104	18%	17	9%
My Sister's House	9	2%	0	0%
Other	18	3%	6	3%
Police	28	5%	5	3%
Probation/Prison Services	2	0%	0	0%
Safe In Sussex	2	0%	0	0%
SARC	1	0%	1	1%
Schools	1	0%	19	10%
Self-Referral	329	58%	17	9%
Social Care	35	6%	69	35%
Survivors Network	7	1%	3	2%
Worth Services	3	1%	1	1%
YES Team	0	0%	9	5%
Total	**570**	**100%**	**198**	**100%**

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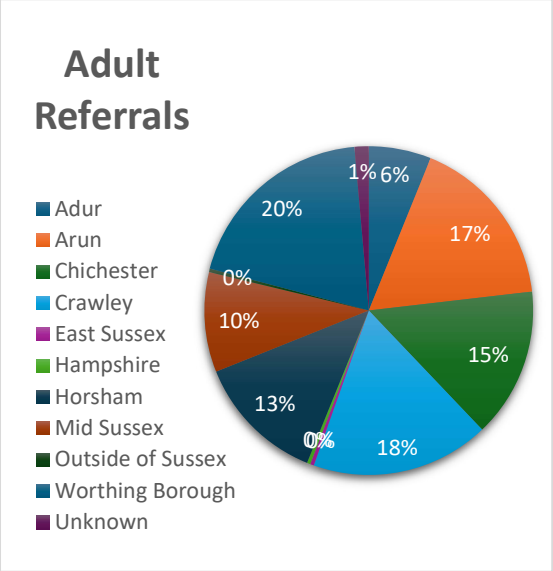
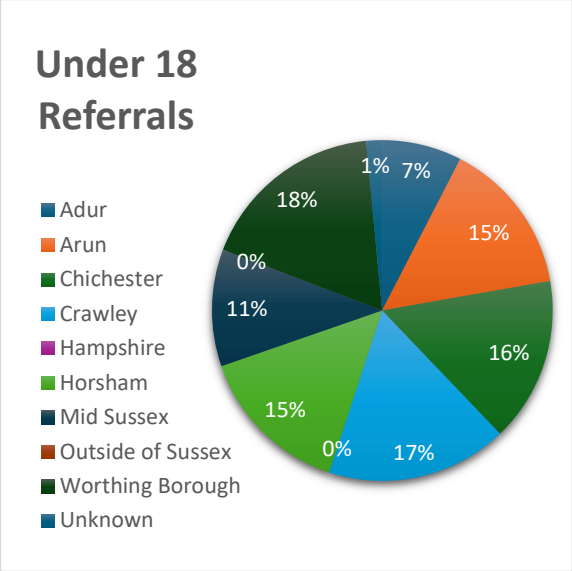
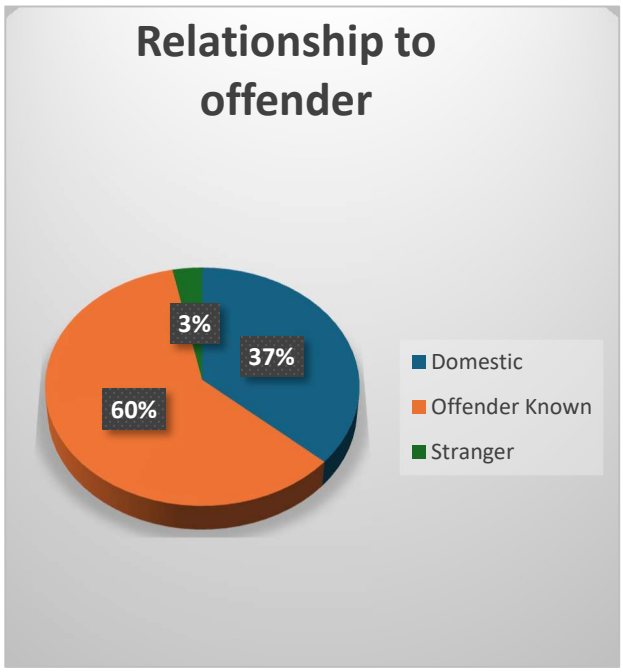
The following charts show which area the referrals were from:





In terms of the perpetrator of the sexual violence, while most clients did not state, the majority of those that did, were in a domestic relationship to the client.



2.1.2 What do therapy sessions address

The effect of sexual abuse and rape on our clients is devastating. Those who have experienced sexual abuse or rape are more likely to have a range of physical and mental health conditions including anxiety, flashbacks, sleep problems, stress, eating disorders, personality disorders, lack of confidence and lack of trust in others. Not surprisingly, survivors can find it difficult to manage everyday life.

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Sexual abuse and rape also put great pressure on other family members, we also support siblings, parents, and other close family members.

Our clients referred to us with the following issues in this period:

- 29% were or had been depressed,
- 37% of our adult clients and 5% of under 18 clients were not in education, employment or training when referred.
- 70% of the clients we met in this period had thought about suicide; 35% attempted suicide,
- 51% had self-harmed,
- 11% were facing drug and/or alcohol related issues.
- 17% had mental health issues,
- 12% had an eating problem,

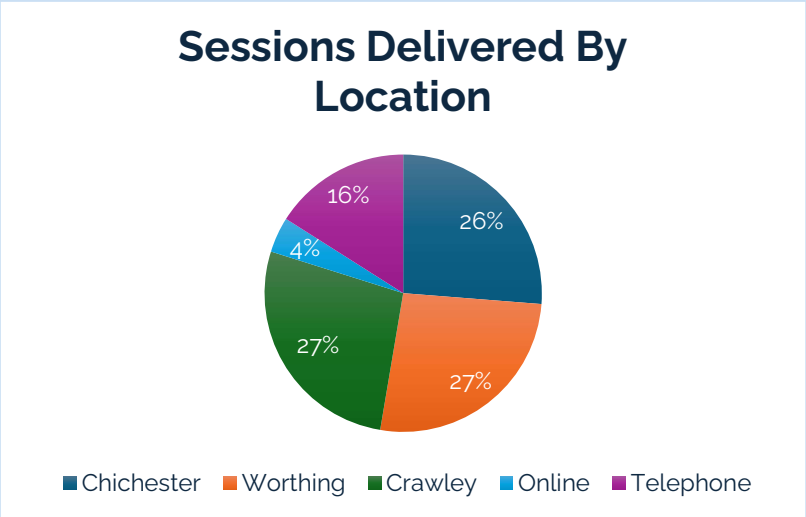
2.1.3 Overall therapy delivery overview

We delivered a total of 4,908 sessions during this period to 791 clients.

Most of our support was for people from the Crawley/Horsham area **(27%);** with **26%** from Chichester and district and **27%** from Worthing and surrounding area.

This period **20%** of our support was delivered by telephone and online therapy, and **80%** in person.

Sessions delivered to adults, children and young people by location:



"I have tried counselling before and gave up after 3 sessions but here I felt able to open up and be honest without being judged. I can make sense of the areas of my life I found difficult and look at this in a different way."

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2.2 Adult therapy

2.2.1 Adult therapy delivery

The following table shows adults supported and sessions delivered by location.

	People supported	Sessions
Crawley adults	163	1069
Worthing adults	143	935
Chichester adults	189	953
Online/telephone	142	897
Total	**637**	**3854**

We supported **637** adults with **3,854** sessions of therapy. Most of the adults we supported had sessions in person.

2.2.2 Adult therapy outcomes

All therapy clients aged 16 + are invited to complete a CORE (clinical outcomes in routine evaluation) evaluation forms at the beginning, middle and end of therapy. We also use our own evaluation forms for those aged 11-17 and 10 and under. For clients aged 10 and under, parents or carers are also asked to complete evaluation forms based on the progress the child has made. Clients are also provided the opportunity to give quotes and share case studies about the benefits counselling has had in their lives.

Outcomes (adult) - improvement in overall client experience of:

Trauma/abuse	64%
Depression	66%
Anxiety/stress	66%
Self-esteem	53%
Addictions	51%
Eating disorders	53%
Interpersonal relationships	43%
Personality disorders	46%
Bereavement / loss	47%
Work/academic related problems	45%

"I feel like I can now cope with my emotions. I have learnt to regulate myself and no longer have nightmares. Life has improved immeasurably. I cannot thank my counsellor enough!"
Client, adult

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2.3.1 Young people therapy delivery

Trauma informed therapy is one of the most effective methods of helping younger people to come to terms with their unwanted sexual experience. Our therapists have lots of experience of helping younger people deal with trauma.

The following table shows children and young people supported and sessions delivered by location.

	People supported	Sessions
Crawley CYP	26	267
Worthing CYP	41	360
Chichester CYP	36	336
Online/telephone	12	91
Total	**115**	**1,054**

2.3.2 Young people therapy (12 – 17s) outcomes

Outcomes (12 – 17s):

Young person is coping better emotionally	89%
Young person depression levels have improved	58%
Young person levels of self-confidence have improved	40%
Young person coping better at home/school/college	40%
Young person having fewer suicidal thoughts	35%
Young person evidencing improved relationships	75%
Young person self-harm levels have improved	35%
Young person levels of substance misuse have improved	75%
Young person feels safer	68%
Young person benefited from counselling	94%

"Good to have support and someone to talk to, to get some insight on my thoughts and feelings."

(Client, young person aged between 12 – 17)

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2.4 Play therapy (Under 12s)

2.4.1 Play therapy delivery

Play therapy is a type of therapy that helps children to explore their feelings, to express themselves and to make sense of their difficult life experiences. Children are given a safe and confidential space where they are free to explore their expression through play, which is the child's natural way of learning, communicating, and exploring their world. Children use play first and speech second.

Recovery from difficult life experiences can be helped by a play therapist allowing a child space to express themselves in a safe and trusting environment. Play therapy gives children the opportunity to explore and understand their feelings. It can help them to change their view of the trauma of abuse so that they are less likely to blame themselves. The resulting increased self-esteem can help the child cope with future difficulties in the world.

We have **3** play therapists working at Lifecentre. Together they have delivered **375** sessions to **27** children under the age of 11.

2.4.2 Play therapy outcomes (Under 12s)

Outcomes (Under 12s):

Child feels safer	75%
Child has benefited from counselling	79%
Child shows improved engagement in learning	58%
Child shows improved ability to regulate emotions	74%
Child shows improved ability in self-confidence	79%
Child shows improved ability to build relationships	75%

"Great to have Lifecentre available for children of …'s age. (It has) made a massive difference in her life. THANK YOU"

(parent or carer of client under 12)

"It helped me feel a bit more safe when I'm alone.'

(Client, young person under 12)

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3. Wraparound support services and outcomes

3.1 Client wellbeing and holistic support

- **3.1.1 Adult survivors – psychoeducation peer support group**
  This year we continued to provide psychoeducational groups for survivors. These are stabilisation groups of 8 sessions. The aim of the group is to help survivors understand the impact of trauma and help them to develop some techniques to cope with some of the impact of that trauma. Each session ended with some mindfulness, so clients finish in a safe space.

  The 45 clients that benefitted from the 7 groups we ran reporting positive outcomes and found the peer support beneficial.

  Initial results show participants understanding of the impact of trauma, ability to manage self-care and ability to manage difficult emotions all improved following participation.

From a feedback survey:

'Name 1 or 2 things you gained from the sessions:

- *Knowledge, understanding, clarity, confidence, kindness to myself and others.*
- *The session on grounding techniques was particularly helpful for me as I find it difficult to introduce new practices and these were simple and effective and could be used straightaway.'*
- *new practices and these were simple and effective and could*

- **3.1.2 Thrive mental wellbeing app**
  Opening up to a counsellor in person or over the phone for many may feel too overwhelming so Lifecentre offers other forms of support. Thrive is an NHS approved mental health mobile app full of wellbeing advice and tools. It includes over 100 hours of content around mindfulness, CBT, relaxation techniques, screening tools, risk assessments, and more.

  During this period, we had 455 Thrive users, of which 40% of users actively used the app. Of these users we saw 28% full recoveries, 16% improvements, 221 people who were prompted to seek further help through signposting and of these 74 people did seek further help.

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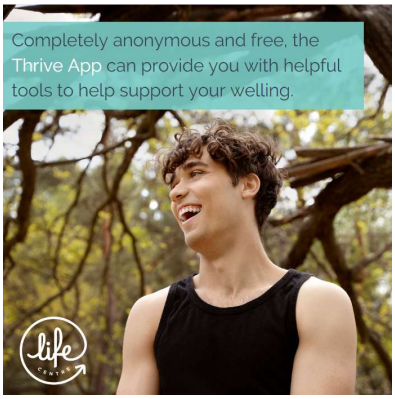
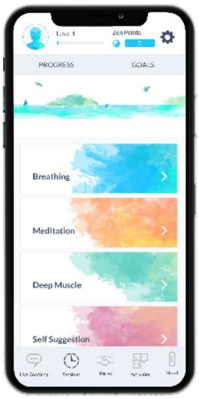
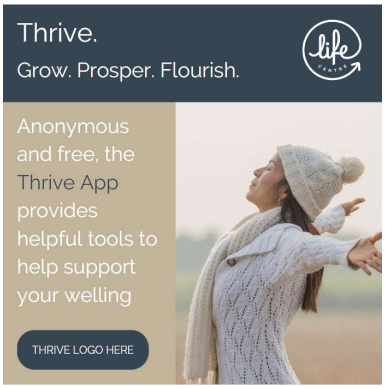
"Thrive has been so beneficial for me in starting to understand my own mental health. Just having the reminders to check in with myself is helpful. The little videos in the app courses really encourage me to practice prioritising my wellbeing."
(Thrive app user)



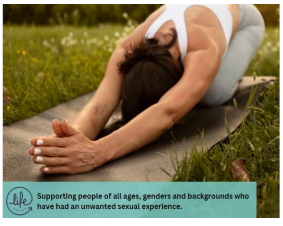




- **3.1.3 Trauma-informed mind and body regulation service**
  Following feedback from our clients we introduced trauma informed breathing and movement to relieve stress and anxiety, together with mindfulness to support our client's mental health. We received some additional funding to pilot extending this service for three years. This year we had 42 clients engaged in these yoga-based classes, which will be seeking funding to continue next year.

"I cannot believe how much I got out of the sessions, confidence, strength, relaxation, emotional release which has worked so well alongside therapy. Having moved to group sessions I can honestly say it's the highlight of my week and has made so much difference to so many aspects of my life." Client, (adult)

"Terrific to feel so looked after by your fantastic holistic support" Client, (adult)



"I would recommend yoga to all who have had past traumatic experience or continue to experience everyday stress and trauma."

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3.2 Support for client supporters

- **Therapy for supporters of survivors**

  Lifecentre provides therapy for supporters of survivors. This helps them to better support the survivor and supports their own recovery. This year we supported 12 supporters of survivors.

- **Parents and carers of young survivors – peer support group**
  We know from our experience of support children effected by sexual abuse, that following a disclosure of childhood sexual abuse, most parents experience psychological and emotional distress. They need to support a child at a time when they may be struggling to cope emotionally and practically.

  Research supports the idea that the non-abusive parent's response to the child's disclosure, and support of the child, can mediate the level of psychological symptoms the child experiences. We therefore developed a psychoeducational parent's group to provide information on the dynamics and impacts of abuse and practical advice on how to support the child. We ran one group this year and will look to do a group annually.

'I felt very able to ask questions and get advice throughout. I believe parents need more knowledge to help our families. The course did really well on this. Also, knowing that all this emotion I had is the same for some others really helped me.'
(Parent of a client, 11 or under)

"I loved the course it gave parents insight into behaviours and not to pressure but to encourage a safe space with children and how to create them safe spaces for children.'
(Parent of a client, 11 or under)

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3.3 Community support

Work to promote the issues faced by survivors
An important part of our work is to promote the issues faced by survivors to influence local and national policy and strategy. Lifecentre's CEO attends meetings with local and national strategic leads and policy makers in relation to sexual violence and violence against women and girls to achieve this. The CEO chairs the Violence Against Women and Girls Forum, West Sussex Domestic and Sexual Abuse and Violence Steering Group and the Pan Sussex Sexual Violence and Abuse Partnership Group. In addition, we engage in consultations over changes in the law and the criminal justice process and the supporting survivors who are children and young people, which are arranged by Survivors Trust. This year this has included being involved in consultation with the Law Commission in their review of evidence in sexual offences prosecutions.

We have continued to take appropriate opportunities to raise awareness of the issues surrounding sexual violation and of the services available through Lifecentre. We have been active on social medial such as Facebook, LinkedIn and Instagram.

Training and awareness raising
An important part of the work we do, is to prevent sexual violence by raising awareness about the issues surrounding sexual violence.

This includes helping partners, education establishments and the public to understand of the issues survivors face to try and help them to respond more appropriately to survivors needs.

- **Education sector**
  With the support of West Sussex County Council, we developed some training for teachers and neighbourhood police teams This training course was designed for school staff to increase their understanding of how issues of masculinity, misogyny, gender-based abuse, and social media influencers are affecting young people; and to give staff confidence and skills to engage young people in reflective conversations around this topic. This course also teaches practical skills that can be taught to people to help them take ownership and promote positive change.

  The team have delivered 4 full day sessions and 3 half day sessions to 82 participants during this period, with more to come next year. All topic areas showed participants reporting an improvement in understanding with 86% of participants believed that the training would have a positive impact on their practice and interactions with young people.

"This was a fantastic training session. Well delivered and completely relatable to help me better support the young people I work with in further education. Thank you."

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Lifecentre are currently involved in a project with Chichester University to better understand perceptions of those in secondary schools about sexual violence and harassment. The main goal of the project is to draw on psychological research in the domain of behavioural change and address the role of the larger school environment in serving as a protective factor against sexual violence. We delivered focus groups within two secondary schools in Chichester. Preliminary findings have been shared with local partners. We hope to broaden this research further and use the findings to support learning about interventions to support schools.

- **Public, social and health care sectors**
  We work with other agencies to highlight the issues caused by gender stereotypes and cultures that can enable sexual violence. Our education facilitator provided training for other organisations to help them to understand more about sexual violence and how to safely apply active bystander intervention skills to intervene in situations in which a person may be at risk of being harmed. We provided a training event to a partner agency with 9 participants.

Police training
We developed and delivered training to local police in West Sussex around the topics of gender norms and misogyny, toxic masculinity and sexual violence.

'Really good presentation, interesting. Made me think about how I respond to young people and their actions.'

'Really engaging and useful, both as a Police employee and a parent!'

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Trauma and the Brain training
Our training team launched an online course called 'Trauma and the Brain' which is an introductory level training looking at what trauma is and how it occurs - what happens in the brain during and after a traumatic event, including flashbacks; the impact of trauma; the effect of supporting a survivor on those they share their trauma with and how to create a trauma-informed environment.

'I thought this was a well thought out and well delivered training. You have taken what can be a very complex area and made it very clear and simple and the passion of the trainers shone through. I will definitely recommend this to

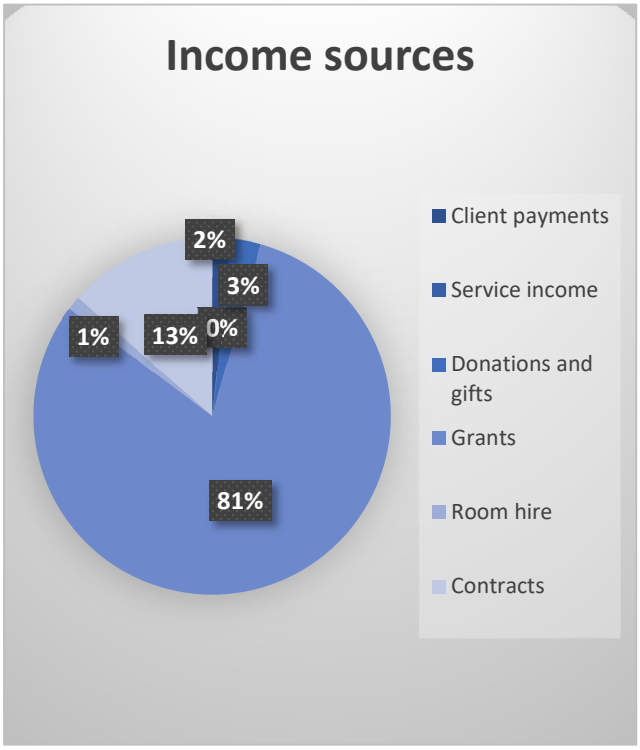
4. Fundraising and financial review

Fundraising activity is undertaken by a contracted fundraiser on a part time basis. She is supported by a part time employee.

4.1 Income breakdown

We are tremendously grateful to all those individuals, trusts and organisations that support Lifecentre, including those who donate anonymously.

Grants were the main source of our income this period, they included:



The Ministry of Justice
Sussex Police and Crime Commissioner
National Lottery
Lloyds Bank Foundation for England and Wales
Children in Need
Sydney & Phyllis Goldberg Memorial Trust
Littlehampton Town Council
St. James Place Charitable Foundation
Ernest Kleinwort
The David Fogwill Trust
Leathersellers
Bosham Parish Council
Sussex Partnership NHS Foundation
Trust's Charity

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4.2 Financial review

Charity funds	At 31 March 2024	At 31 March 2023
General unrestricted funds	£408,588	£533,822
Restricted funds	£390,346	£378,389
Total charity funds	£798,934	£912,211
Unrestricted free reserves*	£407,563	£531,773

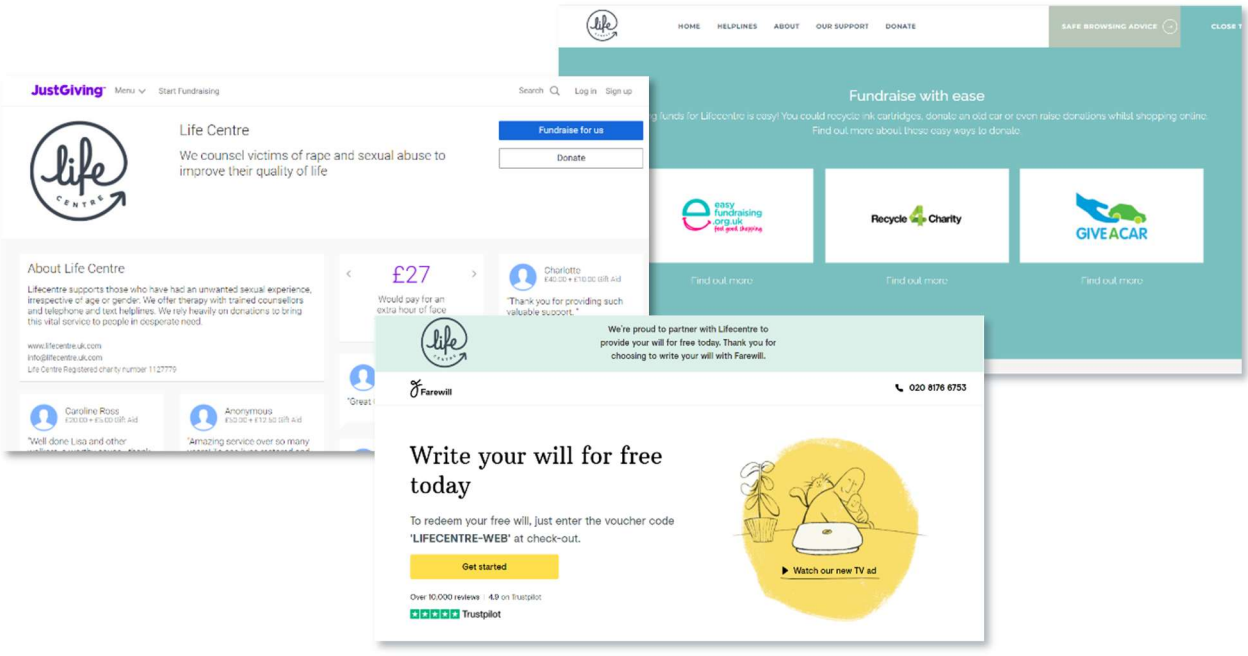
* Excluding unrestricted tangible fixed assets totalling £1,025 (2023: £2,049).

The financial statements show a deficit of income for the year ended 31 March 2024 of £113,277 (2023 surplus £263,188) and the yearend balance sheet position totalled £798,934 (2023 £912,211).

Lifecentre grants were lower in 2024 compared to 2023 as our fundraiser was on maternity leave in 2024. To prepare for this we did a lot of work in 2023 on grants and a number of those grants were for work that spanned 2023/4 so the spend appears in 2024 but the grant money came in in 2023.

Payroll costs have increased in 2024 due to:

- Employment of an Office Supervisor
- Employment of a Head of Business development
- Employment of an administrator part way through 2023 and an increase in pay of this post
- Increase in our education and training facilitator posts to run psychoeducation groups, schools work and generate income.
- Employment of a full-time data officer to improve our capacity in this area.



4.3 Reserves policy

Lifecentre policy is to have unrestricted reserves of between 9 and 12 months of expected expenditures. The reserves policy is regularly reviewed by trustees and used in day-to-day management of the charity.

	31 March 2024	31 March 2023
Unrestricted reserves	5.0 months of budgeted expense	7.6 months of budget expense

We will be monitoring our reserves closely.

5. Structure, Governance and Management

The Charity is a company limited by guarantee and established by memorandum and articles of association, incorporated on 4 December 2008 as amended by special resolution dated 12 February 2009.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

- Alistair MacFarlane (S. A. MacFarlane)
- Charlotte Pexton (R. C. Pexton)
- Andrea Clarke
- Mark Oliver
- Serena North

Lifecentre is an incorporated charity limited by guarantee.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the trust's aims and objectives and in planning future activities.

The Board of Trustees regularly review and monitor the skills represented on the board with a view to highlighting any gaps in the expertise needed. This awareness will inform recruitment and appointment of new trustees and names will be put forward by the existing trustees or management.

An informal evening is held for any provisional new trustees to meet members of the current board and management. An induction pack of information is provided to provisional new trustees and a CV is requested. All new trustees are required to uphold the vision and values of the Charity and comply with the Company's Memorandum and Articles of Association.

All of the Trustees are members of the Company and guarantee to contribute £10 in the event of a winding up.

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6. Risk Management

The trustees are responsible for the overseeing of the risks faced by Lifecentre. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis. Risk is managed under the headings of governance, finance, operations and legal.

The main risks identified and the plans to manage those risks are:

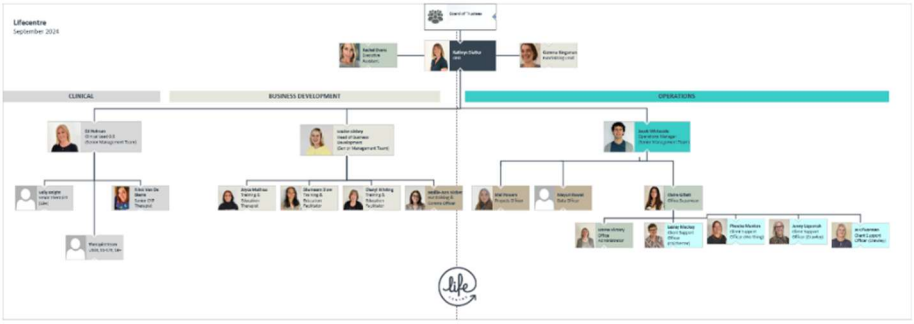
- **Inability to secure income required to deliver the service.** Our ability to continue providing services to clients is reliant on funding. We anticipate challenges with this moving forward due to the ongoing financial impact of the cost-of-living crisis. This risk is managing by developing diversified income streams, diversifying services to support clients in a variety of ways, contingency planning for reduced funding, maintaining contract performance and our reviewed reserves policy. In addition, Lifecentre has a plan for what services would be maintained at different levels of income generation.
- **Difficulties recruiting and retaining therapists to deliver our service.** We anticipate continued increases in the level of referrals. We are actively recruiting for counsellors to increase our capacity. We continue to diversify our income streams to fund this work.
- **A serious safeguarding incident.** Lifecentre has a safeguarding policy which is reviewed annually. We have appointed and trained designated safeguarding lead and officers to oversee safeguarding practice and referrals throughout the organisation. All staff are trained annually on our safeguarding policy to ensure they understand their responsibilities and a culture promoting safe practice is developed.

7. Organisational structure

Each trustee takes responsibility for monitoring the charity's activities. The Trustees met four times in the year.

The charity's Chief Executive is responsible for the day-to-day operation of the charity and manages the staff of the charity on behalf of the trustees.

The work of the Charity is delivered through four departments: clinical; operations, training and finally fundraising and communications. Each department is managed by designated staff, who have responsibility for the staff within that department.



Charity Registration No. 1127779
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A pay policy has been published, which outlines the pay scales and process for review for key staff roles. The trustees review CEO pay, and counsellor pay on an annual basis. Supervisors are contracted in to supervise the clinical work of the counsellors. The trustees' report was approved by the Board of Trustees.

The Trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Lifecentre is an organisational member of the British Association of Counselling and Psychotherapy.

The company has taken advantage of the small companies' exemption in preparing the report above. The trustees declare that they have approved the trustees' report (including directors' report) above.

8. Administration

The administration of the charity has been delivered by an Operations Manager. During this financial year we also employed an Office Supervisor to support our team. We have 4 part time Client Support Officers, who spend all their time assisting and supporting clients from referral to therapy.

In addition, we employ 1.5 administrators to support the senior leaders and undertake administrative duties.

9. Organisational development

Funding
We have reorganised our internal structure to incorporate a business development focus as part of our fundraising strategy and grow our training offer capability.

Data
We have integrated Salesforce into our systems and have been working with a Data officer to better understand the impact of our services and identify gaps for improvement.

Communications
We worked with a communications consultant to understand communication risks and to create a communications strategy to offer the framework for increasing awareness of our brand and services. As we implement the plans, we strive to enable survivors in West Sussex to help find and access our services more easily.

Charity Registration No. 1127779
Company Registration No. 06766164 (England and Wales)

10. Staff wellbeing

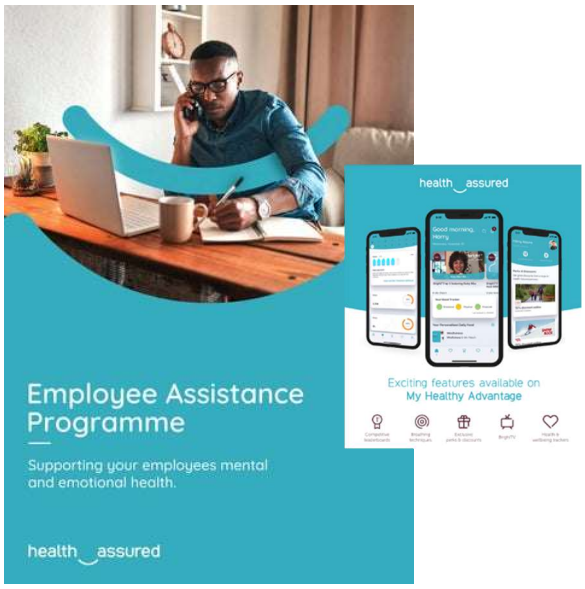
We linked up with a human resources masters business consulting project to commission two studies into employee retention and recruitment and employee wellbeing. We asked university postgraduate to interview our staff on how we could better support their wellbeing at work. As a result of the feedback, we have developed a plan with a number of measures to develop.

Additional to the existing regular supervision provision for client-facing staff and therapists, we have also reviewed our internal communications to open up more spaces to allow for questions and feedback.

We have introduced staff site visits, and CEO-drop-in provision, created a staff update meeting, have evolved our team newsletter and we ensure that regular organisational. clinical and operational updates are sent throughout the organisation.

We have also introduced a new initiative that aims to support employee well-being and mental health at work – the Health Assured Employee Assistance Program (EAP). This program offers a range of services designed to help staff navigate personal and professional challenges more effectively.

It includes access to counselling for emotional problems and a pathway to structured therapy sessions, legal information: or issues that cause anxiety or distress including debt management, consumer, property or neighbour disputes, bereavement support and medical information supporting on a range of medical or health-related issues offering practical information and advice.



Charity Registration No. 1127779
Company Registration No. 06766164 (England and Wales)

11. Partnership working

We work closely with other local charitable organisations which include:

- Safe in Sussex
- My Sister's House
- Relate
- Allsorts Youth Project
- Change Grow Live
- Hourglass - Safer ageing
- WORTH Services

This occasionally includes working on collaborative bids for funding with partners such as:

- Mankind
- Survivors Network
- Hersana

12. Future Plans

We aim to continue to provide high quality services to those who have experienced an unwanted sexual experience and their close supporters. Making sure that our services are available and accessible to those who need them, regardless of age, gender or any other factor.

As part of this we want to make sure we are promoting our services across West Sussex so that clients know we are here for them and with a view to recruiting therapists to support more survivors.

We would like to continue to develop an offer to support schools and other educational establishments with the issues of a harassment culture they are facing highlighted by the Everyone's Invited website and the recent Ofsted review. We would like to use the research with are doing with Chichester University to further inform our schools work and future plans for this work.

We will continue to develop our training offer for partners, local organisations and businesses to support their work.

Our future plans include:

- developing a client survey to further understand and develop our wraparound services providing holistic wellbeing services and support clients waiting for therapy.
- expanding our capacity to support clients in Crawley expansion to meet waiting list demand.
- Therapy offer in other languages
- Introduction of more therapist training to increase support specialisms and improve diversity of offer
- Earn therapeutic quality assurance accreditations

Charity Registration No. 1127779
Company Registration No. 06766164 (England and Wales)

13. Legal and administrative information

Trustees	Alistair MacFarlane (S. A. MacFarlane) Charlotte Pexton (R. C. Pexton) Andrea Clarke Mark Oliver Dr Serena North
Charity number	1127779
Company number	06766164
Principal address	PO Box 58 Chichester West Sussex P019 8UD
Registered office	104 The Hornet Chichester P019 7RJ
Independent examiner	Jordan Abbott Carpenter Box Limited Piper House 4 Dukes Court Bognor Road Chichester West Sussex P019 8FX
Bankers	Lloyds Bank pic 10 East Street Chichester West Sussex P019 1HJ

LIFE CENTRE

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LIFE CENTRE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFE CENTRE

I report to the Trustees on my examination of the financial statements of Life Centre (the Charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the Trustees of the Charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the Charity 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 the Charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, 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 that in any material respect:

1 accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Jordan Abbott BSc ACA

Carpenter Box
Piper House 4 Dukes Court
Bognor Road
Chichester
West Sussex
PO19 8FX

Dated: 24/12/2024

LIFE CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	**3**	74,706	517,880	592,586	242,451	568,355	810,806
Charitable activities	**4**	116,987	-	116,987	143,015	49,200	192,215
Total income		191,693	517,880	709,573	385,466	617,555	1,003,021
Expenditure on:							
Raising funds	**5**	29,445	5,014	34,459	50,680	-	50,680
Charitable activities	**6**	287,482	500,909	788,391	144,585	544,568	689,153
Total expenditure		316,927	505,923	822,850	195,265	544,568	739,833
Net income/(expenditure) and movement in funds		(125,234)	11,957	(113,277)	190,201	72,987	263,188
Reconciliation of funds:							
Fund balances at 1 April 2023		533,822	378,389	912,211	343,621	305,402	649,023
Fund balances at 31 March 2024		408,588	390,346	798,934	533,822	378,389	912,211

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

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

LIFE CENTRE

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	**11**		187,492		190,213
Current assets					
Debtors	**12**	41,674		85,121	
Cash at bank and in hand		602,550		668,604	
		644,224		753,725	
Creditors: amounts falling due within one year	**13**	32,782		31,727	
Net current assets			611,442		721,998
Total assets less current liabilities			798,934		912,211
The funds of the Charity					
Restricted income funds	**17**		390,346		378,389
Unrestricted funds			408,588		533,822
			798,934		912,211

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 20/12/2024

Trustee

Company registration number 06766164 (England and Wales)

LIFE CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	**19**		(66,054)		216,121
Net cash used in investing activities			-		-
Net cash used in financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			(66,054)		216,121
Cash and cash equivalents at beginning of year			668,604		452,483
Cash and cash equivalents at end of year			602,550		668,604

1 Accounting policies

Charity information

Life Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is 104 The Hornet, West Sussex, Chichester, PO19 7JR.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Companies Act 2006, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grants, including grants for the purchase of fixed assets, are recognised as incoming resources when receivable. Where grants are given in relation to a set period which straddles a year end, recognition of an appropriate portion of the grant is deferred.

Donated counselling sessions are included in voluntary income. They are valued at the cost usually payable to the counsellor providing the session.

1 Accounting policies **(Continued)**

1.5 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 are allocated on the portion of the asset's use.

All expenditure is accounted for on an accruals basis and includes attributable VAT which cannot be recovered.

Expenditure is either allocated or apportioned to cost categories based on the estimated amount attributable to that activity in the year. These estimates are based on staff time.

Governance costs are those associated with constitutional and statutory requirements. They include both direct costs and a share of indirect staff costs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

All single purchases of fixed assets of less than £1,500 are written off in the year of purchase unless forming part of a more comprehensive scheme where the total cost is £1,500 or more. Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold property	Over 125 years
Fixtures, fittings & equipment	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). No such impairments were noted for the Year Ended 31 March 2024.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1 Accounting policies **(Continued)**

1.9 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Key sources of estimation uncertainty

2 Critical accounting estimates and judgements **(Continued)**

Depreciation
The annual depreciation charge is sensitive to changes in the estimated useful lives and residual value of the assets. The residual values are re-assessed annually and amended where necessary.

3 Income from donations and legacies

	Unrestricted funds 2024	Restricted funds 2024	Total 2024	Unrestricted funds 2023	Restricted funds 2023	Total 2023
	£	£	£	£	£	£
Donations and gifts	17,847	-	17,847	22,671	-	22,671
Grants	56,859	517,880	574,739	219,780	568,355	788,135
	74,706	517,880	592,586	242,451	568,355	810,806

4 Charitable activities

	2024	2023
	£	£
Counselling & support services	19,553	63,659
Counselling services provided under contract	88,452	118,513
Other income	8,982	10,043
	116,987	192,215
Analysis by fund		
Unrestricted funds	116,987	143,015
Restricted funds	-	49,200

5 Raising funds

	Unrestricted funds	Restricted funds	Total 2024	Total 2023
	£	£	£	£
Fundraising costs				
Fundraising agents	29,445	5,014	34,459	50,680
	29,445	5,014	34,459	50,680

6 Charitable activities

	2024	2023
	£	£
Staff costs	204,861	245,979
Depreciation and impairment	2,721	5,389
Supervisors' & counsellors' fees	241,323	180,747
Premises & utilities	63,760	73,187
Office running costs	56,260	59,108
Legal and professional fees	8,365	35
Other costs	20,994	38,841
	598,284	603,286
Share of support costs (see note 7)	175,982	71,740
Share of governance costs (see note 7)	14,125	14,127
	788,391	689,153
Analysis by fund		
Unrestricted funds	287,482	144,585
Restricted funds	500,909	544,568
	788,391	689,153

7 Support costs allocated to activities

	2024	2023
	£	£
Staff costs	175,982	71,740
Governance costs	14,125	14,127
	190,107	85,867
Analysed between:		
Charitable activities	190,107	85,867

The trustees consider that all support and governance costs should be allocated to the charitable activities of the charity

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year, and none of them were reimbursed any expenses.

9 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Administration and fundraising	9	7
Counselling and client support	7	6
Total	16	13

Employment costs	2024 £	2023 £
Wages and salaries	346,495	290,402
Social security costs	24,930	20,453
Other pension costs	9,418	6,864
	380,843	317,719

The total amount of employee benefits received by key management personnel for the period was £67,915.20 (2023: £64,396.37) including pension contributions.

The Full Time Equivalent (FTE) number of employees during the period was 11.67 (2023: 9).

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2024 Number	2023 Number
£60,000 to £70,000	1	1

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Tangible fixed assets

	Leasehold property	Fixtures, fittings & equipment	Total
	£	£	£
Cost			
At 1 April 2023	217,114	48,452	265,566
At 31 March 2024	217,114	48,452	265,566
Depreciation and impairment			
At 1 April 2023	28,951	46,402	75,353
Depreciation charged in the year	1,697	1,024	2,721
At 31 March 2024	30,648	47,426	78,074
Carrying amount			
At 31 March 2024	186,466	1,026	187,492
At 31 March 2023	188,163	2,050	190,213

12 Debtors

	2024	2023
Amounts falling due within one year:	£	£
Trade debtors	33,910	34,872
Other debtors	480	38,980
Prepayments and accrued income	7,284	11,269
	41,674	85,121

13 Creditors: amounts falling due within one year

	Notes	2024	2023
		£	£
Deferred income	14	7,872	7,872
Trade creditors		19,732	17,666
Accruals and deferred income		5,178	6,189
		32,782	31,727

14 Deferred income

	2024	2023
	£	£
Other deferred income	7,872	7,872

Deferred income is included in the financial statements as follows:

14 Deferred income **(Continued)**

	2024	2023
	£	£
Deferred income is included within:		
Current liabilities	7,872	7,872
Movements in the year:		
Deferred income at 1 April 2023	7,872	-
Resources deferred in the year	-	7,872
Deferred income at 31 March 2024	7,872	7,872

15 Retirement benefit schemes

Defined contribution schemes
The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £9,418 (2023 - £6,864).

16 Analysis of net assets between funds

	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
Fund balances at 31 March 2024 are represented by:			
Tangible assets	1,025	186,467	187,492
Current assets/(liabilities)	407,563	203,879	611,442
	408,588	390,346	798,934

	Unrestricted funds 2023	Restricted funds 2023	Total 2023
	£	£	£
Fund balances at 31 March 2023 are represented by:			
Tangible assets	2,049	188,164	190,213
Current assets/(liabilities)	531,773	190,225	721,998
	533,822	378,389	912,211

17 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

17 Restricted funds **(Continued)**

	Movement in funds			Movement in funds			
	Balance at 1 April 2022	Incoming resources	Resources expended	Balance at 1 April 2023	Incoming resources	Resources expended	Balance at 31 March 2024
	£	£	£	£	£	£	£
Worthing fund	189,862	-	(1,697)	188,165	-	(1,697)	186,468
St James Place	-	-	-	-	10,000	-	10,000
Access insurance	1,000	-	-	1,000	-	-	1,000
Boltini Trust	-	5,000	-	5,000	-	-	5,000
Awards 4 All	2,800	9,806	(9,806)	2,800	-	-	2,800
Reaching Communities	-	-	-	-	50,000	(45,670)	4,330
PCC	5,879	40,000	(40,000)	5,879	-	-	5,879
PCC Uni Work	555	-	-	555	-	-	555
Ministry of Justice RSF	-	224,405	(224,405)	-	243,056	(243,056)	-
EKW Mental Health	3,500	5,000	-	8,500	-	-	8,500
Mental Health VCSE	-	-	-	-	9,000	(6,360)	2,640
LLoyds - Salary Ops Manager	2,004	-	(2,004)	-	-	-	-
Woodger Trust - Rent	20,750	-	(2,746)	18,004	-	-	18,004
Peter Harrison	19,440	-	-	19,440	-	-	19,440
Sports England	4,557	-	(374)	4,183	-	(83)	4,100
New Building	2,106	-	(2,106)	-	-	-	-
RASAF Extension	-	-	-	-	30,370	(30,370)	-
CIN	-	-	-	-	17,767	(17,767)	-
PCC SSF	-	-	-	-	20,000	(20,000)	-
NHS England	40,949	-	-	40,949	-	-	40,949
SCF	10,000	5,000	(13,500)	1,500	-	(1,500)	-
West Sussex Travel Society	2,000	1,000	-	3,000	-	-	3,000
Arundel Town Council	-	2,016	-	2,016	-	-	2,016
Carpenter Box	-	500	-	500	-	-	500
Ian Askew	-	500	-	500	-	-	500
Leatherseller s	-	15,000	(5,419)	9,581	-	-	9,581
Marsh Trust	-	550	-	550	-	-	550
Midhurst Town Council	-	1,400	-	1,400	-	-	1,400
Palca Stevensons	-	2,000	-	2,000	-	-	2,000

17 Restricted funds **(Continued)**

Shanley Foundation	-	2,000	-	2,000	-	-	2,000
WSCC	-	48,000	-	48,000	-	-	48,000
Ministry of Justice additional	-	91,109	(90,844)	265	-	(265)	-
PCC JTR	-	125,498	(114,096)	11,402	125,497	(126,966)	9,933
University of Chichester	-	1,200	-	1,200	-	-	1,200
MOJ MRSS	-	36,570	(36,570)	-	12,190	(12,190)	-
Selsey Town Council	-	1,000	(1,000)	-	-	-	-
	305,402	617,554	(544,567)	378,389	517,880	(505,923)	390,346

Worthing Fund - this fund represents the net book value of long leasehold premises which are used to deliver counselling and helpline services in Worthing. The premises were purchased in 2009 with a grant given in 2008 for this purpose.

Website Awards for All - this fund is to provide the value of volunteer supervision costs, helpline partnership subscript, the cost of the phone and internet, volunteer recruitment costs, fundraising costs and stationery costs to support the helpline.

Boltini Trust - counsellor fees.

Awards for all paid for quality assurance, supervision, counselling and CPD and fundraising resources.

Chichester City Council - counsellor fees Chichester young people.

Police and Crime Commission paid for some IT infrastructure, therapy for young people and men, groupwork, cleaning, play therapy, accreditation and office running costs.

Money from Ernest Kleinwort funded our support of young people.

Rape and Sexual Abuse support fund Ministry of Justice - this fund represents a proportion of the value of support for female and/or male victims of rape and sexual abuse, including recent and non-recent child sexual abuse.

Salary ops manager - this fund represents a proportion of the value of the operations managers salary purchased with a restricted grant.

17 Restricted funds **(Continued)**

Woodger Trust Rent - this fund is to provide the value of rent on the Chichester Office purchased with a restricted grant.

Littlehampton - this fund represents the value of counselling for clients in Littlehampton purchased with a restricted grant.

New building - this fund represents the balance of donations made to Lifecentre towards the cost of premises.

Garfield Weston - core costs.

Helpline - this fund is to provide helpline training, venue hire for training, resources, and virtual control centre upgrade.

17 Restricted funds **(Continued)**

NHS England - to pay for the cost of taking on the supporting of clients who were being provided by RCSAS.

Sussex Community Foundation - to support play therapy clients and children through the disruption of services caused by the pandemic.

Rape support fund paid for counselling, staff salaries, office running costs and legal and professional costs and recruitment.

Male rape support fund paid for us to support male survivors and project materials and resources.

Sports England funded us rolling out yoga to support survivors wellbeing

Leathersellers - Partially covered rent for Crawley site.

Ministry of Justice additional - Paid towards out IT infrastructure costs, some staff costs, our trainers salary and some funds toward legal and professional fees.

PCC JTR - Paid towards our therapy, enabling us to train and deliver EMDR therapy, some groupwork, Thrive, marketing and yoga and a project officer.

MOJ MRSS - Male Rape Support Fund paid for us to support male survivors.

St James Place - Supporting therapy costs for 11-17 year-olds.

Reaching Communities - Supporting therapy provision in Crawley.

Mental Health VCSE - Supporting a project to understand our social value.

RASAF Extension - Supporting staffing costs, IT equipment, web charges and legal and professional fees.

CIN - Supporting our work with Children and Young People in Crawley.

PCC SSF - Providing IT support for our expanding staff team and communication capacity and to meet our ongoing commitment to deliver high quality services provided funding to invest in maintaining and enhancing our teams' capabilities through continuous professional development of staff.

18 Analysis of changes in net funds

The Charity had no material debt during the year.

19 Cash generated from operations	**2024**	**2023**
	£	**£**
(Deficit)/surplus for the year	(113,277)	263,188
Adjustments for:		
Depreciation and impairment of tangible fixed assets	2,721	5,387
Movements in working capital:		
Decrease/(increase) in debtors	43,447	(62,785)
Increase in creditors	1,055	2,457
(Decrease)/increase in deferred income	-	7,872
Cash (absorbed by)/generated from operations	(66,054)	216,119

LIFE CENTRE

England & Wales - Charity number 1127779

Accounts

Lifecentre

Annual report and unaudited financial statements

for the period from 1 April 2022 to 31 March 2023

Charity Registration No. 1127779
Company Registration No. 06766164 (England and Wales)

Legal and administrative information

Trustees	Alistair MacFarlane (S. A. MacFarlane) Charlotte Pexton (R. C. Pexton) Andrea Clarke Mark Oliver Dr Serena North
Charity number	1127779
Company number	06766164
Principal address	PO Box 58 Chichester West Sussex P019 8UD
Registered office	PO Box 58 Chichester P019 8UD
Independent auditor	Claire Norwood BSc FCAATII Sumer Auditco Limited Piper House 4 Dukes Court Bognor Road Chichester West Sussex P019 8FX
Bankers	Lloyds Bank pic 10 East Street Chichester West Sussex P019 1HJ

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Executive summary

Vision

Lifecentre's vision is to bring hope, guidance, and fresh possibilities to those who have had an unwanted sexual experience and are on a journey of transformation. We achieve this by providing therapeutic services for survivors of rape and sexual abuse of all genders and ages and their close supporters. The services we provide include in-person, telephone, online or email counselling and psychoeducational groups and other wellbeing support. We also provide training to organisations.

The charity's objectives are:

- to relieve persons who have suffered sexual abuse by providing counselling services.
- to develop services which will empower individuals and families where sexual violation has created dysfunction in their ordinary life,
- to promote public awareness of the issues which surround trauma-inducing life experiences, particularly those of sexual violation,
- to strengthen people who are supporting survivors of sexual violation, be that parents, partners, or close friends.

Mission

Our mission is to guide journeys of transformation by:

- Creating a safe haven where people feel empowered to share their story without judgement,
- Providing a consistently first-class service delivered by highly experienced and qualified counsellors,
- Bringing together a compassionate team of people with a thirst for transformation and a commitment to help others live life to the full.

Values

Lifecentre's values are:

We create safety

Enabling others to open-up freely.

We help people to feel comfortable and have safe conversations free from fear and the disturbances of the outside world.

We cherish diversity

Seeing the unique potential in everyone.

We welcome people of all ages, faiths and backgrounds without preconceptions, and listen deeply to their stories.

We show kindness

Ensuring every person in our community feels valued.

We relentlessly care for those in need of support, tending to their physical, mental and spiritual needs.

We nurture hope

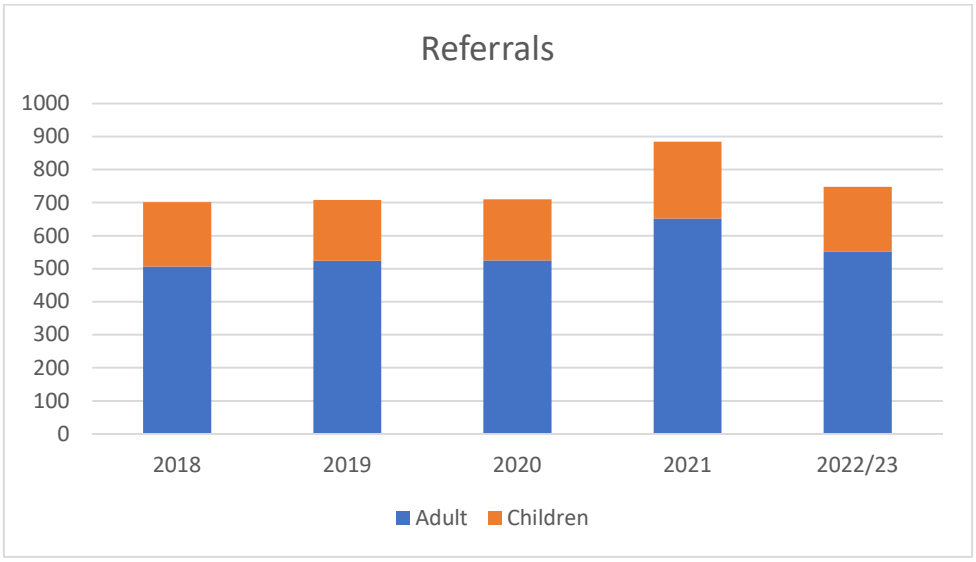
Believing in a brighter future.

We approach every challenge with an infectious optimism, inspiring others to see light in the darkest times.

Annual summary

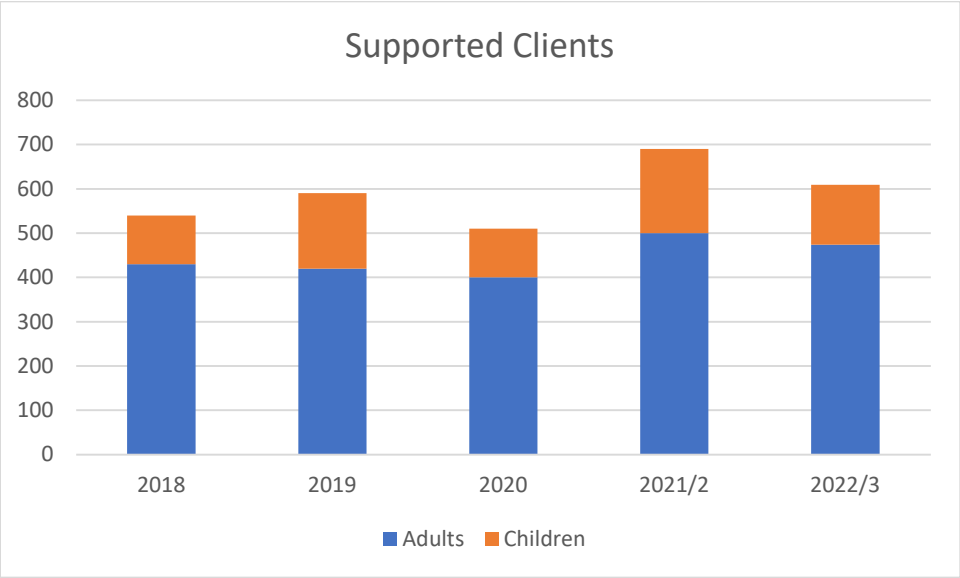
During this financial period, Lifecentre has continued to deliver its aims by supporting individuals of all ages and all genders with therapy and support services.

This table shows referrals to Lifecentre over the past four years. This shows that there is still a great demand for our services.



This year we supported 609 clients with specialist trauma-informed therapy, 474 were adults and 135 of whom were under 18. We provided a total of 3,981 sessions, 1,127 to

under 18s and 2854 to adults. The table below shows the comparison with previous years.



We have achieved results this year which show therapy with Lifecentre makes an incredible difference to the lives of our clients. They report having fewer issues with depression, anxiety, eating disorders and addictions to name a few.

> "Lifecentre quite literally saved my life. I will forever hold them close to my heart. Thank you so much for just being there for me."

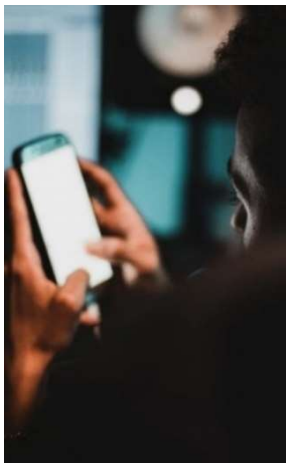
During this period 27% of our therapy was provided over the telephone, with 13% provided online and 60% provided in-person. Although in-person as a proportion of the therapy is quite low, we have returned to our offices and have made them safe spaces for both clients and staff.

Our sites in Crawley, Worthing and Chichester were equally busy, with Worthing supporting the most clients overall.

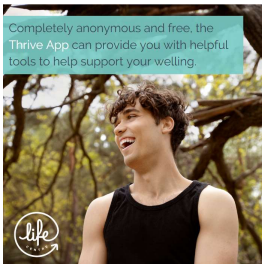
> "I am more positive; I'm excited for the future. I now feel like I'm not walking under a shadow."

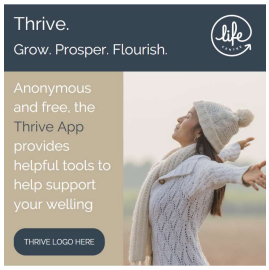
We sadly had to close our helpline in October of this year. We initially wanted to review our policies, procedures, and ways of working in preparation for applying for the helpline quality standards. However due in part to the impact of the pandemic on volunteering, we had to close to helpline due to volunteer numbers and challenges in recruiting new volunteers.

To support clients whilst they wait for therapy and to support the parents of our children, we started running our first client psychoeducation groups. The 18 clients that benefitted from our groups reporting positive outcomes and found the peer support beneficial.



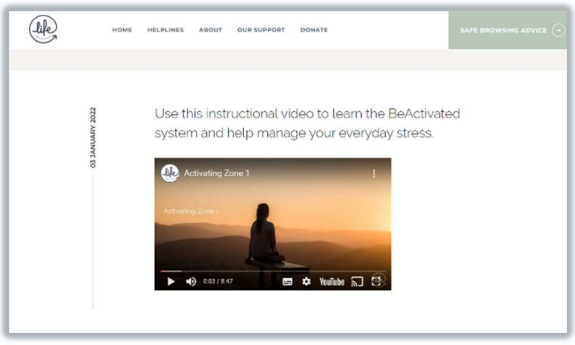
We continued to provide additional support to our clients. We have invested in Thrive, an NHS approved app to support client wellbeing, which over 200 people took this support.

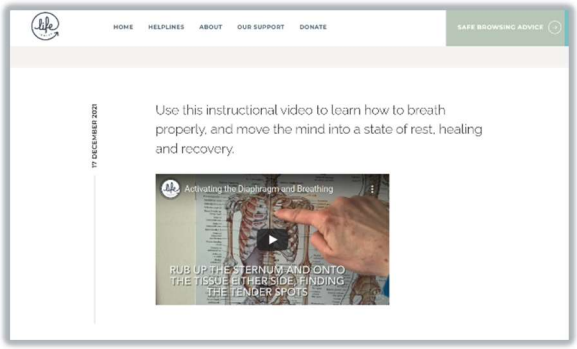




We also ran some professional body work technique classes to help with client wellbeing, after responding to what clients said they needed.

We included some new resources on our website, including videos on breathing to help manage everyday stress.





"I just want to thank Lifecentre.... I feel the happiest I've ever been. (My counsellor) and that little room, became my lifeline. My past is no longer in charge. The future looks exciting, for the first time in a long time... Thank you Lifecentre."

Objectives and activities

Therapy overview

All our clients have experienced some form of sexual violence or are a close family member or supporter of someone who has. Sexual violence is the primary issue they wish to work through in therapy. All our support is client-led, which puts the survivor in control of the support they receive. All our therapy is 3 phase trauma-therapy.

The traumatic effects of sexual violence are often severe and deeply rooted, which is why Lifecentre offers up to 18, hour-long therapy sessions and more by agreement. Our therapy can be accessed at one of our sites, Crawley, Worthing, or Chichester or online or over the telephone. We also provide email therapy when appropriate and have Association for Counselling and Therapy Online (ACTO) trained therapists to deliver this.

Therapy has been delivered during 2022/3 by 24 paid therapists and play therapists, all of whom have a service contract with Lifecentre. All our therapists are affiliated to a professional body. All therapists and play therapists receive monthly supervision from an external professional supervisor. Supervisors meet three times a year for regulation of clinical guidelines. They also have organisational support from one of our senior therapists. Each month we have a team meeting, which includes continuous professional development.

Prior to commencing therapy, all new clients attend a comprehensive initial assessment to assess their suitability for the service, their mental health, and specific needs. We are committed to work in collaboration with other professionals involved in the client's care and to liaise with them as necessary before therapy starts.

Our therapy uses different modalities including humanistic, systemic, psychodynamic, trauma focused cognitive behavioural therapy (CBT) and eye movement desensitisation and reprocessing (EMDR). For our young people we offer play therapy and art therapy. We also provide pre-trial therapy, which is offered to a victim or witness while the criminal justice process is ongoing, or a trial may be possible. It aims to ensure that clients feel emotionally supported whilst also not influencing the evidence they would give in court.

Therapy is offered free of charge, but adult clients are asked to consider making a donation towards the costs of their therapy if they are able to do so.

"I feel better able to regulate my emotions and trust others... I'm feeling hopeful, more confident in my ability to manage life's stressors."

Referrals for therapy

During the period we have received 748 referrals for therapy.

Of these 551 (74%) were from adults:

- 475 (86%) were from women
- 48 (9%) men
- 6 (2%) were transgender
- 4 (1%) were nonbinary
- 18 (2%) did not state.

197 (26%) were received from those under the age of 18:

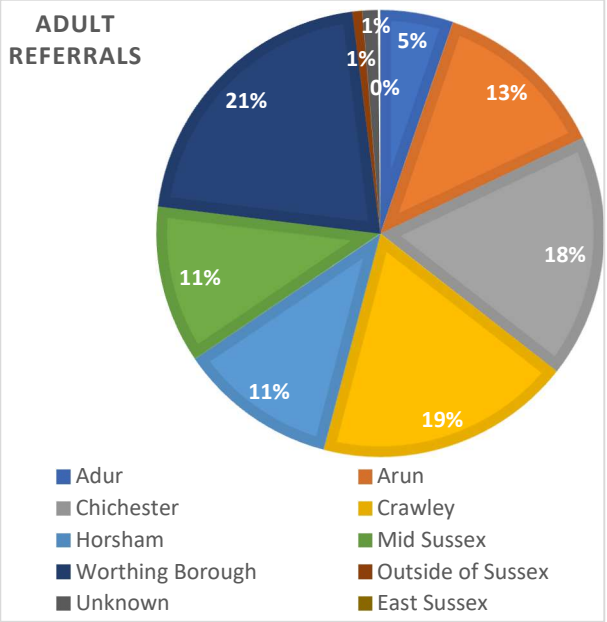
- 82% of our clients under 18 were aged 11-17 years.
- 18% were 10 years of age and under.

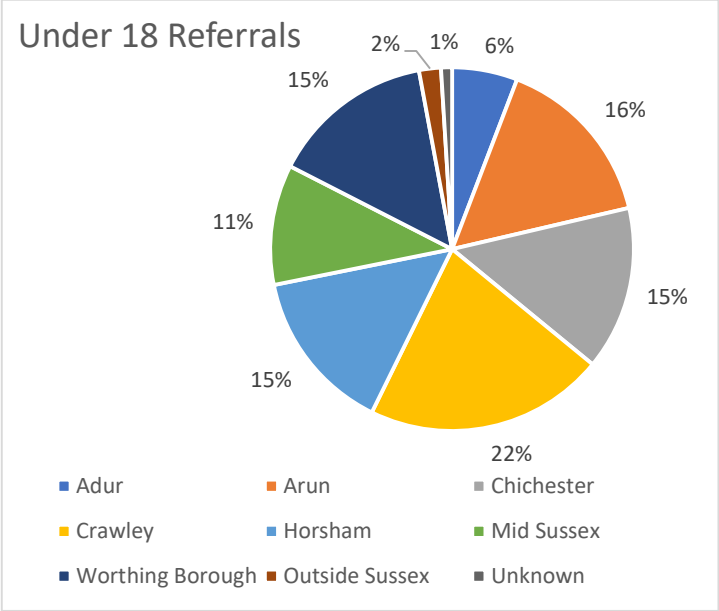
Of the under 18s,

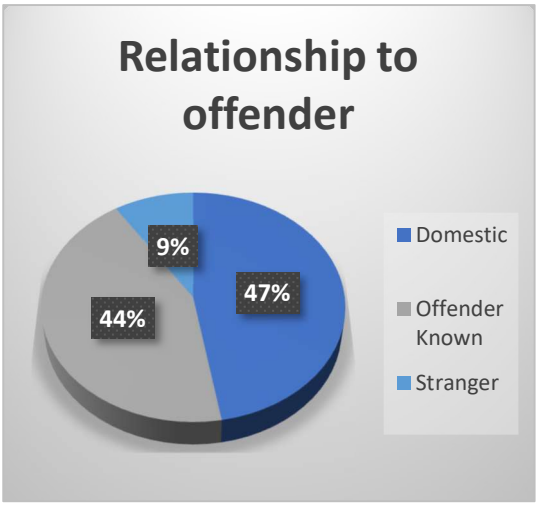
- 154 (78%) were female
- 30 (15%) were male
- 2 (1%) were transgender
- 4 (2%) were non-binary
- 7 (4%) did not state

Referral source	Adults	%	Under 18s	%
Self-referral	294	53%	18	9%
Family member	6	1%	43	22%
Mental health service	68	12%	13	7%
Police	42	8%	14	7%
Social care	23	4%	57	29%
Health service	14	2%	3	1%
YES	3	1%	19	10%
Domestic Abuse Services	39	8%	2	1%
SARC	4	1%	1	0%
Survivors Network	25	5%	6	3%
Schools	4	1%	14	7%
Other	29	4%	7	4%
Total	**551**	**100%**	**197**	**100%**

The following charts show which area the referrals were from:







In terms of the perpetrator of the sexual violence, while most clients did not state, the majority of those that did, were in a domestic relationship to the client.

Therapy

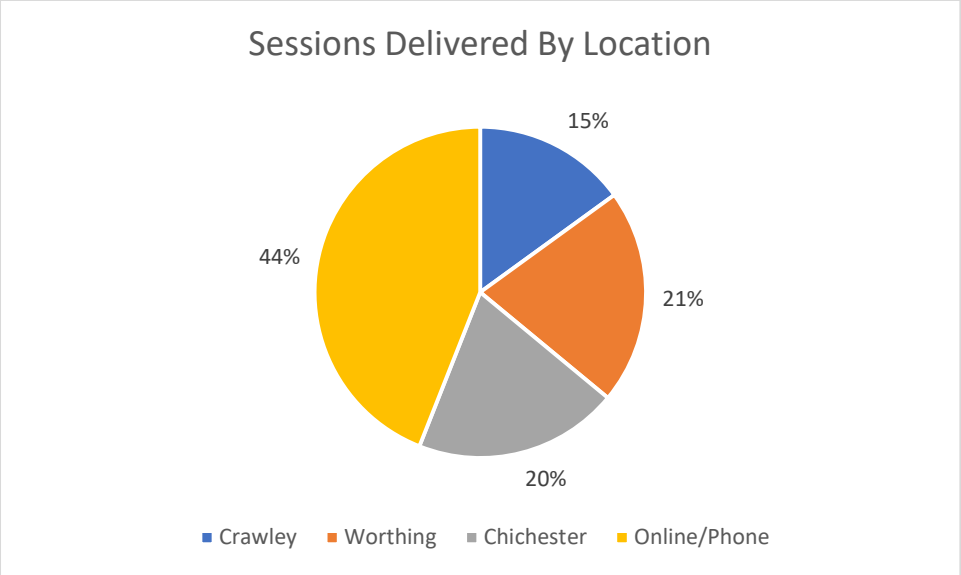
The effect of sexual abuse and rape on our clients is devastating. Those who have experienced sexual abuse or rape are more likely to have a range of physical and mental health conditions including anxiety, flashbacks, sleep problems, stress, eating disorders, personality disorders, lack of confidence and lack of trust in others. Not surprisingly, survivors can find it difficult to manage everyday life.

Sexual abuse and rape also put great pressure on other family members, we also support siblings, parents, and other close family members.

Our clients referred to us with the following issues in this period:

- 36% were or had been depressed,
- 40% of our adult clients and 7% of under 18 clients were not in education, employment or training when referred.
- 55% of the clients we met in this period had thought about suicide; 33% attempted suicide,
- 51% had self-harmed,
- 13% were facing drug and/or alcohol related issues.
- 75% had mental health issue,
- 16% had an eating problem,

We delivered a total of 3981 sessions during this period to 609 clients. Most of our support was for people from the Crawley/Horsham area **(39%);** with **33%** from Chichester and district and **28%** from Worthing and surrounding area. This period **44%** of our support was delivered by telephone and online therapy, and **56%** in person.



Adult Therapy

The following table shows adults supported and sessions delivered by location.

	People supported	Sessions
Crawley adults	53	323
Worthing adults	67	460
Chichester adults	74	567
Online/telephone	280	1504
Total	**474**	**2854**

We supported **474** adults with **2854** sessions of therapy. Most of the adults we supported had session online or on the telephone.

"Sussex Police told me about Lifecentre, I am so grateful that they did. Having
counselling which is specific to domestic abuse and sexual trauma has helped
distance from the emotional overwhelmed and make sense of my experiences."

Under 18 therapy

Trauma informed therapy is one of the most effective methods of helping younger people to come to terms with their unwanted sexual experience. Our therapists have lots of experience of helping younger people deal with trauma.

The following table shows children and young people supported and sessions delivered by location.

	People supported	Sessions
Crawley CYP	35	260
Worthing CYP	46	359
Chichester CYP	19	219
Online/telephone	35	289
Total	**135**	**1127**

""My daughter received the help she needed to be able to move forward in a positive way."

Play therapy

Play therapy is a type of therapy that helps children to explore their feelings, to express themselves and to make sense of their difficult life experiences. Children are given a safe and confidential space where they are free to explore their expression through play, which is the child's natural way of learning, communicating, and exploring their world. Children use play first and speech second.

Recovery from difficult life experiences can be helped by a play therapist allowing a child space to express themselves in a safe and trusting environment. Play therapy gives children the opportunity to explore and understand their feelings. It can help them to change their view of the trauma of abuse so that they are less likely to blame themselves. The resulting increased self-esteem can help the child cope with future difficulties in the world.

We have **3** play therapists working at Lifecentre. Together they have delivered **392** sessions to **49** children under the age of **11**.

Achievements and performance

Therapy outcomes

All therapy clients aged 16 + are invited to complete a CORE (clinical outcomes in routine evaluation) evaluation forms at the beginning, middle and end of therapy. We also use our own evaluation forms for those aged 11-17 and 10 and under. For clients aged 10 and under, parents or carers are also asked to complete evaluation forms based on the progress the child has made. Clients are also provided the opportunity to give quotes and share case studies about the benefits counselling has had in their lives.

Outcomes (adult) - improvement in overall client experience of:

Trauma/abuse	74%
Depression	87%
Anxiety/stress	77%
Self-esteem	72%
Addictions	50%
Eating disorders	87%
Interpersonal relationships	63%
Personality	86%
Bereavement / loss	74%
Work/academic related problems	73%

Outcomes (11 - 17):

Young person is coping better emotionally	91%
Young person depression levels have improved	84%
Young person levels of self-confidence have improved	86%
Young person coping better at home/school/college	68%
Young person having fewer suicidal thoughts	75%
Young person evidencing improved relationships	86%
Young person self-harm levels have improved	77%
Young person levels of substance misuse have improved	100%
Young person feels safer	89%
Young person benefited from counselling	100%

Outcomes (under 10):

Child feels safer	15%
Child has benefited from counselling	50%
Child shows improved engagement in learning	15%
Child shows improved ability to regulate emotions	39%
Child shows improved ability in self-confidence	15%
Child shows improved ability to build relationships	23%

The outcomes for the under 10s reflect the challenges that we have getting outcomes data for this group. The above data represents what the children who experience the therapy tell us but sometimes our children find it difficult or confusing to answer questions about the difference their therapy makes. We know that our play therapy makes a big difference to the children and parents' lives, which is shown by the quotes below. We are working on getting data from the parents and therapists, to build a more accurate picture of the impact of our play therapy.

"Great to have Lifecentre available for children of …'s age. (It has) made a massive difference in her life. THANK YOU"

"(Child's name) suffered with anxiety and I have noticed a massive improvement".

"(He is) starting to understand his own emotions and feelings. Once calm (he is) able to talk and discuss what happened and how his actions affect him and others…. The Lifecentre is brilliant and everyone we have come into contact with has been very helpful and kind."

"She seems calmer and less panicky in general…. Her confidence in her rights has much improved."

"(I particularly appreciated the) lack of judgement, willingness to help our daughter and flexibility. It's an amazing place."

"Being here has helped me understand and explore my feelings. I've been able to play with someone who is understanding and doesn't care what I'm playing, because I've got lots of different ways of playing."

"It helped me feel a bit more safe when I'm alone"

"She has returned to her happy confident self again."

" (*She)* is much more confident and has started to speak up for herself. She has learnt ways to cope if she is anxious and talks more about her feelings."

"(The good things about coming to Lifecentre are) speaking about my feelings, playing games and getting to decide what the rules are."

"(The good things about coming to Lifecentre are) helping me get my emotions better

Other support

Client groups

This year we started to pilot psychoeducational groups for survivors. After a successful pilot at Chichester University, we ran one group for our clients in Crawley. These are stabilisation groups of 8 sessions. The aim of the group is to help survivors understand the impact of trauma and help them to develop some techniques to cope with some of the impact of that trauma. Each session ended with some mindfulness, so clients finish in a safe space.

Initial results show participants understanding of the impact of trauma, ability to manage self-care and ability to manage difficult emotions all improved following participation. We are planning on expanding delivery of these groups to all clients on the waiting list.

We know from our experience of support children effected by sexual abuse, that following a disclosure of childhood sexual abuse, most parents experience psychological and emotional distress. They need to support a child at a time when they may be struggling to cope emotionally and practically.

Research supports the idea that the non-abusive parent's response to the child's disclosure, and support of the child, can mediate the level of psychological symptoms the child experiences. We therefore developed a psychoeducational parent's group to provide information on the dynamics and impacts of abuse and practical advice on how to support the child. We ran our first group this year and will look to do more.

To support clients whilst they wait for therapy and to support the parents of our children, we started running our first client psychoeducation groups. The 10 clients that benefitted from our groups reporting positive outcomes and found the peer support beneficial. We were delighted to also run one of our psychoeducational groups at Chichester University supporting 8 of their students.

"I valued meeting other people in the same kind of situation, not feeling so isolated. Feeling like a step closer to healing and being able to deal with the trauma in a more helpful way."

"The pre-counselling parents' course was great. (I appreciated the) kindness and understanding of the play therapists."

Thrive

Opening up to a counsellor in person or over the phone for many may feel too overwhelming so Lifecentre offers other forms of support. Thrive is an NHS approved mental health mobile app full of wellbeing advice and tools. It includes over 100 hours of content around mindfulness, CBT, relaxation techniques, screening tools, risk assessments, and more.

During this period, we had 201 Thrive users, of which 68.6% of users actively used the app. Of these users we saw 14 full recoveries, 40 improvements, 78 people who were prompted to seek further help through signposting and of these 20 people did seek further help.

Professional body work techniques

Following feedback from our clients we introduced professional body work techniques to relieve stress and anxiety, together with mindfulness, both online and in person to support our client's mental health. We received some additional funding to pilot extending this service for three years. This year we have started the development of that service. We had 15 clients engaged in the yoga classes, which have funding to continue next year.

" I have noticed how yoga has helped my healing. I am able to see things and react to situations differently. I feel more in control of my body and situation."

Work to promote the issues faced by survivors

An important part of our work is to promote the issues faced by survivors to influence local and national policy and strategy. Lifecentre's CEO attends meetings with local and national strategic leads and policy makers in relation to sexual violence and violence against women and girls to achieve this. The CEO chairs the Violence Against Women and Girls Forum, West Sussex Domestic and Sexual Abuse and Violence Steering Group and co-chairs the Pan Sussex Sexual Violence and Abuse Partnership Group. In addition, we engage in consultations over changes in the law and the criminal justice process and the supporting survivors who are children and young people, which are arranged by Survivors Trust. This year this has included being involved in consultation with the Law Commission in their review of evidence in sexual offences prosecutions.

Training and awareness raising

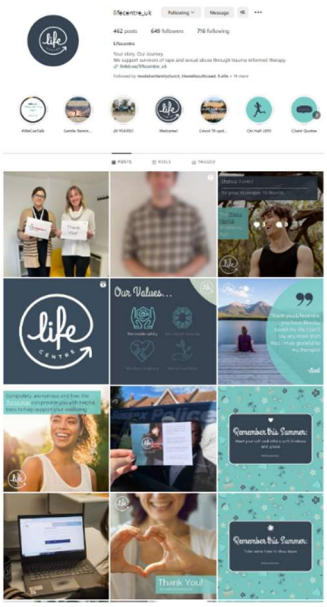
An important part of the work we do, is to prevent sexual violence by raising awareness about the issues surrounding sexual violence. This includes helping partners, education establishments and the public to understand of the issues survivors face to try and help them to respond more appropriately to survivors needs. We work with other agencies to highlight the issues caused by gender stereotypes and cultures that can enable sexual violence. Our education facilitator provided training for other organisations to help them to understand more about sexual violence and how to safely apply active bystander intervention skills to intervene in situations in which a person may be at risk of being harmed. We provided 7 training events in this manner, including to educational establishments.

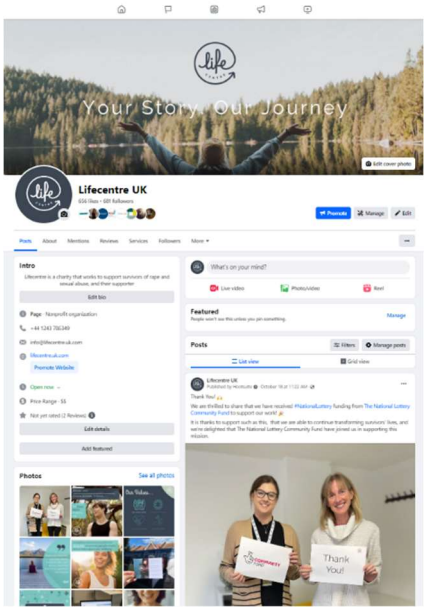
> "I thought this course was brilliant for students and staff and I was engaged throughout the whole 3 hours."
>
> - course participant

Lifecentre are currently involved in a project with Chichester University to better understand perceptions of those in secondary schools about sexual violence and harassment. The main goal of the project is to draw on psychological research in the domain of behavioural change and address the role of the larger school environment in serving as a protective factor against sexual violence. We are planning some focus groups with a secondary school in Chichester to start this project.

In May, staff and supporters walked through Chichester and held a six-minute silence in Chichester Town Centre to honour those who have experienced sexual violence. This symbolises the six women who are raped and sexually abused every day across Sussex. Research shows that many never talk about their experience because they are ashamed or blame themselves and stay silent. Rape and sexual abuse affect all genders and we want people to feel they can talk about their experiences. Survivors have nothing to be ashamed of. They deserve to be heard, and to get the help they need to begin the recovery process.

We have continued to take appropriate opportunities to raise awareness of the issues surrounding sexual violation and of the services available through Lifecentre. We have been active on social medial such as Facebook, LinkedIn and Instagram.



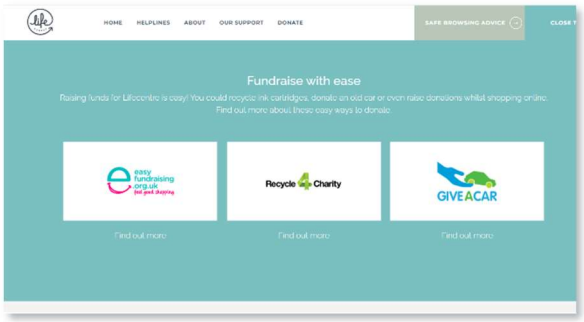


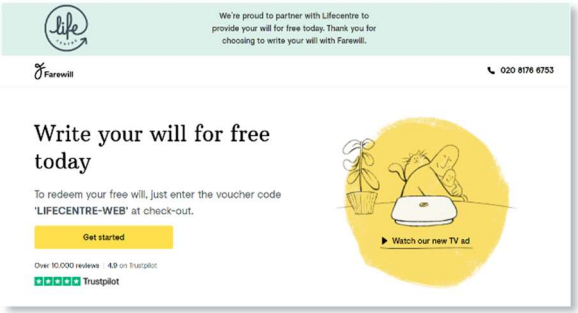
Administration

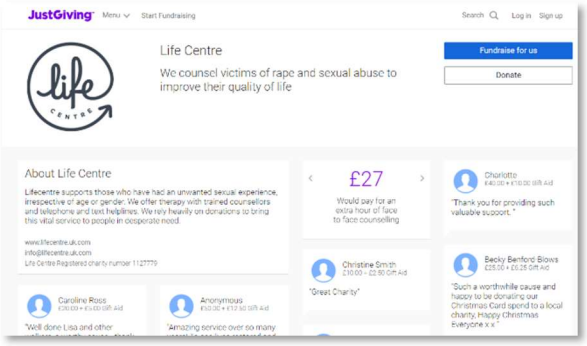
The administration of the charity has been delivered by an Operations Manager. During this financial year we employed two part time operations managers to share the role. We have three part time client support officers, who spend all their time assisting and supporting clients from referral to therapy.

In addition, we employ 1.5 administrators to support the senior leaders and undertake administrative duties.

Fundraising and financial review



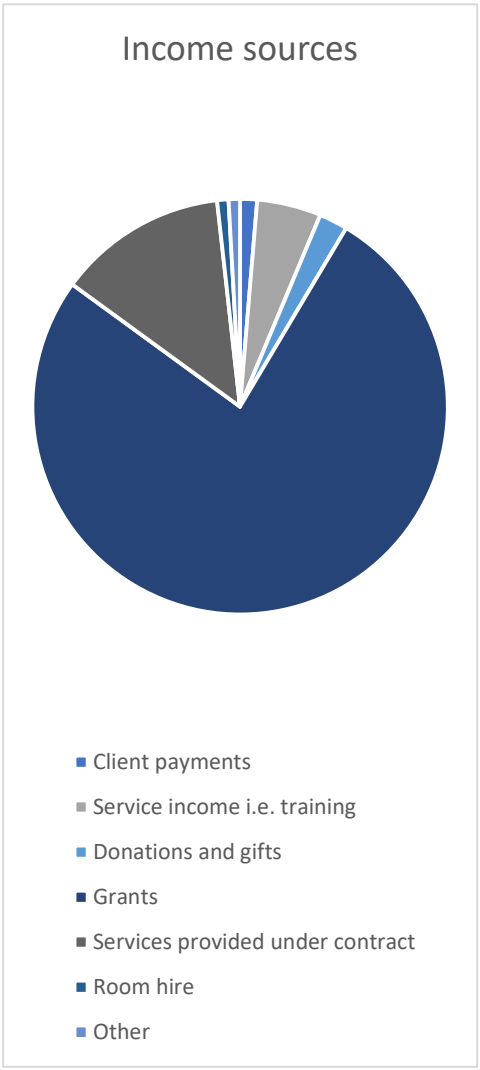




Fundraising activity is undertaken by a contracted fundraiser on a part time basis. She is supported by a part time employee.

Income breakdown

We are tremendously grateful to all those individuals, trusts and organisations that support Lifecentre, including those who donate anonymously.



Grants were the main source of our income this period, they included:
The Ministry of Justice

Sussex Police and Crime Commissioner
Michael and Betty Little Trust
Garfield Weston Lloyds Bank Foundation for England and Wales
The Roddick Foundation
Sydney & Phyllis Goldberg Memorial Trust
Joseph Rank Foundation
The Leathersellers' Company
Littlehampton Town Council
Chichester District Council
Diocese of Arundel and Brighton
Shanly Foundation
The Lennox Trust
John Coats Charitable Trust
The Sussex Community Fund
The Marsh Christian Trust
Ian Askew
Souter Charitable Trust
West Sussex Travel
Arundel Town Council
Selsey Town Council
The Boltini Trust
Ernest Kleinwort
Midhurst Town Council
The Edward Gosling Foundation

Financial review

Charity funds	At 31 March 2023	At 31 March 2022
General unrestricted funds	£533,822	£404,709
Restricted funds	£378,389	£267,605
Total charity funds	£912,211	£672,314
Unrestricted free reserves*	£375,128	£400,985

* excluding unrestricted tangible fixed assets totalling £3,261 (2021: £3,724).

The financial statements show a surplus of income for the year ended 31 March 2023 of £263,023 (2022 surplus £60,559) and the yearend balance sheet position totalled £921,457 (2022 £672,314).

Reserves policy

Lifecentre policy is to have unrestricted reserves of between 9 and 12 months of expected expenditures. The reserves policy is regularly reviewed by trustees and used in day-to-day management of the charity.

	31 March 2023	31 March 2022
Unrestricted reserves	7.6 months of 2023/23 budget expense	6.2 months of 2022/23 budget expense

Although unrestricted reserves are outside of our reserves policy, this shows an improvement on last year's figures.

Risk Management

The trustees are responsible for the overseeing of the risks faced by Lifecentre. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis. Risk is managed under the headings of governance, finance, operations and legal.

The main risks identified and the plans to manage those risks are:

- **Inability to secure income required to deliver the service.** Our ability to continue providing services to clients is reliant on funding. We anticipate challenges with this moving forward due to the ongoing financial impact of the cost-of-living crisis. This risk is managing by developing diversified income streams, diversifying services to support clients in a variety of ways, contingency planning for reduced funding, maintaining contract performance and our reviewed reserves policy. In addition, Lifecentre has a plan for what services would be maintained at different levels of income generation.
- **Difficulties recruiting and retaining therapists to deliver our service.** We anticipate continued increases in the level of referrals. We are actively recruiting

for counsellors to increase our capacity. We continue to diversify our income streams to fund this work.

- **A serious safeguarding incident.** Lifecentre has a safeguarding policy which is reviewed annually. We have appointed and trained designated safeguarding lead and officers to oversee safeguarding practice and referrals throughout the organisation. All staff are trained annually on our safeguarding policy to ensure they understand their responsibilities and a culture promoting safe practice is developed.

Future plans

We aim to continue to provide high quality services to those who have experienced an unwanted sexual experience and their close supporters. Making sure that our services are available and accessible to those who need them, regardless of age, gender or any other factor. As part of this we want to make sure we are promoting our services across West Sussex so that clients know we are here for them and with a view to recruiting counsellors and volunteers to support more survivors.

We would like to continue to develop an offer to support schools and other educational establishments with the issues of a harassment culture they are facing highlighted by the Everyone's Invited website and the recent Ofsted review. We will scope out what the need is in West Sussex and develop a plan to deliver. This will include training educators how to tackle the negative impact of gender stereotypes and poor attitudes to women and girls and the role of social media.

We will continue to develop our training offer for partners, local organisations and businesses to support their work.

Structure, Governance and Management

The Charity is a company limited by guarantee and established by memorandum and articles of association, incorporated on 4 December 2008 as amended by special resolution dated 12 February 2009.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

- Alistair MacFarlane (S. A. MacFarlane)
- Charlotte Pexton (R. C. Pexton)
- Andrea Clarke
- Mark Oliver
- Serena North

Lifecentre is an incorporated charity limited by guarantee.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the trust's aims and objectives and in planning future activities.

The Board of Trustees regularly review and monitor the skills represented on the board with a view to highlighting any gaps in the expertise needed. This awareness will inform recruitment and appointment of new trustees and names will be put forward by the existing trustees or management.

An informal evening is held for any provisional new trustees to meet members of the current board and management. An induction pack of information is provided to provisional new trustees and a CV is requested. All new trustees are required to uphold the vision and values of the Charity and comply with the Company's Memorandum and Articles of Association.

All of the Trustees are members of the Company and guarantee to contribute £10 in the event of a winding up.

Auditors

A decision will be made regarding the reappointed of auditors at a General Meeting.

Each of the Board members has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

Organisational structure

Each trustee takes responsibility for monitoring the charity's activities. The Trustees met four times in the year.

The charity's Chief Executive is responsible for the day-to-day operation of the charity and manages the staff of the charity on behalf of the trustees.

The work of the Charity is delivered through four departments: clinical; operations, training and finally fundraising and communications. Each department is managed by designated staff, who have responsibility for the staff within that department. A pay policy has been published, which outlines the pay scales and process for review for key staff roles. The trustees review CEO pay, and counsellor pay on an annual basis. Supervisors are contracted in to supervise the clinical work of the counsellors. The trustees' report was approved by the Board of Trustees.

The Trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Lifecentre is an organisational member of the British Association of Counselling and Psychotherapy.

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

The trustees' report was approved by the Board of Trustees

Andrea Clarke

Trustee

Dated: 14.12.23

LIFE CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees, who are also the directors of Life Centre for the purpose 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 year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity 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 Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

LIFE CENTRE

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF LIFE CENTRE

Opinion

We have audited the financial statements of Life Centre (the 'Charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including 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 2023 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's 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 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.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustees

As explained more fully in the statement of trustees' responsibilities, the Trustees, who are also the directors of the Charity for the purpose 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 Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

Identification and assessment of irregularities including fraud

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

- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the charity, including The Companies Act 2006 and The Charities Act 2011;
- we obtained an understanding of the legal and regulatory framework applicable to the entity and how the entity is complying with that framework by making appropriate enquiries of management as well as considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations;
- we made enquiries of those charged with governance and management concerning:
    - the risks of fraud;
    - instances of non-compliance with laws and regulations or knowledge of actual, suspected, or alleged fraud is documented during the period;
- we allocated an engagement team that we considered collectively had the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations.

Audit response to the risk of irregularities including fraud
Based on the results of our risk assessment, our procedures included, but were not limited to:

- performing analytical procedures to identify any unusual or unexpected relationships.
- evaluating whether the selection and application of accounting policies by the entity that may be indicative of fraudulent financial reporting resulting from management's effort to manage earnings.
- assessing whether judgements and assumptions made in determining the accounting estimates set out in note 2 were indicative of potential bias.
- agreeing financial statement disclosures to underlying supporting documentation.
- reading the minutes of meetings of those charged with governance.
- testing of journal entries to address the risk of fraud through management override.
- incorporating an element of unpredictability in the selection of the nature, timing, and extent of our audit procedures.
- corroborating the business rationale for transactions outside the normal course of business

Conclusions regarding the risks of irregularities including fraud
There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

We considered our audit was capable of detecting irregularities due to:

- the effectiveness of the entity's internal controls;
- the nature, timing and extent of audit procedures performed; and
- the absence of contradictory evidence.

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

Use of our report
This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE TRUSTEES OF LIFE CENTRE

Claire Norwood BSc FCA ATII (Senior Statutory Auditor)
for and on behalf of Sumer Audit

15/12/2023

Chartered Accountants
Statutory Auditor

Piper House
4 Dukes Court
Bognor Road
Chichester
West Sussex
PO19 8FX

Sumer Audit is a trading name of Sumer Auditco Limited and is eligible for appointment as auditor of the Charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

LIFE CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Voluntary income	**3**	242,451	568,355	810,806	170,935	417,254	588,189
Charitable activities	**4**	143,015	49,200	192,215	101,475	6,015	107,490
Total income		385,466	617,555	1,003,021	272,410	423,269	695,679
Expenditure on:							
Raising funds	**5**	50,680	-	50,680	51,520	-	51,520
Charitable activities	**6**	144,585	544,568	689,153	176,391	407,209	583,600
Total expenditure		195,265	544,568	739,833	227,911	407,209	635,120
Net income for the year/ Net movement in funds		190,201	72,987	263,188	44,499	16,060	60,559
Fund balances at 1 April 2022		343,621	305,402	649,023	299,122	289,342	588,464
Fund balances at 31 March 2023		533,822	378,389	912,211	343,621	305,402	649,023

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

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

LIFE CENTRE

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	**11**		190,213		195,602
Current assets					
Debtors	**12**	85,121		22,336	
Cash at bank and in hand		668,604		452,483	
		753,725		474,819	
Creditors: amounts falling due within one year	**13**	(23,855)		(21,398)	
Net current assets			729,870		453,421
Total assets less current liabilities			920,083		649,023
Income funds					
Restricted funds	**15**		390,889		305,402
Unrestricted funds			529,194		343,621
			920,083		649,023

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 14.12.23

Andrea Clarke
Trustee

Company registration number 06766164

LIFE CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Cash flows from operating activities					
Cash generated from operations	**18**		216,121		102,860
Net cash used in investing activities			-		-
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			216,121		102,860
Cash and cash equivalents at beginning of year			452,483		349,623
Cash and cash equivalents at end of year			668,604		452,483

1 Accounting policies

Charity information

Life Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is 104 The Hornet, Chichester, West Sussex, PO19 7JR.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Companies Act 2006, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grants, including grants for the purchase of fixed assets, are recognised as incoming resources when receivable. Where grants are given in relation to a set period which straddles a year end, recognition of an appropriate portion of the grant is deferred.

Donated counselling sessions are included in voluntary income. They are valued at the cost usually payable to the counsellor providing the session.

1 Accounting policies **(Continued)**

1.5 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 are allocated on the portion of the asset's use.

All expenditure is accounted for on an accruals basis and includes attributable VAT which cannot be recovered.

Expenditure is either allocated or apportioned to cost categories based on the estimated amount attributable to that activity in the year. These estimates are based on staff time.

Governance costs are those associated with constitutional and statutory requirements. They include both direct costs and a share of indirect staff costs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

All single purchases of fixed assets of less than £1,500 are written off in the year of purchase unless forming part of a more comprehensive scheme where the total cost is £1,500 or more. Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold property	Over 125 years
Fixtures, fittings & equipment	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). No such impairments were noted for the Year Ended 31 March 2023.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1 Accounting policies **(Continued)**

1.9 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

2 Critical accounting estimates and judgements (Continued)

Key sources of estimation uncertainty

Depreciation

The annual depreciation charge is sensitive to changes in the estimated useful lives and residual value of the assets. The residual values are re-assessed annually and amended where necessary.

3 Voluntary income

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	22,671	-	22,671	68,230	-	68,230
Grants	219,780	568,355	788,135	102,705	417,254	519,959
	242,451	568,355	810,806	170,935	417,254	588,189

4 Charitable activities

	2023	2022
	£	£
Counselling & support services	63,659	22,019
Counselling services provided under contract	118,513	79,825
Other income	10,043	5,646
	192,215	107,490
Analysis by fund		
Unrestricted funds	143,015	101,475
Restricted funds	49,200	6,015
	192,215	107,490

5 Raising funds

	2023	2022
	£	£
Fundraising costs		
Fundraising agents	50,680	-
Staff costs	-	51,520
Fundraising costs	50,680	51,520
	50,680	51,520

6 Charitable activities

	2023	2022
	£	£
Staff costs	245,979	160,748
Depreciation and impairment	5,389	6,731
Supervisors' & counsellors' fees	180,747	226,191
Premises & utilities	73,187	45,296
Office running costs	59,108	32,284
Legal and professional fees	35	1,910
Other costs	38,841	33,115
	603,286	506,275
Share of support costs (see note 7)	71,740	64,617
Share of governance costs (see note 7)	14,127	12,708
	689,153	583,600
Analysis by fund		
Unrestricted funds	144,585	176,391
Restricted funds	544,568	407,209
	689,153	583,600

7 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Staff costs	71,740	-	71,740	64,617	-	64,617
Legal and professional	-	14,127	14,127	-	12,708	12,708
	71,740	14,127	85,867	64,617	12,708	77,325
Analysed between						
Charitable activities	71,740	14,127	85,867	64,617	12,708	77,325

The trustees consider that all support and governance costs should be allocated to the charitable activities of the charity

Governance costs includes amounts payable to the independent auditors of £3,168 (2022- £1,908 (independent examination)) and legal fees of £10,845 (2022- £10,800).

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year, and none of them were reimbursed any expenses.

9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Administration and fundraising	7	5
Counselling and client support	6	4
Total	13	9

Employment costs	2023 £	2022 £
Wages and salaries	290,402	259,798
Social security costs	20,453	12,565
Other pension costs	6,864	4,522
	317,719	276,885

The total amount of employee benefits received by key management personnel for the period was £64,396.37 (2022: £50,859.84) including pension contributions.

The Full Time Equivalent (FTE) number of employees during the period was 9 (2022: 7).

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2023 Number	2022 Number
£60,000 to £70,000	1	-

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxationof Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Tangible fixed assets

	Leasehold property	Fixtures, fittings & equipment	Total
	£	£	£
Cost			
At 1 April 2022	217,114	48,452	265,566
At 31 March 2023	217,114	48,452	265,566
Depreciation and impairment			
At 1 April 2022	27,254	42,710	69,964
Depreciation charged in the year	1,697	3,692	5,389
At 31 March 2023	28,951	46,402	75,353
Carrying amount			
At 31 March 2023	188,163	2,050	190,213
At 31 March 2022	189,860	5,742	195,602

12 Debtors

	2023	2022
Amounts falling due within one year:	£	£
Trade debtors	34,872	13,904
Other debtors	38,980	1,279
Prepayments and accrued income	11,269	7,153
	85,121	22,336

13 Creditors: amounts falling due within one year

	Notes	2023	2022
		£	£
Deferred income		7,872	-
Trade creditors		17,666	13,833
Accruals and deferred income		6,189	7,565
		31,727	21,398

14 Retirement benefit schemes

Defined contribution schemes

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £6,864 (2022 - £4,522).

15 Restricted funds

15 Restricted funds **(Continued)**

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds			Movement in funds		
	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 1 April 2022	Incoming resources	Resources expended	Balance at 31 March 2023
	£	£	£	£	£	£	£
Worthing fund	191,559	-	(1,697)	189,862	-	(1,697)	188,165
Website Awards 4 All	1,282	-	(1,282)	-	-	-	-
Access insurance	-	1,000	-	1,000	-	-	1,000
Boltini Trust	-	-	-	-	5,000	-	5,000
Awards 4 All	-	10,000	(7,200)	2,800	9,806	(9,806)	2,800
Chichester City Council	561	-	(561)	-	-	-	-
PCC	-	91,008	(85,129)	5,879	40,000	(40,000)	5,879
PCC Uni Work	-	12,888	(12,333)	555	-	-	555
Ministry of Justice RSF	-	185,802	(185,802)	-	224,405	(224,405)	-
EKW Mental Health	-	3,500	-	3,500	5,000	-	8,500
Women and Girls Ministry of Justice	-	36,570	(36,570)	-	-	-	-
Lloyds - Salary Ops Manager	4,062	24,046	(26,104)	2,004	-	(2,004)	-
Woodger Trust - Rent	15,000	23,000	(17,250)	20,750	-	(2,746)	18,004
Littlehampton	3,665	-	(3,665)	-	-	-	-
Peter Harrison	-	19,440	-	19,440	-	-	19,440
Sports England	-	6,015	(1,458)	4,557	-	(374)	4,183
New Building	4,933	-	(2,827)	2,106	-	(2,106)	-
Garfield Weston	20,000	-	(20,000)	-	-	-	-
Helpline	496	-	(496)	-	-	-	-
Helpline 2019	112	-	(112)	-	-	-	-
NHS England	40,949	-	-	40,949	-	-	40,949
SCF	4,723	10,000	(4,723)	10,000	5,000	(13,500)	1,500
West Sussex Travel Society	2,000	-	-	2,000	1,000	-	3,000
Arundel Town Council	-	-	-	-	2,016	-	2,016
Carpenter Box	-	-	-	-	500	-	500
Ian Askew	-	-	-	-	500	-	500

15 Restricted funds **(Continued)**

Leatherseller s	-	-	-	-	15,000	(5,419)	9,581
Marsh Trust	-	-	-	-	550	-	550
Midhurst Town Council	-	-	-	-	1,400	-	1,400
Palca Stevensons	-	-	-	-	2,000	-	2,000
Shanley Foundation	-	-	-	-	2,000	-	2,000
WSCC	-	-	-	-	48,000	-	48,000
Ministry of Jusitce additional	-	-	-	-	91,109	(90,844)	265
PCC JTR	-	-	-	-	125,498	(114,096)	11,402
University of Chichester	-	-	-	-	1,200	-	1,200
MOJ MRSS	-	-	-	-	36,570	(36,570)	-
Selsey Town Council	-	-	-	-	1,000	(1,000)	-
	289,342	423,269	(407,209)	305,402	617,554	(544,567)	378,389

15 Restricted funds **(Continued)**

Worthing Fund - this fund represents the net book value of long leasehold premises which are used to deliver counselling and helpline services in Worthing. The premises were purchased in 2009 with a grant given in 2008 for this purpose.

Website Awards for All - this fund is to provide the value of volunteer supervision costs, helpline partnership subscript, the cost of the phone and internet, volunteer recruitment costs, fundraising costs and stationery costs to support the helpline.

Boltini Trust - counsellor fees.

Awards for all paid for quality assurance, supervision, counselling and CPD and fundraising resources.

Chichester City Council - counsellor fees Chichester young people.

Police and Crime Commission paid for some IT infrastructure, therapy for young people and men, groupwork, cleaning, play therapy, accreditation and office running costs.

Money from Ernest Kleinwort funded our support of young people.

Rape and Sexual Abuse support fund Ministry of Justice - this fund represents a proportion of the value of support for female and/or male victims of rape and sexual abuse, including recent and non-recent child sexual abuse.

Salary ops manager - this fund represents a proportion of the value of the operations managers salary purchased with a restricted grant.

Woodger Trust Rent - this fund is to provide the value of rent on the Chichester Office purchased with a restricted grant.

Littlehampton - this fund represents the value of counselling for clients in Littlehampton purchased with a restricted grant.

New building - this fund represents the balance of donations made to Lifecentre towards the cost of premises.

Garfield Weston - core costs.

Helpline - this fund is to provide helpline training, venue hire for training, resources, and virtual control centre upgrade.

15 Restricted funds **(Continued)**

NHS England - to pay for the cost of taking on the supporting of clients who were being provided by RCSAS.

Sussex Community Foundation - to support play therapy clients and children through the disruption of services caused by the pandemic.

Rape support fund paid for counselling, staff salaries, office running costs and legal and professional costs and recruitment.

Male rape support fund paid for us to support male survivors and project materials and resources.

Lloyds Foundation paid for the operations manager salary.

Sports England funded us rolling out yoga to support survivors wellbeing

Leathersellers - Partially covered rent for Crawley site.

Ministry of Justice additional - Paid towards out IT infrastructure costs, some staff costs, our trainers salary and some funds toward legal and professional fees.

PCC JTR - Paid towards our therapy, enabling us to train and deliver EMDR therapy, some groupwork, Thrive, marketing and yoga and a project officer.

MOJ MRSS - Male Rape Support Fund paid for us to support male survivors.

16 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Fund balances at 31 March 2023 are represented by:						
Tangible assets	2,049	188,164	190,213	3,621	191,981	195,602
Current assets/(liabilities)	531,773	190,225	721,998	340,000	113,421	453,421
	533,822	378,389	912,211	343,621	305,402	649,023

17 Analysis of changes in net funds

The Charity had no debt during the year.

18	Cash generated from operations	2023 £	2022 £
	Surplus for the year	263,188	60,559
	Adjustments for:		
	Depreciation and impairment of tangible fixed assets	5,389	6,729
	Movements in working capital:		
	(Increase)/decrease in debtors	(62,785)	16,349
	Increase in creditors	2,457	19,221
	Increase in deferred income	7,872	-
	Cash generated from operations	216,121	102,858

LIFE CENTRE

England & Wales - Charity number 1127779

Accounts

Lifecentre

Annual report and unaudited financial statements

for the period from 1 April 2021 to 31 March 2022

Charity Registration No. 1127779
Company Registration No. 06766164 (England and Wales)

Legal and administrative information

Trustees	Alistair MacFarlane (S. A. MacFarlane) Charlotte Pexton (R. C. Pexton) Andrea Clarke Mark Oliver Dr Serena North
Secretary	Lou Moore
Charity number	1127779
Company number	06766164
Principal address	PO Box 58 Chichester West Sussex P019 8UD
Registered office	PO Box 58 Chichester P019 8UD
Independent examiner	Jordan Abbott BSc ACA Jones Avens Limited Piper House 4 Dukes Court Bognor Road Chichester West Sussex P019 8FX
Bankers	Lloyds Bank pic 10 East Street Chichester West Sussex P019 1HJ

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Executive summary

Lifecentre's vision is to bring hope, guidance, and fresh possibilities to those who have had an unwanted sexual experience and are on a journey of transformation. We achieve this by providing therapeutic services for survivors of rape and sexual abuse of all genders and ages and their close supporters. The services we provide include in person, telephone, online or email counselling and a telephone and text helpline. We also provide training to organisations.

The charity's objectives are:

- to relieve persons who have suffered sexual abuse by providing counselling services.
- to develop services which will empower individuals and families where sexual violation has created dysfunction in their ordinary life,
- to promote public awareness of the issues which surround trauma-inducing life experiences, particularly those of sexual violation,
- to strengthen people who are supporting survivors of sexual violation, be that parents, partners, or close friends.

Mission

Our mission is to guide journeys of transformation by:

- creating a safe haven where people feel empowered to share their story without judgement,
- providing a consistently first-class service delivered by highly experienced and qualified counsellors,
- bringing together a compassionate team of people with a thirst for transformation and a commitment to help others live life to the full.

Values

Lifecentre's values are:

We create safety

Enabling others to open-up freely.

We help people to feel comfortable and have safe conversations free from fear and the disturbances of the outside world.

We cherish diversity

Seeing the unique potential in everyone.

We welcome people of all ages, faiths and backgrounds without preconceptions, and listen deeply to their stories.

We show kindness

Ensuring every person in our community feels valued.

We relentlessly care for those in need of support, tending to their physical, mental and spiritual needs.

We nurture hope

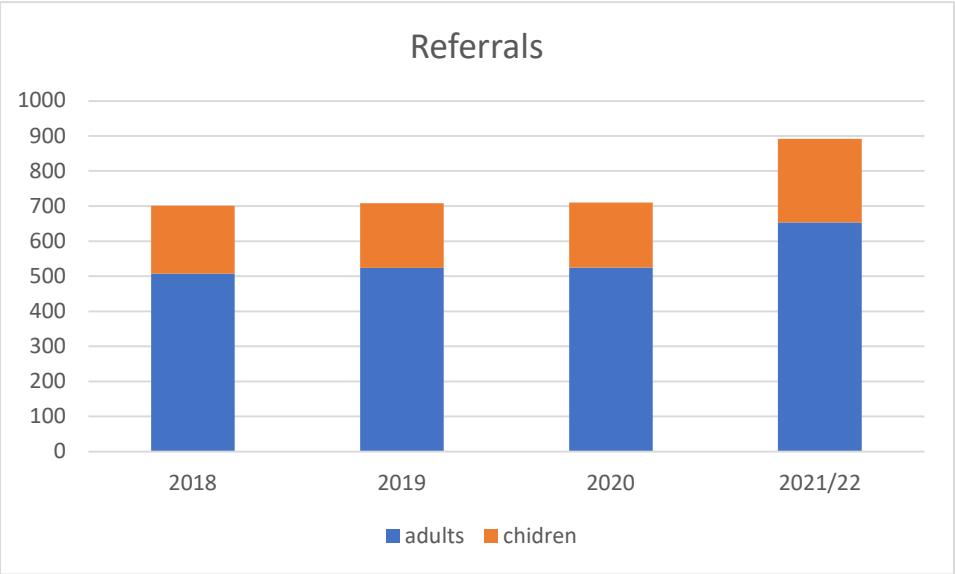
Believing in a brighter future.

We approach every challenge with an infectious optimism, inspiring others to see light in the darkest times.

Annual summary

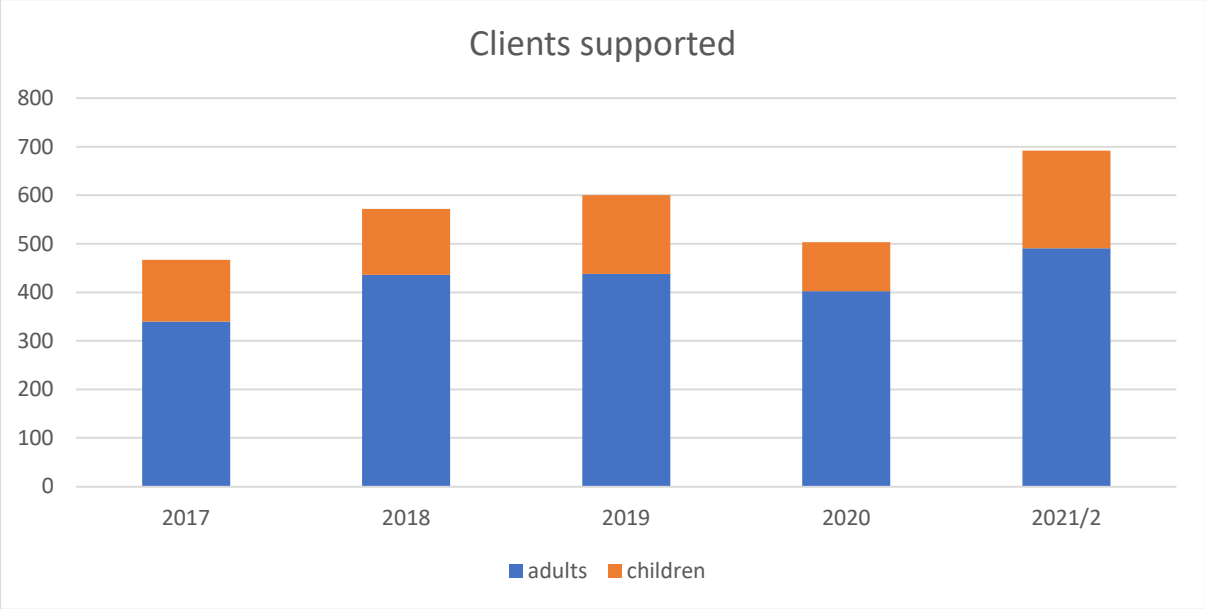
During this financial period, Lifecentre has continued to deliver its aims by supporting individuals of all ages and all genders with therapy and helpline support.

Whilst Lifecentre has seen a steady growth in referrals over the last few years, 2021 saw a large increase in referrals compared to previous years, with a 25% increase from 2020 figures. At the end of this financial period, we had taken a total of 7,866 referrals since commencing therapy in 2001. Demand for therapy has grown every year and we are currently the busiest we have ever been.



Our helpline has also been busy taking a total of 891 calls over the course of the financial year and receiving 18,442 inbound texts. There were 44,414 call attempts to our telephone helpline throughout the financial year.

We supported 692 clients with specialist trauma-informed therapy, 201 of whom were under 18. This means providing a total of 4,815 sessions: 1,456 to under 18s.



We have achieved results this year which show therapy with Lifecentre makes an incredible difference to the lives of our clients. They report having fewer issues with depression, anxiety, eating disorders and addictions to name a few.

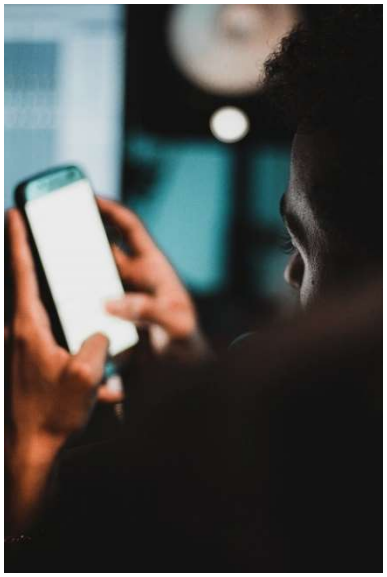
> "The therapy has released me from a state of crisis, given me tools to help with different experiences. Recovery is now possible."

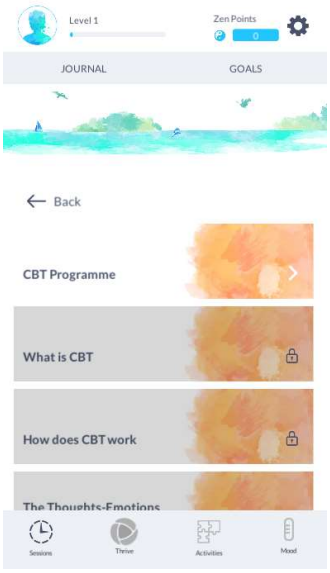
therapy is quite low, we have returned to our offices and worked on making them safe spaces for both clients and staff.

> "This has been the best therapy I have had, and I have had a lot of therapy throughout my life"

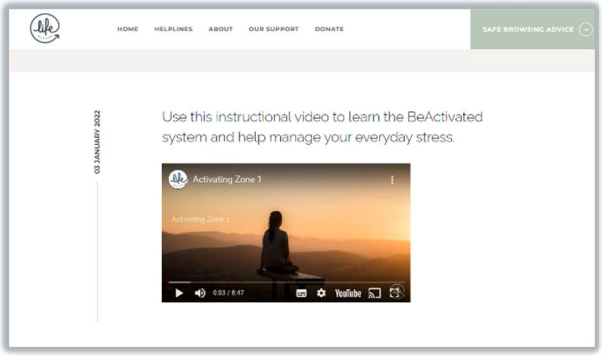
We extended our team this year with 4 new therapists starting work at Lifecentre. Two of these were play therapists, allowing us to extend our play therapy provision.

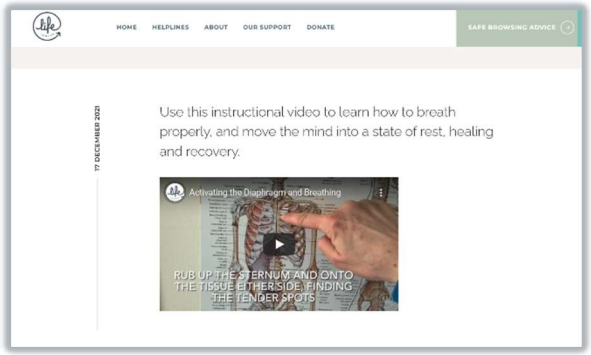
We continued to provide additional support to our clients. We ran legal clinics to support clients with help from Irwin Mitchell Solicitors. We have invested in Thrive, an NHS approved app to support client wellbeing, which over 100 people took this support. We also ran some yoga classes to help with client wellbeing, after responding to what clients said they needed.





We included some new resources on our website, including videos on breathing to help manage everyday stress.





"I am extremely grateful for the time I have been given and I feel I have been properly listened to for the first time in my life. I have learnt techniques to manage difficult feelings and as a result I now have a better relationship with my partner and stepdaughter"

Objectives and activities

Therapy

The effect of sexual abuse and rape on our clients is devastating. Those who have experienced sexual abuse or rape are more likely to have a range of physical and mental health conditions including anxiety, flashbacks, sleep problems, stress, eating disorders, personality disorders, lack of confidence and lack of trust in others. Not surprisingly, survivors can find it difficult to manage everyday life.

Sexual abuse and rape also put great pressure on other family members. We also support siblings, parents and other close family members.

Our clients referred to us with the following issues in this period:

- 73% were or had been depressed
- 61% of the clients we met in this period had thought about suicide; 32% attempted suicide
- 59% had self-harmed
- 26% were facing drug and/or alcohol related issues
- 71% had mental health issue
- 33% had an eating problem.

referrals attend a comprehensive initial assessment to assess their suitability for the service, their mental health, and specific needs. We are committed to work in collaboration with other professionals involved in the client's care and to liaise with them as necessary before therapy starts.

We delivered a total of 4,815 sessions during this period to 692 clients. Most of our support was for people from the Crawley/Horsham area (46%); with 30% from Chichester and district and 24% from Worthing and surrounding area. During this period, due to the pandemic, 47% of our support was delivered by telephone therapy, 37% online and 16% in person.

We also offer pre-trial therapy, which is offered to a victim or witness while the criminal justice process is ongoing, or a trial may be possible. It aims to ensure that clients feel emotionally supported whilst also not influencing the evidence they would give in court.

Therapy is offered free of charge, but adult clients are asked to consider donating towards the costs of their therapy if they are able to do so.

"To feel understood by my therapist has meant the world to me, I was not afraid to speak to her because I knew I was not going to be judged. Last year I was in a very black hole and with the help, guidance, and support from my therapist I feel happy, she has made me become a new person. she has saved me. I feel on top of the world."

Email counselling

We had 2 adult survivors engage through our email counselling service which continued to provide an important service to survivors who are not yet ready to see someone in person. We now have a new email counselling team delivering this service, whom are all Association for Counselling Therapy Online training. We have 11 clients currently waiting for this service.

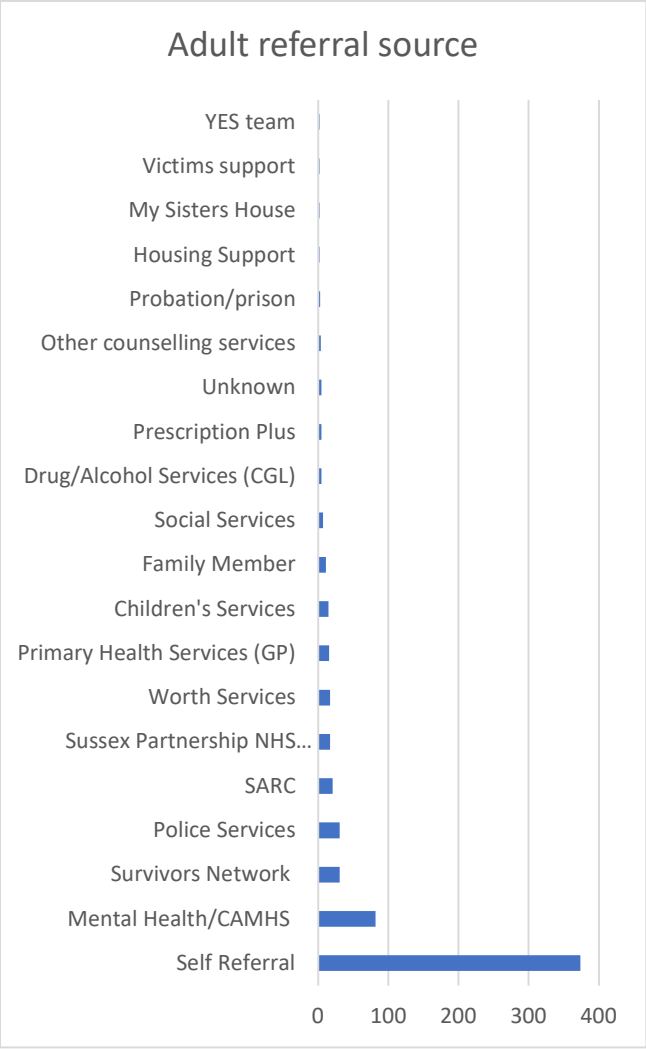
Adult therapy

All our clients have experienced some form of sexual abuse or are a close family member or supporter of someone who has. This is the primary issue they wish to work through in therapy.

During the period we have received 892 referrals for therapy.

653 (74%) of these were from adults, 753 (84%) were from women, 92 (10%) men and the rest either not stating or were transgender clients.

Adult referrals were from the following sources:



57% self-referral

13% mental health services

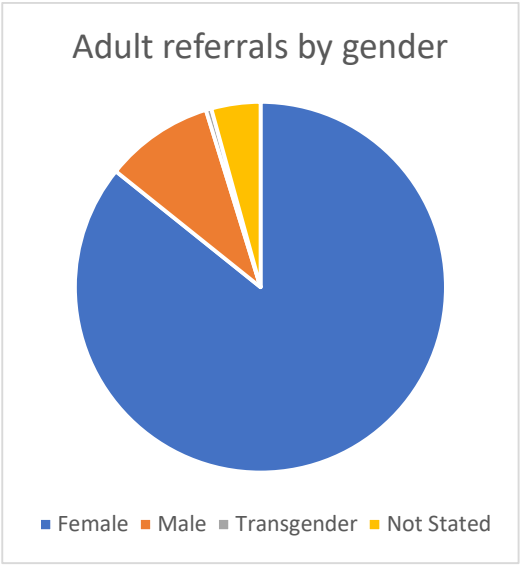
5% police

5% health services

3% SARC

2% Children's services

15% from other agencies including WORTH Services, family members, housing support and charities.



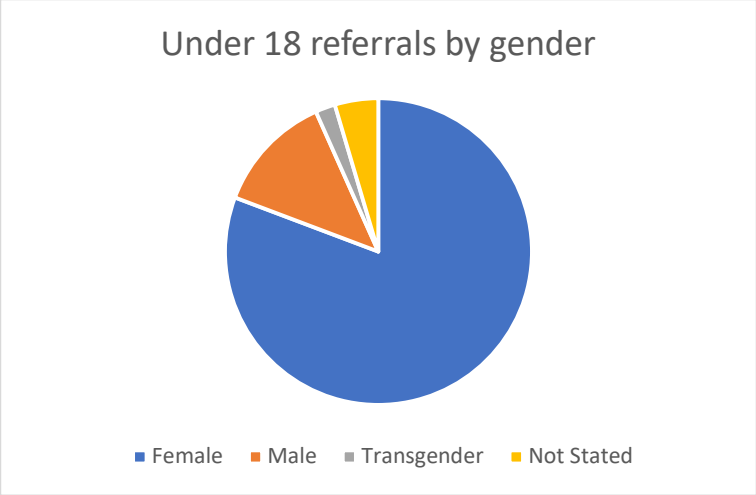
"I feel happier and better about myself and feel able to talk to my friends about what's going on. I feel more motivated. I feel more aware of my emotions and feelings, and I don't feel closed off anymore. Having therapy has helped me as I am aware of my feelings and triggers. I am looking forward to my future."

Under 18 therapy

During the period, 239 referrals were received from those under the age of 18.

80% of our clients under 18 were aged 11-17 years. 20% were 10 years of age and under.

Of these, 201 (84%) were female, 33 (14%) were male, and 4 (2%) were transgender.



Our under 18s were referred by the following:

26% family member

20% Children's services

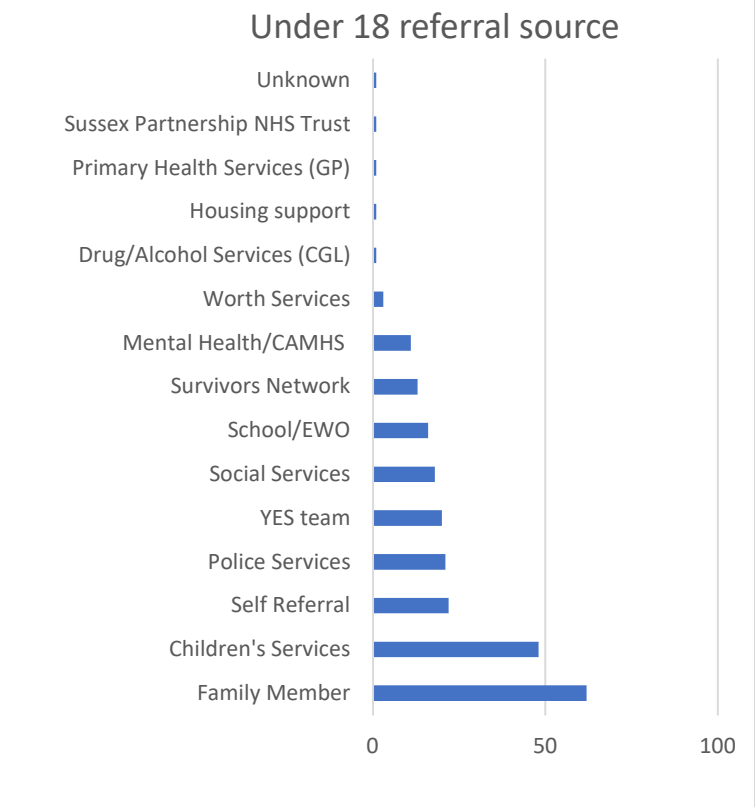
9% police

9% self-referral

8 % Social services

8% Youth emotional support (YES)

20% from other agencies including Worth Services, schools, mental health and medical services and other charities.



""I am able to express myself with art and have started to trust myself, this has made my confidence grow which makes me feel safer." Under 18 Client

Achievements and performance

All therapy clients are invited to complete evaluation forms at the start, middle and end of therapy. These offer Lifecentre and the client a means to assess the outcomes of the therapy and to identify areas for improvement. Levels of satisfaction remained high with those completing feedback demonstrating that their therapy had been of benefit.

Outcomes (adult) - improvement in overall client experience of:

Trauma/abuse	67%
Depression	75%
Anxiety/stress	72%
Self-esteem	76%
Addictions	83%
Eating disorders	69%
Interpersonal relationships	89%
Personality	100%
Bereavement / loss	87%
Work/academic related problems	38%

Outcomes (11 - 17):

Young person is coping better emotionally	78%
Young person depression levels have improved	74%
Young person levels of self-confidence have improved	84%
Young person coping better at home/school/college	92%
Young person having fewer suicidal thoughts	86%
Young person evidencing improved relationships	82%
Young person self-harm levels have improved	69%
Young person levels of substance misuse have improved	100%
Young person feels safer	100%
Young person benefited from counselling	100%

Outcomes (under 10):

Child feels safer	67%
Child has benefited from counselling	67%
Child shows improved engagement in learning	33%
Child shows improved ability to regulate emotions	33%
Child shows improved ability in self-confidence	29%
Child shows improved ability to build relationships	25%

Helpline and text services

The telephone helpline was for most of the period, open for 4 evening sessions a week. All lines were operated by a mixed gender team (currently 20 trained volunteers) who gave over 2,176 hours of their time. We received 44,414 attempted calls and took 891 phone calls. This tells us that demand outstrips what we are currently able to deliver, although some attempted calls may be repeated by the same individual.

We received 18,442 texts in the period to our text helpline, which is also staffed by volunteers, who sent out 13,177 texts to clients reaching out to the text helpline. This supported 247 clients, 208 of them were new clients.

Our helplines provide a valuable service to those survivors of sexual abuse and rape who do not feel ready to undertake therapy but nonetheless need to talk through their experiences. It also supports those who cannot get to Lifecentre venues, due to rural isolation, being disabled or housebound.

Callers come from a wide range of ages and backgrounds. Each has a different story to tell but with many common themes including sexual assault by family members, rape from people known and unknown, exploitation by paedophile rings, ritual abuse, grooming by text and internet, drug rape and forced involvement in making pornography.

Callers can be distressed, frightened, even suicidal; some have mental health issues and drugs/alcohol problems.

Training

This year, Lifecentre employed a part time education facilitator to provide more training to other organisations throughout West Sussex. Lifecentre provided Active Bystander training to Chichester University this year. During the two months of delivery the team ran 15 sessions, which were attended by 87 participants of students and teachers.

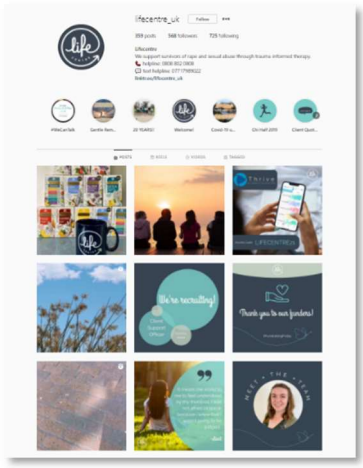
Feedback suggested:

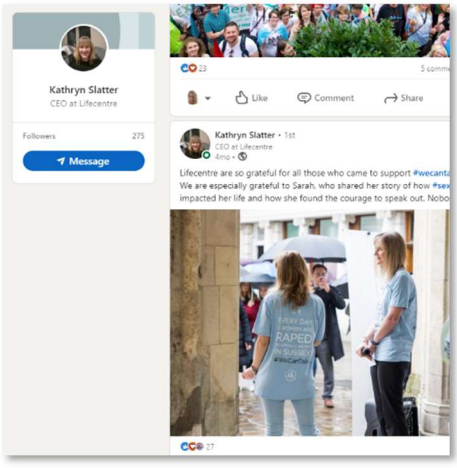
- On average, the knowledge of the subject of sexual violence increased by 66%
- The average score for confidence to understand, identify and challenge sexual violence and abuse was 83%

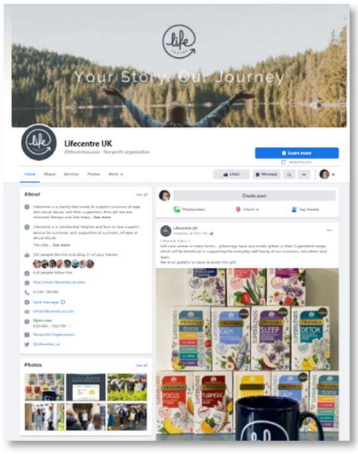
> "The course was thought provoking and empowering"
>
> - course participant

Awareness raising

We have continued to take appropriate opportunities to raise awareness of the issues surrounding sexual violation and of the services available through Lifecentre. We have been active on social medial such as Facebook, LinkedIn and Instagram.







Other support

Thrive

Opening up to a counsellor in person or over the phone for many may feel too overwhelming so Lifecentre offers other forms of support. Thrive is an NHS approved mental health mobile app full of wellbeing advice. It includes over 100 hours of content around mindfulness, CBT, relaxation techniques, screening tools, risk assessments, and more.

The app also provides the opportunity to have unlimited, confidential conversation with a trained Thrive coach. People are free to talk about any stresses or areas where they need support, and the coaches can provide guided self-help. The chat function is available from 8am to 8pm Monday to Friday.

Yoga

Following feedback from our clients we introduced yoga classes both online and in person to support our client's mental health. We had 11 clients engaged in the yoga classes, which have funding to continue this next year.

> " It's made me value myself more and I have been able to take full control over my life."
>
> - yoga participant

Legal clinics

With the support of Irwin Mitchell, we have been able to provide virtual legal clinics for 6 of our clients. The purpose of these legal clinics is to listen to client's concerns and provide preliminary advice as to what their legal options are going forward. For example, the solicitors can confirm whether a client has a potential civil claim for compensation, or whether they could seek criminal injuries compensation from the Criminal Injuries Compensation Authority.

Administration

The administration of the charity has been delivered by an Operations Manager. The Operations Manager oversees the smooth running of our offices. During this period, we have also employed two part time client support officers, who spend all their time assisting and supporting clients and counsellors.

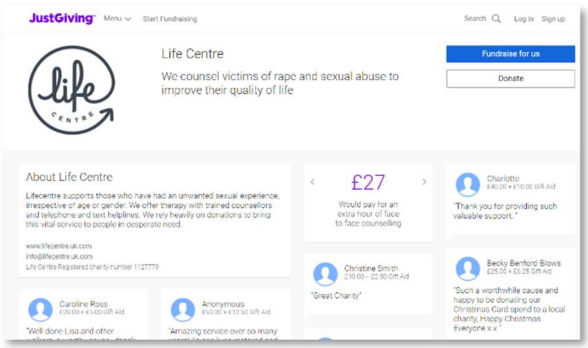
We employed an additional 1.5 administrators to support the senior leaders and undertake administrative duties. We also have a part time Communications Assistant, who writes our newsletters and updates our website and posts on social media. She also gives a proportion of her time to supporting fundraising activity.

In addition, we employed a project co-ordinator to support our work implementing a new database, developing the communications infrastructure and help us find a suitable premises in Crawley in the next financial year and support the operations manager in her role.

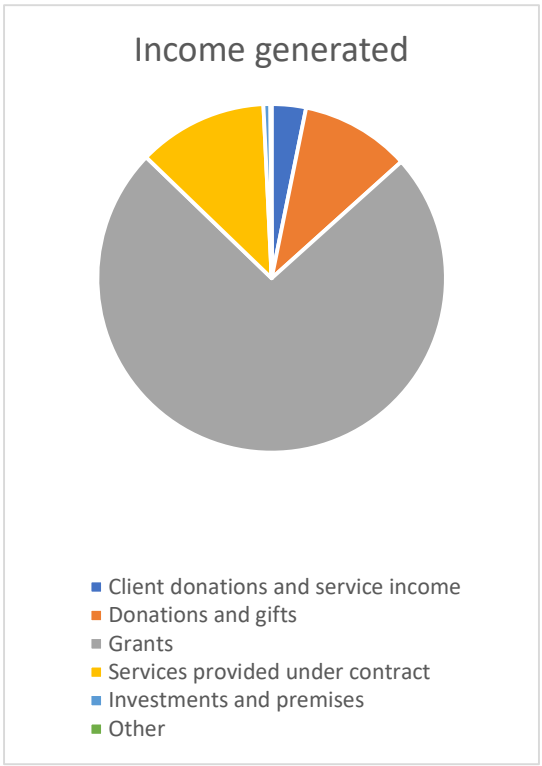
Fundraising and financial review

Fundraising activity is undertaken by a contracted fundraiser on a part time basis.

We are tremendously grateful to all those individuals, trusts and organisations that support Lifecentre, including those who donate anonymously.



Grants were the main source of our income this period, they included:



The Ministry of Justice
Sussex Police and Crime Commissioner
Michael and Betty Little Trust
Lloyds Bank Foundation for England and Wales

Garfield Weston
Sydney & Phyllis Goldberg Memorial Trust
Woodger
Rank
The Leathersellers' Company
Peter Harrison
Bassil Shippham
Sussex Community Foundation
Boltini Trust
Ernest Kleinwort
Arundel Town Council
West Sussex County Council
Diocese of Arundel & Brighton
Awards for All
Irwin Mitchell
Sports England

Financial review

Charity funds	At 31 March 2022	At 31 March 2021
General unrestricted funds	£343,621	£299,120
Restricted funds	£305,402	£289,342
Total charity funds	£649,023	£588,462
Unrestricted free reserves*	£339,897	£293,787

* excluding unrestricted tangible fixed assets totalling £3,724 (2021: £5,333).

The financial statements show a surplus of income for the year ended 31 March 2022 of £60,559 (2021 surplus £169,898) and the yearend balance sheet position totalled £649,023 (2021 £588,464).

Reserves policy

Lifecentre policy is to have unrestricted reserves of between 3 and 6 months of expected expenditures. The reserves policy is regularly reviewed by trustees and used in day-to-day management of the charity.

	31 March 2022	31 March 2021
Unrestricted reserves	5.2 months of 2022/23 budget expense	4 months of 2021/2 budget expense

We are pleased that the unrestricted reserves fall within our policy.

Risk Management

The trustees are responsible for the overseeing of the risks faced by Lifecentre. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis. Risk is managed under the headings of governance, finance, operations and legal.

The main risks identified and the plans to manage those risks are:

- **Reduce capacity within staff and volunteer team.** Lifecentre's ability to deliver services depends upon having the right team in place. We manage this risk through recruitment to key posts in a timely manner, consideration of London fringe weighting to Crawley posts, increasing hours of key posts and succession planning, new volunteer training in January 2023.
- **Not securing income required.** Our ability to continue providing services to clients is reliant on funding. We anticipate challenges with this moving forward due to the ongoing financial impact of the pandemic and the ending of the Rape Support Fund grant from the Ministry of Justice. This risk is managing by developing diversified income streams, diversifying services to support clients in a variety of ways, contingency planning for reduced funding, maintaining contract performance and our reserves policy. We have already secured 77% of income for 2022/3 financial year and are confident that we will meet next year's target.

- **Managing increased referrals following the pandemic.** We anticipate an increased level of referrals after the pandemic due to abuse suffered throughout lockdown. We are actively recruiting for counsellors to increase our capacity, particular for the under 10s. We continue to diversify our income streams to fund this work.
- **Risk of data breach.** As Lifecentre processes personal and sensitive data, we want to manage our risk of a data breach. To manage this risk, we are reviewing our data protection policy, have invested in Salesforce and Cliniko to manage our date, improving IT security and two-factor authentication.

Future plans

We aim to continue to provide high quality services to those who have experienced an unwanted sexual experience and their close supporters. Making sure that our services are available and accessible to those who need them, regardless of age, gender or any other factor. As part of this we want to make sure we are promoting our services across West Sussex so that clients know we are here for them and with a view to recruiting counsellors and volunteers to support more survivors.

We would like to continue to develop an offer to support schools and other educational establishments with the issues of a harassment culture they are facing highlighted by the Everyone's Invited website and the recent Ofsted review. We will scope out what the need is in West Sussex and develop a plan to deliver.

We will continue to develop our training offer for partners, local organisations and businesses to support their work.

We have applied for helpline accreditation through the Helplines Partnership, which we hope to achieve in the coming years.

Structure, Governance and Management

The Charity is a company limited by guarantee and established by memorandum and articles of association, incorporated on 4 December 2008 as amended by special resolution dated 12 February 2009.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

- Alistair MacFarlane (S. A. MacFarlane)
- Charlotte Pexton (R. C. Pexton)
- Andrea Clarke
- Mark Oliver
- Dr Serena North

Lifecentre is an incorporated charity limited by guarantee.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the trust's aims and objectives and in planning future activities.

The Board of Trustees regularly review and monitor the skills represented on the board with a view to highlighting any gaps in the expertise needed. This awareness will inform recruitment and appointment of new trustees and names will be put forward by the existing trustees or management.

An informal evening is held for any provisional new trustees to meet members of the current board and management. An induction pack of information is provided to provisional new trustees and a CV is requested. All new trustees are required to uphold the vision and values of the Charity and comply with the Company's Memorandum and Articles of Association.

All the Trustees are members of the Company and guarantee to contribute £10 in the event of a winding up.

Organisational structure

Each trustee takes responsibility for monitoring the charity's activities. The Trustees met four times in the year.

The charity's Chief Executive is responsible for the day-to-day operation of the charity and manages the staff of the charity on behalf of the trustees.

The work of the Charity is delivered through five departments: therapy; helpline and text services; operations, training and finally fundraising and communications. Each department is managed by designated staff, who have responsibility for the staff and volunteers within that department. A pay policy has been published, which outlines the pay scales and process for review for key staff roles. The trustees review CEO pay and counsellor pay on an annual basis. Supervisors are contracted in to supervise the clinical work of the counsellors. The trustees' report was approved by the Board of Trustees.

The Trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Lifecentre is an organisational member of the British Association of Counselling and Psychotherapy.

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

LIFE CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

The Trustees, who are also the directors of Life Centre for the purpose 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 year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity 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 Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

LIFE CENTRE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFE CENTRE

I report to the Trustees on my examination of the financial statements of Life Centre (the Charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the Trustees of the Charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the Charity 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 the Charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, 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 that in any material respect:

1 accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Jordan Abbott BSc ACA

Jones Avens Limited
Piper House 4 Dukes Court
Bognor Road
Chichester
West Sussex
PO19 8FX

Dated: .....

LIFE CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 01/01/20 to 31/03/21 £	Restricted funds 01/01/20 to 31/03/21 £	Total 01/01/20 to 31/03/21 £
Income from:							
Voluntary income	**3**	170,935	417,254	588,189	225,001	542,570	767,571
Charitable activities	**4**	101,475	6,015	107,490	188,621	-	188,621
Total income		272,410	423,269	695,679	413,622	542,570	956,192
Expenditure on:							
Raising funds	**5**	51,520	-	51,520	28,110	9,788	37,898
Charitable activities	**6**	176,391	407,209	583,600	292,875	455,521	748,396
Total expenditure		227,911	407,209	635,120	320,985	465,309	786,294
Net income for the year/ Net movement in funds		44,499	16,060	60,559	92,637	77,261	169,898
Fund balances at 1 April 2021		299,122	289,342	588,464	206,485	212,081	418,566
Fund balances at 31 March 2022		343,621	305,402	649,023	299,122	289,342	588,464

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

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

LIFE CENTRE

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022		01/01/20 to 31/03/21	
		£	£	£	£
Fixed assets					
Tangible assets	**10**		195,602		202,333
Current assets					
Debtors	**11**	22,336		38,685	
Cash at bank and in hand		452,483		349,623	
		474,819		388,308	
Creditors: amounts falling due within one year	**12**	(21,398)		(2,177)	
Net current assets			453,421		386,131
Total assets less current liabilities			649,023		588,464
Income funds					
Restricted funds	**14**		305,402		289,342
Unrestricted funds			343,621		299,122
			649,023		588,464

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on .....

.....

Trustee

Company registration number 06766164

LIFE CENTRE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022		01/01/20 to 31/03/21	
		£	£	£	£
Cash flows from operating activities					
Cash generated from operations	**16**		102,860		128,896
Investing activities					
Purchase of tangible fixed assets		-		(5,122)	
Net cash used in investing activities			-		(5,122)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			102,860		123,774
Cash and cash equivalents at beginning of year			349,623		225,849
Cash and cash equivalents at end of year			452,483		349,623

1 Accounting policies

Charity information

Life Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is 104 The Hornet, Chichester, West Sussex, PO19 7JR.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Companies Act 2006, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grants, including grants for the purchase of fixed assets, are recognised as incoming resources when receivable. Where grants are given in relation to a set period which straddles a year end, recognition of an appropriate portion of the grant is deferred.

Donated counselling sessions are included in voluntary income. They are valued at the cost usually payable to the counsellor providing the session.

1 Accounting policies **(Continued)**

1.5 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 are allocated on the portion of the asset's use.

All expenditure is accounted for on an accruals basis and includes attributable VAT which cannot be recovered.

Expenditure is either allocated or apportioned to cost categories based on the estimated amount attributable to that activity in the year. These estimates are based on staff time.

Governance costs are those associated with constitutional and statutory requirements. They include both direct costs and a share of indirect staff costs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

All single purchases of fixed assets of less than £1,500 are written off in the year of purchase unless forming part of a more comprehensive scheme where the total cost is £1,500 or more. Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold property	Over 125 years
Fixtures, fittings & equipment	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). No such impairments were noted for the Year Ended 31 March 2022.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1 Accounting policies **(Continued)**

1.9 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Reporting period

In prior year the company's reporting period changed from 31 December to 31 March, so the financial statements were presented for a fifteen month period. The primary reason for the change was to bring the accounting period more in line with the typical time frame that funders use for reference. Because of this comparative amounts presented in the financial statements (including the related notes) are not entirely comparable.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Key sources of estimation uncertainty

Depreciation
The annual depreciation charge is sensitive to changes in the estimated useful lives and residual value of the assets. The residual values are re-assessed annually and amended where necessary.

3 Voluntary income

	Unrestricted funds	**Restricted funds**	**Total**	Unrestricted funds	Restricted funds	Total
	2022	**2022**	**2022**	01/01/20 to 31/03/21	01/01/20 to 31/03/21	01/01/20 to 31/03/21
	£	**£**	**£**	£	£	£
Donations and gifts	68,230	-	68,230	37,121	-	37,121
Grants	102,705	417,254	519,959	187,880	542,570	730,450
	170,935	417,254	588,189	225,001	542,570	767,571

4 Charitable activities

	2022	01/01/20 to 31/03/21
	£	£
Counselling & support services	22,019	33,198
Counselling services provided under contract	79,825	131,974
Other income	5,646	23,449
	107,490	188,621
Analysis by fund		
Unrestricted funds	101,475	188,621
Restricted funds	6,015	-
	107,490	188,621

5 Raising funds

	Unrestricted funds	Restricted funds	Total 2022	Total 01/01/20 to 31/03/21
	£	£	£	£
Fundraising costs				
Staff costs	51,520	-	51,520	37,898
	51,520	-	51,520	37,898

6 Charitable activities

	2022	01/01/20 to 31/03/21
	£	£
Staff costs	160,748	191,654
Depreciation and impairment	6,731	7,889
Supervisors' & counsellors' fees	226,191	259,595
Premises & utilities	45,296	67,271
Office running costs	32,284	139,258
Legal and professional fees	1,910	8,115
Other costs	33,115	21,942
	506,275	695,724
Share of support costs (see note 7)	64,617	40,510
Share of governance costs (see note 7)	12,708	12,162
	583,600	748,396
Analysis by fund		
Unrestricted funds	176,391	292,875
Restricted funds	407,209	455,521
	583,600	748,396

7 Support costs

	Support costs	Governance costs	2022	Support costs	Governance costs	01/01/20 to 31/03/21
	£	£	£	£	£	£
Staff costs	64,617	-	64,617	40,510	-	40,510
Legal and professional	-	12,708	12,708	-	12,162	12,162
	64,617	12,708	77,325	40,510	12,162	52,672
Analysed between						
Charitable activities	64,617	12,708	77,325	40,510	12,162	52,672

The trustees consider that all support and governance costs should be allocated to the charitable activities of the charity

Governance costs includes amounts payable to the independent examiners of £1,908 (01/01/20 to 31/03/21- £1,500) and legal fees of £10,800 (01/01/20 to 31/03/21- £10,662).

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year, and none of them were reimbursed any expenses.

9 Employees

The average monthly number of employees during the year was:

	2022	01/01/20 to 31/03/21
	Number	Number
Administration and fundraising	5	5
Counselling and client support	4	2
Total	9	7

Employment costs	2022	01/01/20 to 31/03/21
	£	£
Wages and salaries	259,798	252,700
Social security costs	12,565	12,611
Other pension costs	4,522	4,751
	276,885	270,062

The total amount of employee benefits received by key management personnel for the period was £50,859.84 (01/01/20 to 31/03/21: £62,600) including pension contributions. The salary costs in 2020/21 are for a 15-month period compared to the 12 month period for 2022.

The Full Time Equivalent (FTE) number of employees during the period was 7 (01/01/20 to 31/03/21: 6).

There were no employees whose annual remuneration was more than £60,000.

10 Tangible fixed assets

	Leasehold property	Fixtures, fittings & equipment	Total
	£	£	£
Cost			
At 1 April 2021	217,114	48,452	265,566
At 31 March 2022	217,114	48,452	265,566
Depreciation and impairment			
At 1 April 2021	25,557	37,676	63,233
Depreciation charged in the year	1,697	5,034	6,731
At 31 March 2022	27,254	42,710	69,964
Carrying amount			
At 31 March 2022	189,860	5,742	195,602
At 31 March 2021	191,558	10,775	202,333

11 Debtors

	2022	01/01/20 to 31/03/21
Amounts falling due within one year:	£	£
Trade debtors	13,904	385
Other debtors	1,279	-
Prepayments and accrued income	7,153	38,300
	22,336	38,685

12 Creditors: amounts falling due within one year

	2022	01/01/20 to 31/03/21
	£	£
Trade creditors	13,833	-
Accruals and deferred income	7,565	2,177
	21,398	2,177

13 Retirement benefit schemes

Defined contribution schemes

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £4,522 (01/01/20 to 31/03/21 - £4,751).

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds			Movement in funds		
	Balance at 1 April 2020	Incoming resources	Resources expended	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 31 March 2022
	£	£	£	£	£	£	£
Worthing fund	193,680	-	(2,121)	191,559	-	(1,697)	189,862
Website Awards 4 All	1,282	-	-	1,282	-	(1,282)	-
Access insurance	-	-	-	-	1,000	-	1,000
Boltini Trust	-	5,000	(5,000)	-	-	-	-
Awards 4 All	-	-	-	-	10,000	(7,200)	2,800
Chichester City Council	-	2,246	(1,685)	561	-	(561)	-
PCC	-	-	-	-	91,008	(85,129)	5,879
PCC Uni Work	-	-	-	-	12,888	(12,333)	555
Ministry of Justice RSF	-	-	-	-	185,802	(185,802)	-
EKW Mental Health	-	3,000	(3,000)	-	3,500	-	3,500
Women and Girls Ministry of Justice	-	158,760	(158,760)	-	36,570	(36,570)	-
Lloyds - Salary Ops Manager	-	30,401	(26,339)	4,062	24,046	(26,104)	2,004
Woodger Trust - Rent	-	15,000	-	15,000	23,000	(17,250)	20,750
Littlehampton	-	3,665	-	3,665	-	(3,665)	-
Peter Harrison	-	-	-	-	19,440	-	19,440
Sports England	-	-	-	-	6,015	(1,458)	4,557
New Building	8,467	-	(3,534)	4,933	-	(2,827)	2,106
Garfield Weston	-	20,000	-	20,000	-	(20,000)	-
Helpline	1,318	-	(822)	496	-	(496)	-
Helpline 2019	7,334	2,000	(9,222)	112	-	(112)	-
Grocers	-	5,000	(5,000)	-	-	-	-
Lloyds Foundation	-	6,710	(6,710)	-	-	-	-
Ministry of Justice COVID	-	51,723	(51,723)	-	-	-	-
Monroe Charitable Trust	-	1,000	(1,000)	-	-	-	-
National Lottery	-	48,218	(48,218)	-	-	-	-
NHS England	-	69,120	(28,171)	40,949	-	-	40,949

14 Restricted funds **(Continued)**

PCC COVID	-	43,593	(43,593)	-	-	-	-
PCC Safe Space	-	50,941	(50,941)	-	-	-	-
SCF	-	9,984	(5,261)	4,723	10,000	(4,723)	10,000
St James Place	-	9,720	(9,720)	-	-	-	-
West Sussex Travel Society	-	2,000	-	2,000	-	-	2,000
	212,081	538,081	(460,820)	289,342	423,269	(407,209)	305,402

Worthing Fund - this fund represents the net book value of long leasehold premises which are used to deliver counselling and helpline services in Worthing. The premises were purchased in 2009 with a grant given in 2008 for this purpose.

Website Awards for All - this fund is to provide the value of volunteer supervision costs, helpline partnership subscript, the cost of the phone and internet, volunteer recruitment costs, fundraising costs and stationery costs to support the helpline.

Boltini Trust - counsellor fees.

Awards for all paid for quality assurance, supervision, counselling and CPD and fundraising resources.

Chichester City Council - counsellor fees Chichester young people.

Police and Crime Commission paid for some IT infrastructure, therapy for young people and men, groupwork, cleaning, play therapy, accreditation and office running costs.

Money from Ernest Kleinwort funded our support of young people.

Rape and Sexual Abuse support fund Ministry of Justice - this fund represents a proportion of the value of support for female and/or male victims of rape and sexual abuse, including recent and non-recent child sexual abuse.

Salary ops manager - this fund represents a proportion of the value of the operations managers salary purchased with a restricted grant.

14 Restricted funds **(Continued)**

Woodger Trust Rent - this fund is to provide the value of rent on the Chichester Office purchased with a restricted grant.

Littlehampton - this fund represents the value of counselling for clients in Littlehampton purchased with a restricted grant.

New building - this fund represents the balance of donations made to Lifecentre towards the cost of premises.

Garfield Weston - core costs.

Helpline - this fund is to provide helpline training, venue hire for training, resources, and virtual control centre upgrade.

NHS England - to pay for the cost of taking on the supporting of clients who were being provided by RCSAS.

Sussex Community Foundation - to support play therapy clients and children through the disruption of services caused by the pandemic.

Rape support fund paid for counselling, staff salaries, office running costs and legal and professional costs and recruitment.

Male rape support fund paid for us to support male survivors and project materials and resources.

Lloyds Foundation paid for the operations manager salary.

Sports England funded us rolling out yoga to support survivors wellbeing

15 Analysis of net assets between funds

	Unrestricted funds 2022	**Restricted funds 2022**	**Total 2022**	Unrestricted funds 01/01/20 to 31/03/21	Restricted funds 01/01/20 to 31/03/21	Total 01/01/20 to 31/03/21
	£	**£**	**£**	£	£	£
Fund balances at 31 March 2022 are represented by:						
Tangible assets	3,621	191,981	195,602	5,334	196,999	202,333
Current assets/(liabilities)	340,000	113,421	453,421	293,788	92,343	386,131
	343,621	305,402	649,023	299,122	289,342	588,464

16 Cash generated from operations

	2022	**01/01/20 to 31/03/21**
	£	**£**
Surplus for the year	60,559	169,898
Adjustments for:		
Depreciation and impairment of tangible fixed assets	6,729	7,887
Movements in working capital:		
Decrease/(increase) in debtors	16,349	(15,786)
Increase/(decrease) in creditors	19,221	(4,397)
(Decrease) in deferred income	-	(28,706)
Cash generated from operations	102,858	128,896

17 Analysis of changes in net funds

The Charity had no debt during the year.

LIFE CENTRE

England & Wales - Charity number 1127779

Accounts

Lifecentre

Annual report and unaudited financial statements

for the period from 1 January 2020 to 31 March 2021

Charity Registration No. 1127779
Company Registration No. 06766164 (England and Wales)

Legal and administrative information

Trustees	Alistair MacFarlane (S. A. MacFarlane) Charlotte Pexton (R. C. Pexton) Andrea Clarke Mark Oliver
Secretary	Lou Moore
Charity number	1127779
Company number	06766164
Principal address	PO Box 58 Chichester West Sussex P019 8UD
Registered office	PO Box 58 Chichester P019 8UD
Independent examiner	Jordan Abbott BSc ACA Jones Avens Limited Piper House 4 Dukes Court Bognor Road Chichester West Sussex P019 8FX
Bankers	Lloyds Bank pic 10 East Street Chichester West Sussex P019 1HJ

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Executive summary

Lifecentre's vision is to bring hope, guidance and fresh possibilities to those who have had an unwanted sexual experience and are on a journey of transformation. We achieve this by provide in therapeutic services for survivors of rape and sexual abuse of all genders and ages and their close supporters. The services we provide include in person, telephone, online or email counselling and a telephone and text helpline. We also provide training to organisations.

The charity's objectives are:

- to relieve persons who have suffered sexual abuse by providing counselling services.
- to develop services which will empower individuals and families where sexual violation has created dysfunction in their ordinary life,
- to promote public awareness of the issues which surround trauma-inducing life experiences, particularly those of sexual violation,
- to strengthen people who are supporting survivors of sexual violation, be that parents, partners or close friends.

Lifecentre's values are:

We create safety

Enabling others to open-up freely.

We help people to feel comfortable and have safe conversations free from fear and the disturbances of the outside world.

We cherish diversity

Seeing the unique potential in everyone.

We welcome people of all ages, faiths and backgrounds without preconceptions, and listen deeply to their stories.

We show kindness

Ensuring every person in our community feels valued.

We relentlessly care for those in need of support, tending to their physical, mental and spiritual needs.

We nurture hope

Believing in a brighter future.

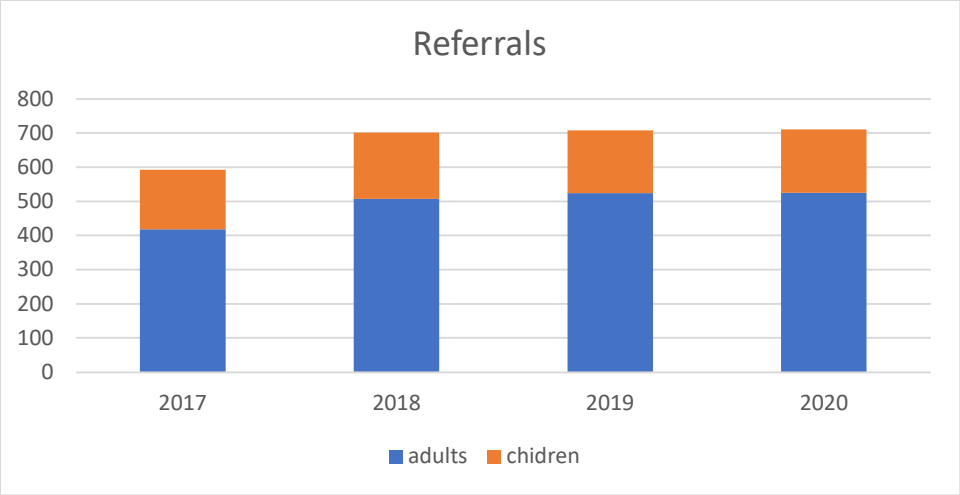
We approach every challenge with an infectious optimism, inspiring others to see light in the darkest times.

Annual summary

This year, we planned to employ a youth outreach worker and develop our group support offer. Both were put on hold due to the impact of the pandemic and lockdown, effecting our ability to meet in groups and engage young people in schools and clubs. We do still intend to develop these in the next financial year.

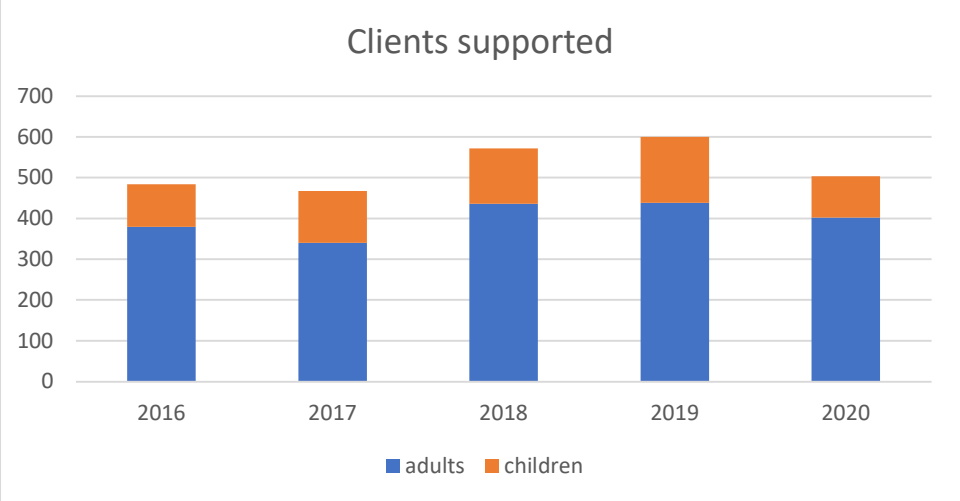
During this financial period, Lifecentre has continued to deliver its aims by supporting individuals of all ages and all genders with counselling and helpline support.

Lifecentre has seen a slight but steady growth in referrals over the last few years and this pattern continued into this financial period. At the end of this financial period, we had taken a total of 6,974 referrals since commencing counselling in 2001. Demand for counselling has grown every year and we are currently the busiest we have ever been.



Demand for our helpline exceeds our capacity to provide, with many callers unable to get through due to high demand. There were 3,512 call attempts during the period and our volunteers took 975 calls.

There has also been a growth in clients supported over the last few years. We experienced a slight reduction this year, supporting 503 clients. This was due to the disruptions in our services caused by the pandemic.



We have achieved results this year which show counselling with Lifecentre makes an incredible difference to the lives of our clients. They report having fewer issues with depression, anxiety, eating disorders and addictions to name a few.

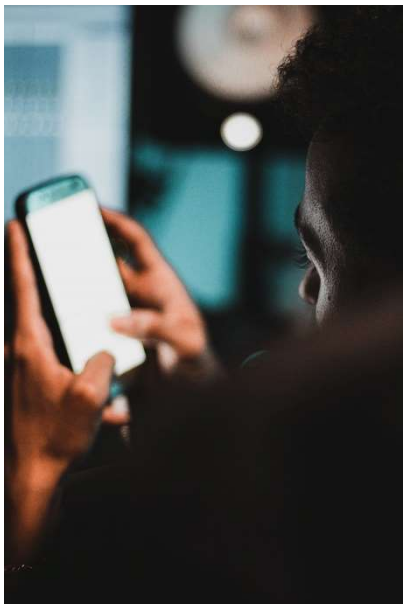
> "(My) anxiety has lessened, (I am) feeling confident and back in control of my life – I'm going out more and realised this wasn't my shame or fault."

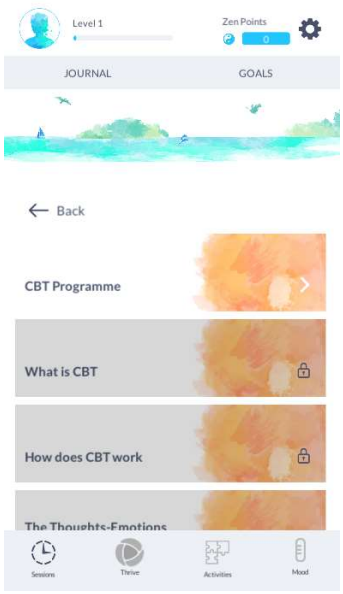
Despite the pandemic, we continued to provide high quality support to clients who wanted it. The pandemic changed our counselling service delivery as we moved our support to telephone or online counselling, instead of in person. During this period 54% of our counselling was provided over the telephone, with 23% provided online and 23% provided in person. Some clients preferred the anonymity of remote support. Some clients did not want to receive a remote service and waited for in person counselling to resume.

> "The whole experience in general has been extremely positive. I have actually found it much more comfortable on zoom .. because I am relaxed in my own environment and I definitely felt a lot less pressure. I have learnt a lot of methods and strategies to cope with .. varied things we experience in day-to-day life in a much more positive way."

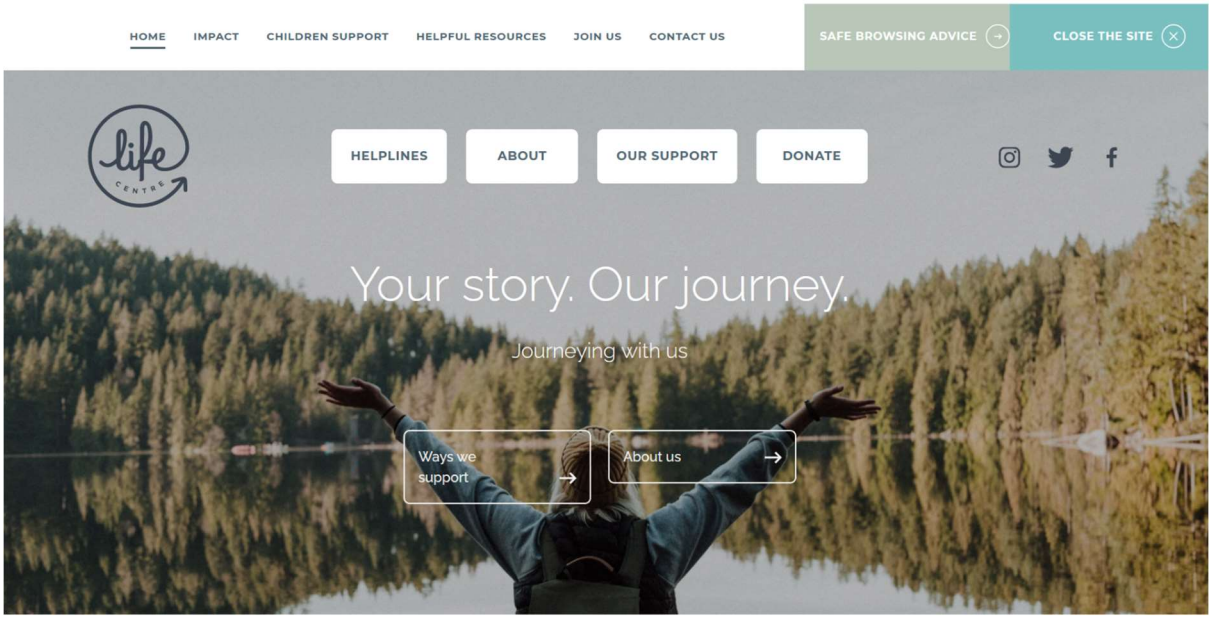
Unfortunately, we were unable to support our primary school children through the first lock down and had to stop our group support. Advice from our professional bodies led to the decision not to provide this non-verbal support remotely. We resumed the service as soon as we were safely able to do so. At the beginning of 2021, we employed additional children's therapists to extend our capacity.

We are delighted that we were able to secure funding to provide additional support to our clients through this difficult and challenging time. Our counsellors provided some additional telephone support to waiting clients. We also introduced legal clinics to support clients with help from Irwin Mitchell Solicitors. We have invested in Thrive, an NHS approved app to support client wellbeing, which will be rolled out next year.





In 2021 we celebrate 20 years of supporting clients in West Sussex and to mark this anniversary, we have been working on developing a new website, which launches in May. To develop the site, we worked with the trustees and the senior leadership team to review our vision, mission and values. The new site will include a resources hub with information to support clients on their journey, including information on reporting to the police, help with experience flashbacks and self-harm to name a few.



The challenges the pandemic bought, necessitated the development of our communications and IT infrastructure.

At the end of June, Rape Crisis Surrey and Sussex closed. With the support of the Police and Crime Commissioners office and NHS England, we managed to maintain the therapeutic support that their clients were already receiving, by taking on the RCSAS counsellors. This made a significant different to the lives of those receiving support.

"This therapy has given me my life back. I am stronger and happier than I have ever been in my whole life."

Objectives and activities

Counselling

The effect of sexual abuse and rape on our clients is devastating. Those who have experienced sexual abuse or rape are more likely to have a range of physical and mental health conditions including anxiety, flashbacks, sleep problems, stress, eating disorders, personality disorders, lack of confidence and lack of trust in others. Not surprisingly, survivors can find it difficult to manage everyday life.

Abuse and rape also put great pressure on other family members, we also support siblings, parents and other close family members.

Our clients referred to us with the following issues in this period:

- 73% were or had been depressed,
- 50% of our adult clients and 24% of under 18 clients were not in education, employment or training when referred.
- 48% of the clients we met in this period had thought about suicide; 33% attempted suicide,
- 47% had self-harmed,
- 28% were facing drug and/or alcohol related issues.
- 27% had mental health issue,
- 27% had an eating problem,

The traumatic effects are often severe and deeply rooted, which is why Lifecentre offers up to 18, hour-long counselling sessions and more by agreement. 40% of those clients who responded in this period, said that the sexual abuse/rape had taken place in a domestic context.

Counselling has been delivered during 2021 by thirty paid counsellors and play therapists, all of whom have a service contract with Lifecentre. All counsellors and play therapists receive monthly supervision from an external professional supervisor. Supervisors meet three times a year for regulation of clinical guidelines. Prior to commencing counselling, all new referrals attend a comprehensive initial assessment to

assess their suitability for the service, their mental health and specific needs. We are committed to work in collaboration with other professionals involved in the client's care and to liaise with them as necessary before counselling starts.

We delivered a total of 6,192 sessions during this period to 503 clients. These sessions were spread fairly evenly across Chichester, Worthing and Crawley although Worthing was slightly busier this year. This period, due to the pandemic 54% of our support was delivered by telephone counselling, 23% online and 23% in person.

Counselling is offered free of charge, but adult clients are asked to consider making a donation towards the costs of their counselling if they are able to do so.

> "I feel I've been able to talk about things I have never spoken about with anyone."

Email counselling

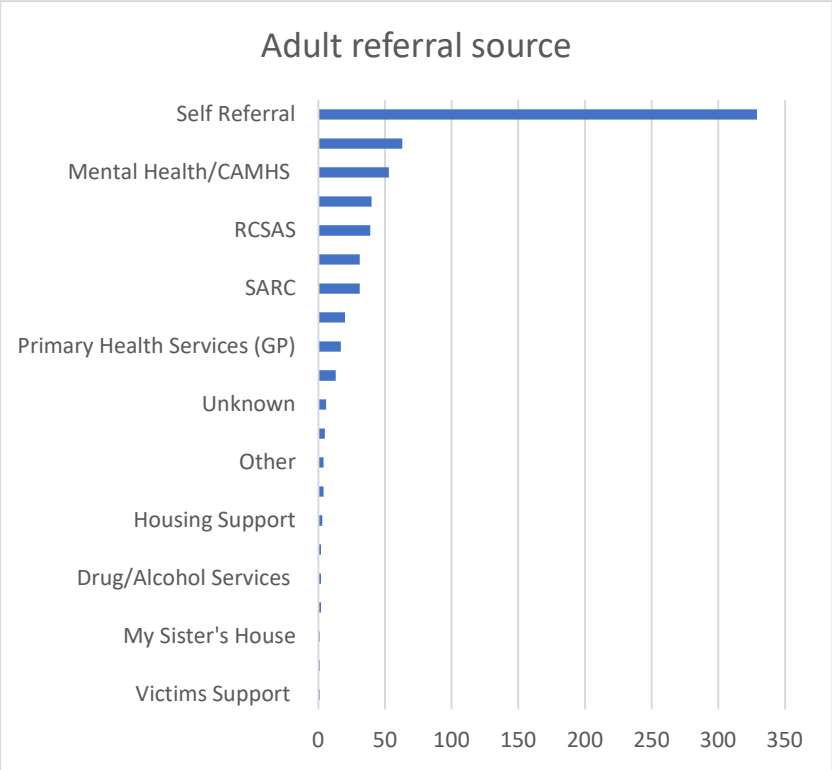
We had 26 adult survivors engage through our email counselling service which continued to provide an important service to survivors who are not yet ready to see someone in person. Our email counselling service delivered 226 sessions.

Adult counselling

All of our clients have experienced some form of sexual abuse or are a close family member or supporter of someone who has. This is the primary issue they wish to work through in counselling.

During the period we have received 902 referrals for counselling, 710 in 2020 and 192 in the first three months of 2021.

667 (74%) of these were from adults, 570 (85%) were from women, 87 (13%) men and the rest either not stating or were transgender clients.



Adult referrals

Adult referrals were from the following sources:

49% self-referral

9% police

8% mental health services

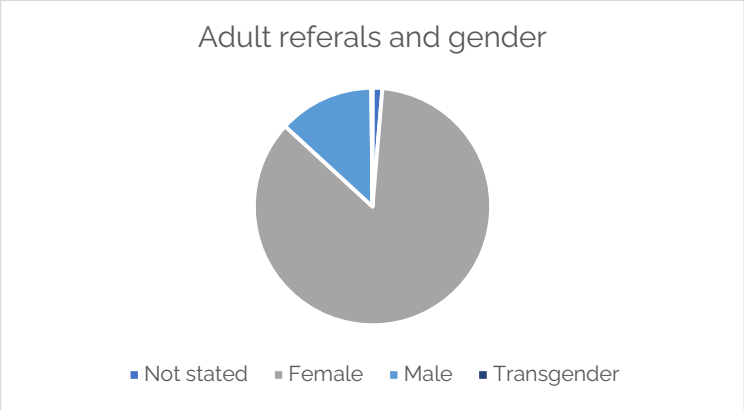
6% Sussex partnership NHS trust

6% Rape Crisis Surrey and Sussex

5% SARC

5% Children's services

12% from other agencies including Worth Services, family members, housing support and charities.



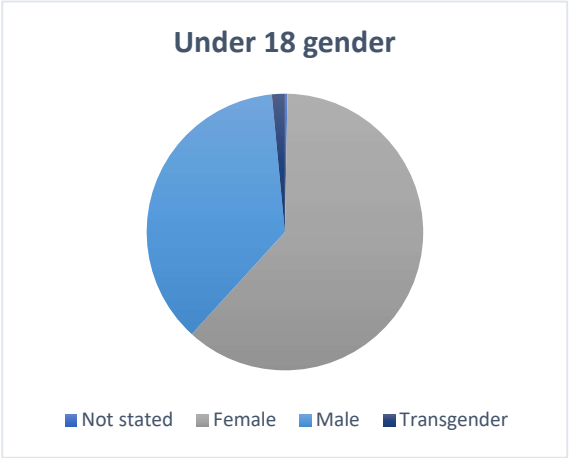
"It's an amazing centre with very capable and experienced therapists. I've never felt this positive exiting therapy. I can't thank you enough."

Under 18 counselling

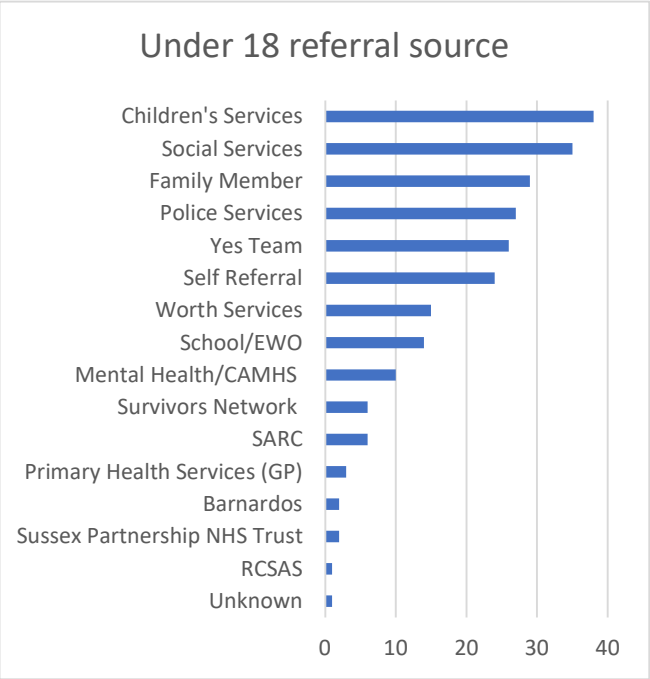
During the period, 239 referrals were received from

those under the age of 18. 80% of our clients under 18 were aged 11-17 years. 20% were 10 years of age and under.

Of these, 201 (84%) were female, 33 (14%) were male, and 4 (2%) were transgender.



Under 18 referrals



Our under 18s were referred by the following:

16% Children's services

15 % Social services

12% family member

11% police

11% Youth emotional support (YES)

10% self-referral

25% from other agencies including Worth Services, schools, mental health and medical services, SARC and other charities.

"Very satisfying (and) pleasing. (It) gave her a release. A port of call to focus on" – parent of under 18

Achievements and Performance

All counselling clients are invited to complete evaluation forms at the start, middle and end of counselling. These offer Lifecentre and the client a means to assess the outcomes of the counselling and to identify areas for improvement. Levels of satisfaction remained high with those completing feedback demonstrating that their counselling had been of benefit.

Other outcomes this year include:

- 75% improvement in overall client experience of trauma/abuse
- 72% improvement in overall client experience of depression
- 72% improvement in overall client experience of anxiety/stress
- 74% improvement in overall client experience of self-esteem
- 83% Improvement in overall client experience of addictions
- 77% improvement in overall client experience of eating disorders
- 67% improvement in overall client experience of cognitive/learning related problems
- 46% improvement in overall client experience of interpersonal relationships
- 67% improvement in overall client experience of personality problems
- 67% improvement in overall client experience of physical problems
- 55% improvement in overall client experience of work/academic related problems

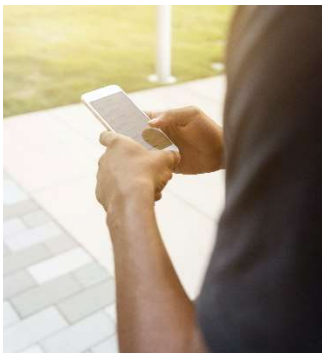
Helpline and text services

During the period we tried to maintain a consistent level of service on Lifecentre's telephone helpline service. During the first lockdown we did experience some disruption as a large percentage of our volunteers were over 70 and needed to self-isolate.

The telephone helpline was for most of the period, open for 4 evening sessions a week. All lines were operated by a mixed gender team (currently 37 trained volunteers) who gave over 1,040 hours of their time. We received 3,512 attempted calls and took 975 phone calls. This tells us that demand outstrips what we are currently able to deliver.

> "The only time I feel safe is when I'm on the phone to you at Lifecentre"
>
> - teenage helpline user.

We received 27,248 texts in the period to our text helpline, which is also staffed by volunteers, who sent out 19,087 texts to clients reaching out to the text helpline. This supported 877 clients, 646 of them were new clients



Our helplines provide a valuable service to those survivors of sexual abuse and rape who do not feel ready to undertake counselling but nonetheless need to talk through their experiences. It also supports those who cannot get to Lifecentre venues, due to

rural isolation, being disabled or housebound. Callers come from a wide range of ages and backgrounds. Each has a different story to tell but with many common themes including sexual assault by family members, rape from people known and unknown, exploitation by paedophile rings, ritual abuse, grooming by text and internet, drug rape and forced involvement in making pornography. Callers can be distressed, frightened, even suicidal; some have mental health issues and drugs/alcohol problems.

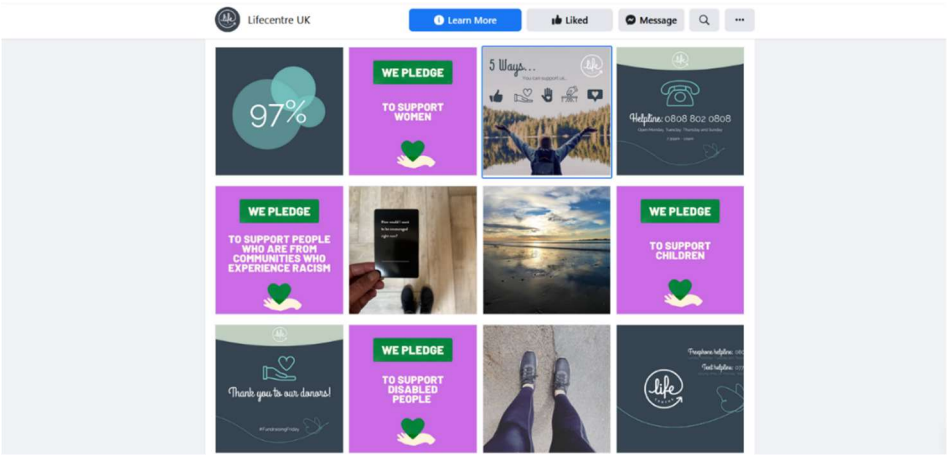
"It's only Lifecentre that has kept me alive this year - you are the only ones who have believed me'

- helpline user

Training

Lifecentre provided less training to other agencies, organisations and charities this year, due to the impact of the pandemic. This is something we intend to develop next year. We did provide some training to the Southern Housing Group Limited.

We have continued to take appropriate opportunities to raise awareness of the issues surrounding sexual violation and of the services available through Lifecentre. We have been active on social medial such as Facebook, Twitter and Instagram.



Administration

The administration of the charity has been delivered by an Operations Manager, a post which we made full time in November 2020. The Operations Manager oversees the smooth running of our offices. During this period, we reduced to two part time client support officers (down from three part time CSOs), who spend all their time assisting and supporting clients and counsellors. We employed an additional 1.5 administrators to support the senior leaders and undertake administrative duties. We also have a part time Communications Assistant, who writes our newsletters and updates our website and posts on social media. She also gives a proportion of her time to supporting fundraising activity.

In November 2020 we seconded a project co-ordinator to support our work implementing a new database, developing the communications infrastructure and help us find a suitable premises in Crawley in the next financial year.

Fundraising and financial review

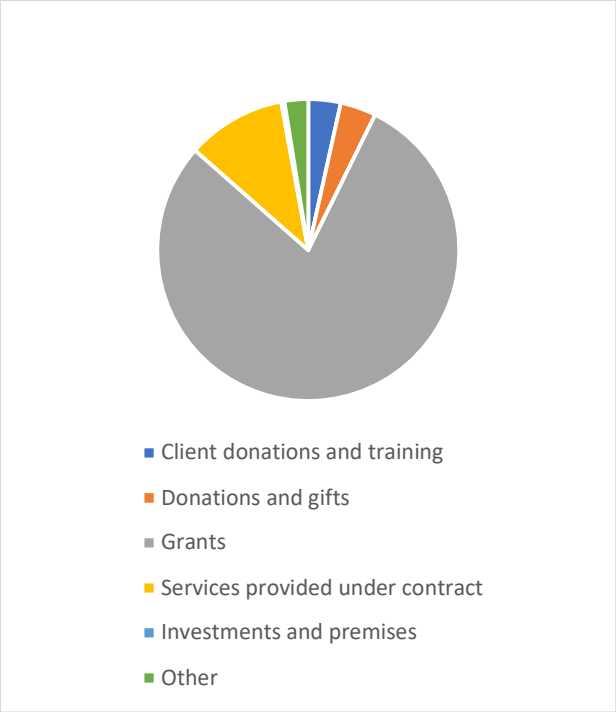
Fundraising activity is undertaken by a contracted fundraiser on a part time basis.

Income breakdown

We are tremendously grateful to all those individuals, trusts and organisations that support Lifecentre, including those who donate anonymously.

We were unable to arrange fundraising events and challenges this year due to the pandemic.

Grants were the main source of our income this period, they included:



The Ministry of Justice
Sussex Police and Crime Commissioner
Michael and Betty Little Trust
Lloyds Bank Foundation for England and Wales
Sydney & Phyllis Goldberg Memorial Trust
Woodger Trust
The Bassil Shippam and Alsford Trust
The Leathersellers' Company
St. James Place Foundation
Sussex Community Foundation
Clothworkers Foundation
Grocers Charity
Boltini Trust
Ernest Kleinwort
Littlehampton Town Council
Chichester City Council
West Sussex Travel Society
Rathbone Trust
Diocese of Arundel & Brighton
Monroe Charitable Trust
Rotary Club Littlehampton

Financial review

Charity funds	At 31 March 2021	At 31 December 2019
General unrestricted funds	£299,122	£206,485
Restricted funds	£289,342	£212,081
Total charity funds	£588,464	£418,566
Unrestricted free reserves*	£293,789	£204,849

* excluding unrestricted tangible fixed assets totalling £5,333 (2019: £1,636).

The financial statements show a surplus of income for the year ended 31 March 2021 of £169,898 (2019 surplus £4,767) and the yearend balance sheet position totalled £588,464 (2019 £418,566).

Reserves policy

Lifecentre policy is to have unrestricted reserves of between 3 and 6 months of expected expenditures. The reserves policy is regularly reviewed by trustees and used in day to day management of the charity.

	31 March 2021	31 December 2019
Unrestricted reserves	4 months of 2021/2 budget expense	4.61 months of 2020 budgeted expenses

We are pleased that the unrestricted reserves fall within our policy.

Risk Management

The trustees are responsible for the overseeing of the risks faced by Lifecentre. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis. Risk is managed under the headings of governance, finance, operations and legal.

The main risks identified and the plans to manage those risks are:

- **Reduce capacity within staff team.** Lifecentre's ability to deliver services depends upon having the right team in place. We manage this risk through recruitment to key posts, recruiting a project co-ordinator to increase capacity within the team, succession planning and a pay review in this financial year to help with staff retention.
- **Not securing income required.** Our ability to continue providing services to clients is reliant on funding. We anticipate challenges with this moving forward due to the ongoing financial impact of the pandemic. This risk is managing by developing diversified income streams, diversifying services to support clients in a variety of ways, contingency planning for reduced funding, maintaining contract performance and our reserves policy. We have already secured 83% of income for 2021/2 financial year and are confident that we will meet next year's target.
- **Managing increased referrals following the pandemic.** We anticipate an increased level of referrals after the pandemic due to abuse suffered throughout lockdown. We are actively recruiting for counsellors to increase our capacity, particular for the under 10s. We continue to diversify our income streams to fund this work.
- **Not having enough counselling rooms in Crawley.** Pre-pandemic we were using rooms at the SARC and Broadfield Children and Family Centre, both of which continue to be unavailable to us. We are currently renting some temporary space which is not sufficient moving forward. We will manage this risk by securing a 2-year rental to support our work, while we raise funds for a more permanent solution.

Future plans

We aim to continue to provide high quality services to those who have experienced an unwanted sexual experience and their close supporters. Making sure that our services are available and accessible to those who need them, regardless of age, gender or any other factor. As part of this we want to make sure we are promoting our services across West Sussex so that clients know we are here for them and with a view to recruiting counsellors and volunteers. As 2021 is Lifecentre's 20th year we aim to host an open evening to support this aim.

To make sure we are accessible, we aim to ask our clients about their needs and any potential barriers to accessing our services, including specific groups we feel might be underrepresented in our client group.

We want to develop new client services, including extending our group offer, which will include support for parents of the children we work with. These plans were delayed due to lockdown, but we intend to develop them this year.

We would like to develop an offer to support schools, colleges and universities with the issues of a harassment culture they are facing highlighted by the Everyone's Invited website and the recent Ofsted review. We will scope out what the need is in West Sussex and develop a plan to deliver.

We aim to develop our data management systems this year to improve the client experience.

We will continue to develop our training offer for partners and local organisations.

Structure, Governance and Management

The Charity is a company limited by guarantee and established by memorandum and articles of association, incorporated on 4 December 2008 as amended by special resolution dated 12 February 2009.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

- Alistair MacFarlane (S. A. MacFarlane)
- Charlotte Pexton (R. C. Pexton)
- Andrea Clarke
- Mark Oliver

Lifecentre is an incorporated charity limited by guarantee.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the trust's aims and objectives and in planning future activities.

The Board of Trustees regularly review and monitor the skills represented on the board with a view to highlighting any gaps in the expertise needed. This awareness will inform recruitment and appointment of new trustees and names will be put forward by the existing trustees or management.

An informal evening is held for any provisional new trustees to meet members of the current board and management. An induction pack of information is provided to provisional new trustees and a CV is requested. All new trustees are required to uphold the vision and values of the Charity and comply with the Company's Memorandum and Articles of Association.

All of the Trustees are members of the Company and guarantee to contribute £10 in the event of a winding up.

Organisational structure

Each trustee takes responsibility for monitoring the charity's activities. The Trustees met four times in the year.

The charity's Chief Executive is responsible for the day-to-day operation of the charity and manages the staff of the charity on behalf of the trustees.

The work of the Charity is delivered through four departments: counselling; helpline and text services; operations and finally fundraising and communications. Each department is managed by designated staff, who have responsibility for the staff and volunteers within that department. A pay policy was published this year, which outlines the pay scales and process for review for key staff roles. The trustees review CEO pay and counsellor pay on an annual basis. Supervisors are contracted in to supervise the clinical work of the counsellors. The trustees' report was approved by the Board of Trustees.

The Trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Lifecentre is an organisational member of the British Association of Counselling and Psychotherapy.

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

.....

Trustee

Dated: .....

LIFE CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE PERIOD ENDED 31 MARCH 2021

The Trustees, who are also the directors of Life Centre for the purpose 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 year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity 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 Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

LIFE CENTRE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF LIFE CENTRE

I report to the Trustees on my examination of the financial statements of Life Centre (the Charity) for the Period ended 31 March 2021.

Responsibilities and basis of report

As the Trustees of the Charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the Charity 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 the Charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, 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 that in any material respect:

1 accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2 the financial statements do not accord with those records; or
3 the financial statements 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 financial statements 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 financial statements to be reached.

Jordan Abbott BSc ACA

Jones Avens Limited
Piper House 4 Dukes Court
Bognor Road
Chichester
West Sussex
PO19 8FX

Dated: .....

LIFE CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 31 MARCH 2021

	Notes	Unrestricted funds 01/01/20 to 31/03/21 £	Restricted funds 01/01/20 to 31/03/21 £	Total 01/01/20 to 31/03/21 £	Unrestricted funds 01/01/19 to 31/12/19 £	Restricted funds 01/01/19 to 31/12/19 £	Total 01/01/19 to 31/12/19 £
Income from:							
Voluntary income	**3**	225,001	542,570	767,571	142,158	166,823	308,981
Charitable activities	**4**	188,621	-	188,621	170,333	50	170,383
Investments	**5**	-	-	-	1,113	-	1,113
Total income		413,622	542,570	956,192	313,604	166,873	480,477
Expenditure on:							
Raising funds	**6**	28,110	9,788	37,898	47,596	-	47,596
Charitable activities	**7**	292,875	455,521	748,396	255,967	172,147	428,114
Total resources expended		320,985	465,309	786,294	303,563	172,147	475,710
Net income for the Period/ Net movement in funds		92,637	77,261	169,898	10,041	(5,274)	4,767
Fund balances at 1 January 2020		206,485	212,081	418,566	196,444	217,355	413,799
Fund balances at 31 March 2021		299,122	289,342	588,464	206,485	212,081	418,566

The statement of financial activities includes all gains and losses recognised in the Period.

All income and expenditure derive from continuing activities.

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

LIFE CENTRE

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	01/01/20 to 31/03/21 £	£	01/01/19 to 31/12/19 £	£
Fixed assets					
Tangible assets	**11**		202,333		205,098
Current assets					
Debtors	**12**	38,685		22,899	
Cash at bank and in hand		349,623		225,849	
		388,308		248,748	
Creditors: amounts falling due within one year	**13**	(2,177)		(35,280)	
Net current assets			386,131		213,468
Total assets less current liabilities			588,464		418,566
Income funds					
Restricted funds	**15**		289,342		212,081
Unrestricted funds			299,122		206,485
			588,464		418,566

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the Period ended 31 March 2021.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the Period in question in accordance with section 476.

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

The financial statements were approved by the Trustees on .....

.....

Trustee

Company Registration No. 06766164

1 Accounting policies

Charity information

Life Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is 104 The Hornet, Chichester, West Sussex, PO19 7JR.

1.1 Accounting convention

The accounts have been prepared in accordance with the Charity's Memorandum and Articles of Association, the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2019). The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grants, including grants for the purchase of fixed assets, are recognised as incoming resources when receivable. Where grants are given in relation to a set period which straddles a year end, recognition of an appropriate portion of the grant is deferred.

Donated counselling sessions are included in voluntary income. They are valued at the cost usually payable to the counsellor providing the session.

1 Accounting policies **(Continued)**

1.5 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 are allocated on the portion of the asset's use.

All expenditure is accounted for on an accruals basis and includes attributable VAT which cannot be recovered.

Expenditure is either allocated or apportioned to cost categories based on the estimated amount attributable to that activity in the year. These estimates are based on staff time.

Governance costs are those associated with constitutional and statutory requirements. They include both direct costs and a share of indirect staff costs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

All single purchases of fixed assets of less than £1,500 are written off in the year of purchase unless forming part of a more comprehensive scheme where the total cost is £1,500 or more. Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Leasehold property	Over 125 years
Fixtures, fittings & equipment	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). No such impairments were noted for the Year Ended 31 March 01/01/20 to 31/03/21.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1 Accounting policies **(Continued)**

1.9 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Reporting period

The company's reporting period has changed from 31 December to 31 March, so the financial statements are presented for a fifteen month period. The primary reason for the change was to bring the accounting period more in line with the typical time frame that funders use for reference. Because of this comparative amounts presented in the financial statements (including the related notes) are not entirely comparable.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Key sources of estimation uncertainty

Depreciation
The annual depreciation charge is sensitive to changes in the estimated useful lives and residual value of the assets. The residual values are re-assessed annually and amended where necessary.

3 Voluntary income

	Unrestricted funds	**Restricted funds**	**Total**	Unrestricted funds	Restricted funds	Total
	01/01/20 to 31/03/21	**01/01/20 to 31/03/21**	**01/01/20 to 31/03/21**	01/01/19 to 31/12/19	01/01/19 to 31/12/19	01/01/19 to 31/12/19
	£	**£**	**£**	£	£	£
Donations and gifts	37,121	-	37,121	38,008	675	38,683
Grants	187,880	542,570	730,450	104,150	166,148	270,298
	225,001	542,570	767,571	142,158	166,823	308,981

4 Charitable activities

	01/01/20 to 31/03/21	01/01/19 to 31/12/19
	£	£
Counselling and support services	33,198	40,731
Services provided under contract	131,974	123,250
Other income	23,449	6,402
	188,621	170,383
Analysis by fund		
Unrestricted funds	188,621	
For the Period ended 31 December 2019		
Unrestricted funds		170,333
Restricted funds		50
		170,383

5 Investments

	Total	Unrestricted funds
	01/01/20 to 31/03/21	01/01/19 to 31/12/19
	£	£
Interest receivable	-	1,113

6 Raising funds

	Unrestricted funds	Restricted funds	Total 01/01/20 to 31/03/21	Total 01/01/19 to 31/12/19
	£	£	£	£
Fundraising costs				
Staff costs	28,110	9,788	37,898	47,596
	28,110	9,788	37,898	47,596

7 Charitable activities

	01/01/20 to 31/03/21 £	01/01/19 to 31/12/19 £
Staff costs	191,654	78,651
Depreciation and impairment	7,889	11,796
Supervisors' & counsellors' fees	259,595	207,558
Premises & utilities	67,271	26,868
Office running costs	139,258	43,627
Legal and professional fees	8,115	1,200
Other costs	21,942	636
	695,724	370,336
Share of support costs (see note 8)	40,510	47,666
Share of governance costs (see note 8)	12,162	10,112
	748,396	428,114
Analysis by fund		
Unrestricted funds	292,875	255,967
Restricted funds	455,521	172,147
	748,396	428,114
For the Period ended 31 December 2019		
Unrestricted funds	255,967	
Restricted funds	172,147	
	428,114	

8 Support costs

	Support costs	**Governance costs**	**01/01/20 to 31/03/21**	Support costs	Governance costs	01/01/19 to 31/12/19
	£	**£**	**£**	£	£	£
Staff costs	40,510	-	40,510	47,666	-	47,666
Legal and professional	-	12,162	12,162	-	10,112	10,112
	40,510	12,162	52,672	47,666	10,112	57,778
Analysed between						
Charitable activities	40,510	12,162	52,672	47,666	10,112	57,778

The trustees consider that all support and governance costs should be allocated to the charitable activities of the charity

Governance costs includes amounts payable to the independent examiners of £1,500 (01/01/19 to 31/12/19- £1,368) and legal fees of £10,662 (01/01/19 to 31/12/19- £8,731).

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the Period, and none of them were reimbursed any expenses.

10 Employees

The average monthly number of employees during the Period was:

	01/01/20 to 31/03/21	**01/01/19 to 31/12/19**
	Number	**Number**
Administration and fundraising	5	3
Counselling and client support	2	3
Total	7	6

Employment costs	**01/01/20 to 31/03/21**	**01/01/19 to 31/12/19**
	£	**£**
Wages and salaries	252,700	162,430
Social security costs	12,611	8,554
Other pension costs	4,751	2,929
	270,062	173,913

10 Employees **(Continued)**

The total amount of employee benefits received by key management personnel for the period was £62,660 (01/01/19 to 31/12/19: £19,098.53) including pension contributions. The salary costs in 2020/1 are for a 15-month period compared to the 12 month period of 2019. In addition to the different time-period, the increase also reflects additional CEO salary as there was no CEO for part of 2019. There was also additional spending on CSO, admin, operations and fundraising to account for growth in the charity and some challenges with working remotely that required additional hours. Life Centre also employed a project manager in 2020/1 to improve the charity's information technology infrastructure, partly required by the pandemic and need for remote working

The Full Time Equivalent (FTE) number of employees during the period was 7 (01/01/19 to 31/12/19: 6).

There were no employees whose annual remuneration was more than £60,000.

11 Tangible fixed assets

	Leasehold property	Fixtures, fittings & equipment	Total
	£	£	£
Cost			
At 1 January 2020	217,114	43,330	260,444
Additions	-	5,122	5,122
At 31 March 2021	217,114	48,452	265,566
Depreciation and impairment			
At 1 January 2020	23,435	31,909	55,344
Depreciation charged in the Period	2,121	5,768	7,889
At 31 March 2021	25,556	37,677	63,233
Carrying amount			
At 31 March 2021	191,558	10,775	202,333
At 31 December 2019	193,679	11,419	205,098

12 Debtors

	01/01/20 to 31/03/21	01/01/19 to 31/12/19
Amounts falling due within one year:	£	£
Trade debtors	83	309
Prepayments and accrued income	38,602	22,590
	38,685	22,899

13 Creditors: amounts falling due within one year

	Notes	01/01/20 to 31/03/21 £	01/01/19 to 31/12/19 £
Deferred income		-	28,706
Trade creditors		-	291
Accruals and deferred income		2,177	6,283
		2,177	35,280

14 Retirement benefit schemes

Defined contribution schemes

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £4,751 (01/01/19 to 31/12/19 - £2,929).

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds			Movement in funds	
	Balance at 1 January 2019 £	Incoming resources £	Resources expended £	Balance at 1 January 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
Worthing fund	195,542	-	(1,862)	193,680	-	(2,121)	191,559
Website Awards 4 All	3,062	-	(1,780)	1,282	-	-	1,282
Arun Counselling	-	2,000	(2,000)	-	-	-	-
Boltini Trust	-	-	-	-	5,000	(5,000)	-
Counselling Chichester	-	2,484	(2,484)	-	-	-	-
Chichester City Council	-	-	-	-	2,246	(1,685)	561
Counselling 25 & under	-	5,552	(5,552)	-	-	-	-
Play Therapy Room	-	5,000	(5,000)	-	-	-	-
Project	-	5,000	(5,000)	-	-	-	-
EKW Mental Health	-	-	-	-	3,000	(3,000)	-
Women and Girls Ministry of Justice	-	96,142	(96,142)	-	158,760	(158,760)	-
Salary Ops Manager	-	23,994	(23,994)	-	30,401	(26,339)	4,062

15 Restricted funds **(Continued)**

Rent - Woodger Trust	-	15,000	(15,000)	-	15,000	-	15,000
Littlehampton	-	675	(675)	-	3,665	-	3,665
Midhurst	-	500	(500)	-	-	-	-
Bognor	-	500	(500)	-	-	-	-
New Building	16,491	-	(8,023)	8,467	-	(3,534)	4,933
Garfield Weston	-	-	-	-	20,000	-	20,000
Helpline	2,260	2,692	(3,634)	1,318	-	(822)	496
Helpline 2019	-	7,334	-	7,334	2,000	(9,222)	112
Grocers	-	-	-	-	5,000	(5,000)	-
Lloyds Foundation	-	-	-	-	6,710	(6,710)	-
Ministry of Justice COVID	-	-	-	-	51,723	(51,723)	-
Monroe Charitable Trust	-	-	-	-	1,000	(1,000)	-
National Lottery	-	-	-	-	48,218	(48,218)	-
NHS England	-	-	-	-	69,120	(28,171)	40,949
PCC COVID	-	-	-	-	43,593	(43,593)	-
PCC Safe Space	-	-	-	-	50,941	(50,941)	-
SCF	-	-	-	-	9,984	(5,261)	4,723
St James Place	-	-	-	-	9,720	(9,720)	-
West Sussex Travel Society	-	-	-	-	2,000	-	2,000
	217,355	166,873	(172,146)	212,081	538,081	(460,820)	289,342

15 Restricted funds **(Continued)**

Worthing Fund

This fund represents the net book value of long leasehold premises which are used to deliver counselling and helpline services in Worthing. The premises were purchased in 2009 with a grant given in 2008 for this purpose.

Website Awards for All

This fund is to provide the value of volunteer supervision costs, helpline partnership subscript, the cost of the phone and internet, volunteer recruitment costs, fundraising costs and stationery costs to support the helpline.

Arun counselling

This fund represents the value of counselling for clients in Arun purchased with a restricted grant.

Boltini Trust

Counsellor fees.

Counselling Chichester

This fund represents the value of counselling for clients in Chichester district purchased with a restricted grant.

Chichester City Council

Counsellor fees Chichester young people.

Counselling 25 and under

This fund represents the value of counselling for clients of 25 and under purchased with a restricted grant.

Play therapy room

This fund represents a proportion of the running cost of the play therapy room.

Ernest Kleinwort Charitable Trust

Counsellor fees and play therapy resources.

Strategy building project

This fund covers the cost of support with developing the fundraising strategy and social media training.

15 Restricted funds **(Continued)**

Rape and Sexual Abuse support fund Ministry of Justice

This fund represents a proportion of the value of support for female and/or male victims of rape and sexual abuse, including recent and non-recent child sexual abuse.

Salary ops manager

This fund represents a proportion of the value of the operations managers salary purchased with a restricted grant.

Rent

This fund is to provide the value of rent on the Chichester Office purchased with a restricted grant.

Littlehampton

This fund represents the value of counselling for clients in Littlehampton purchased with a restricted grant.

Midhurst

This fund covers the cost of the value of counselling for clients in Midhurst purchased with a restricted grant.

Bognor

This fund represents the value of counselling for clients in Bognor and Bersted purchased with a restricted grant.

New building

This fund represents the balance of donations made to Lifecentre towards the cost of premises.

Garfield Weston

Core costs.

Helpline

This fund is to provide helpline training, venue hire for training, resources, and virtual control centre upgrade.

Grocer's Charity

Counsellor fees, staff salaries and office running costs.

15 Restricted funds **(Continued)**

Lloyds Foundation

Operational support.

Ministry of Justice COVID

Additional funds to allow the charity to continue to support survivors and enhance remote support particularly of the helpline throughout the pandemic.

Monroe Charitable Trust

Counsellor fees Chichester young people.

National Lottery

To support the work of the helpline and develop our website to provide online resources for survivors.

NHS England

To pay for the cost of taking on the supporting of clients who were being provided by RCSAS.

PCC COVID

Additional funds to allow the charity to continue to support children and young people and enhance remote support of the counselling throughout the pandemic.

PCC Safe Space

Promote awareness and support young people.

Sussex Community Foundation

To support play therapy clients and children through the disruption of services caused by the pandemic.

Funding towards Lifecentre finding a building in Crawley.

St James Place

Counsellor fees to support young people.

16 Analysis of net assets between funds

	Unrestricted funds	**Restricted funds**	**Total**	Unrestricted funds	Restricted funds	Total
	01/01/20 to 31/03/21	**01/01/20 to 31/03/21**	**01/01/20 to 31/03/21**	01/01/19 to 31/12/19	01/01/19 to 31/12/19	01/01/19 to 31/12/19
	£	**£**	**£**	£	£	£
Fund balances at 31 March 2021 are represented by:						
Tangible assets	5,334	196,999	202,333	1,636	203,462	205,098
Current assets/ (liabilities)	293,788	92,343	386,131	204,863	8,605	213,468
	299,122	289,342	588,464	206,499	212,067	418,566