



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 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 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 nurture hope

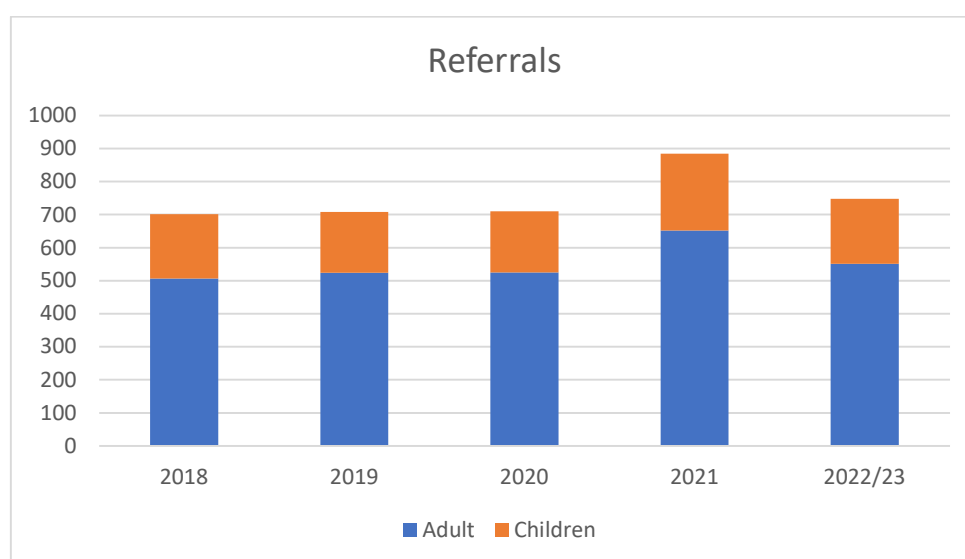
Believing in a brighter future.

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.

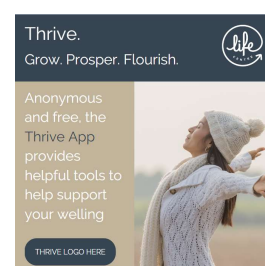
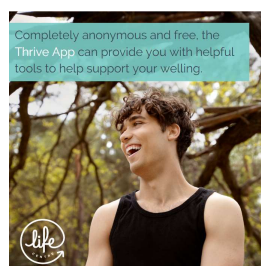
"I am more positive; I'm excited for the future. I now feel like I'm not walking under a shadow."

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.

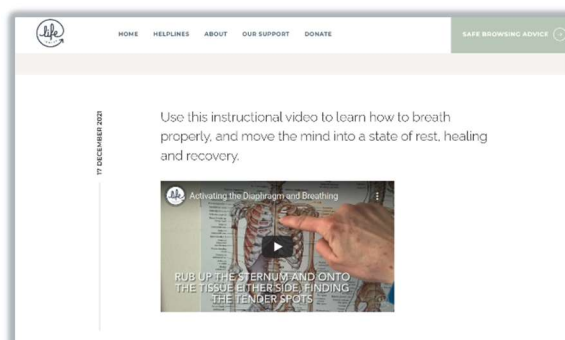
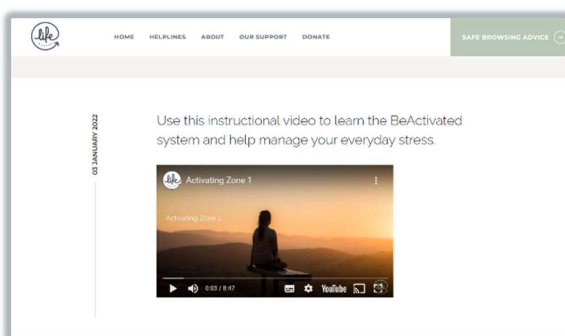


We continued to provide additional support to our clients. We have invested in Thrive, an NHS approved app to support client wellbeing, which over 200 people took this support.



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:

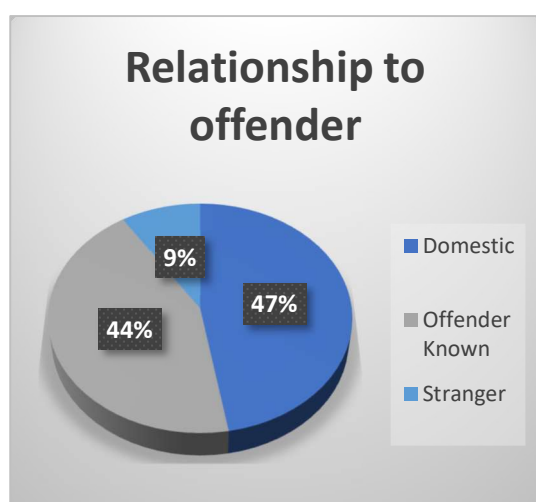
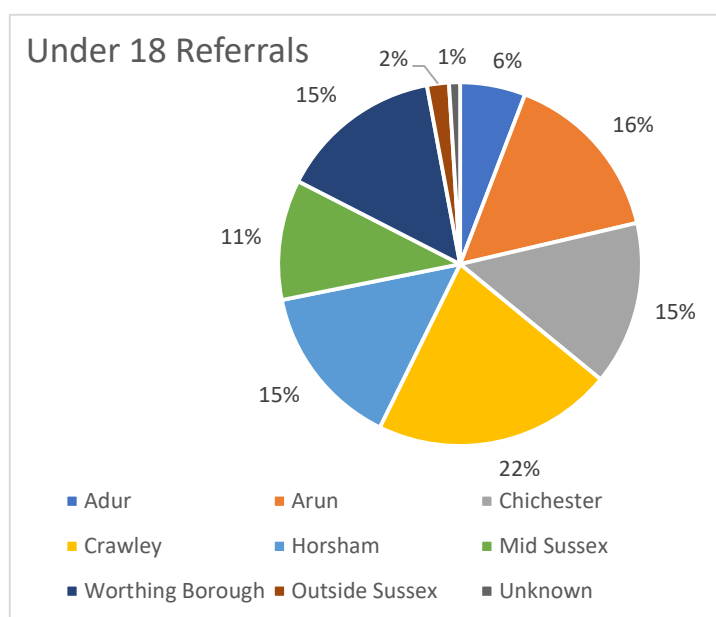
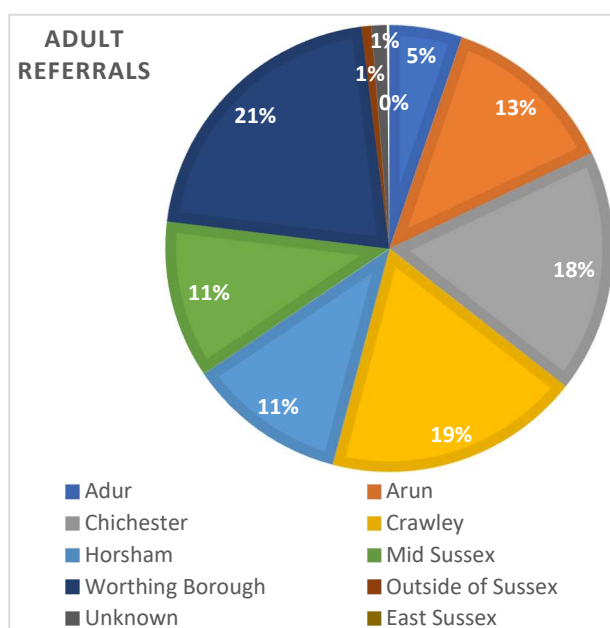
- 82% of our clients under 18 were aged 11-17 years.
- 18% were 10 years of age and under.

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

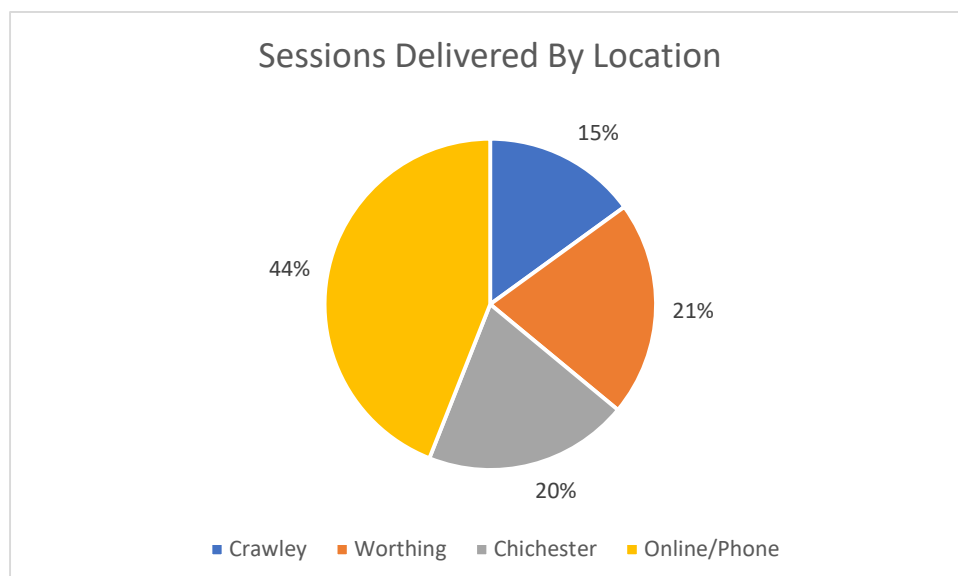
The effect of sexual abuse and rape on our clients is devastating. Those who have experienced sexual abuse or rape are more likely to have a range of physical and mental health conditions including anxiety, flashbacks, sleep problems, stress, eating disorders, personality disorders, lack of confidence 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."

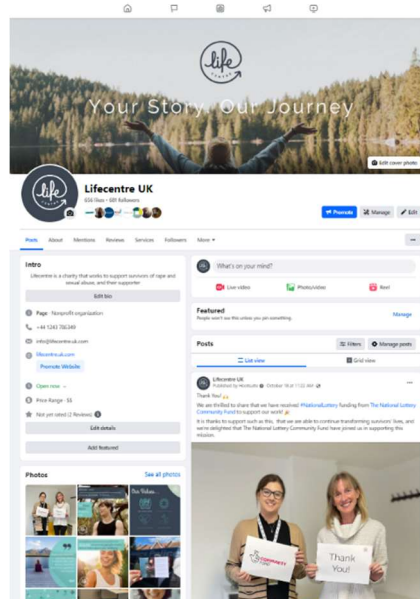
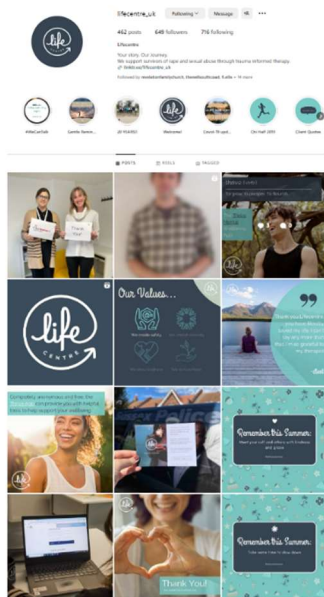
- course participant

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.

Lifecentre: Trustees' report for the period 1 April 2022 – 31 March 2023

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.



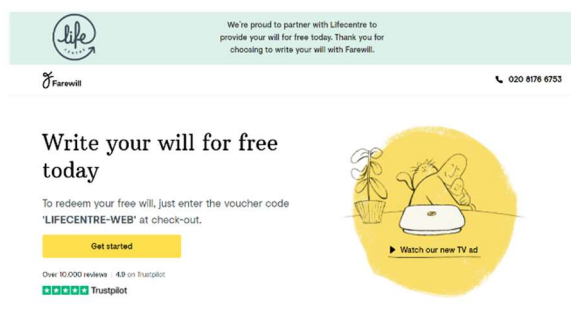
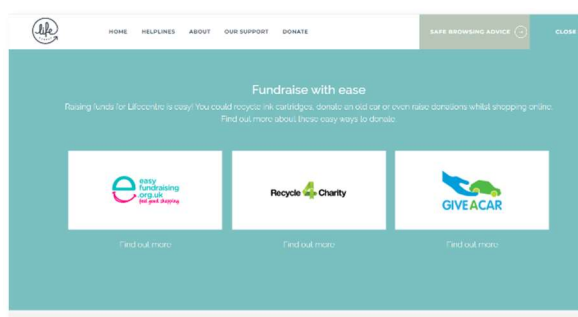
Administration

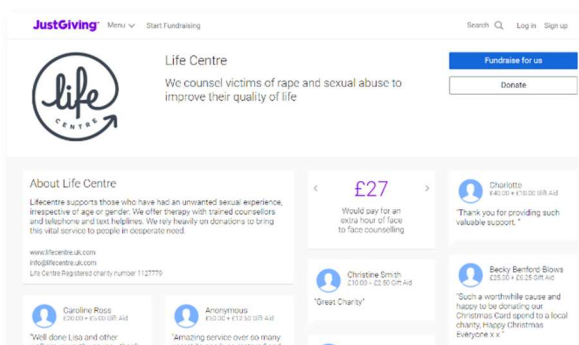
The administration of the charity has been delivered by an Operations Manager. During this financial year we employed two part time operations managers to share the role. We have three part time client support officers, who spend all their time assisting and supporting clients from referral to therapy.

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



Fundraising and financial review

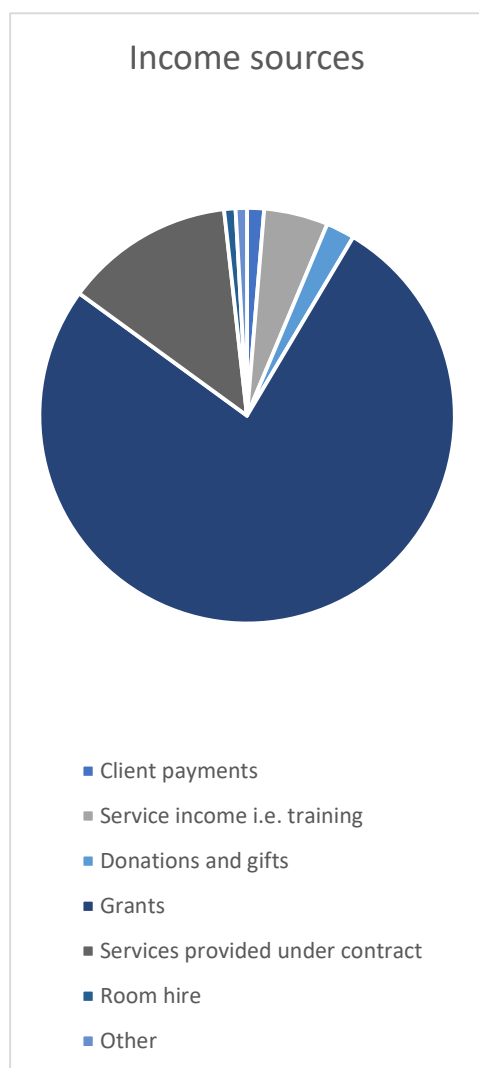




Fundraising activity is undertaken by a contracted fundraiser on a part time basis. She is supported by a part time employee.

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.

Lifecentre: Trustees' report for the period 1 April 2022 – 31 March 2023

The trustees' report was approved by the Board of Trustees

A handwritten signature in black ink, appearing to read 'Andrea Clarke', with a stylized, cursive script.

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.

LIFE CENTRE

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

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.

LIFE CENTRE

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

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.

LIFE CENTRE

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

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
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 £	£	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	

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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
	<u>192,215</u>	<u>107,490</u>
Analysis by fund		
Unrestricted funds	143,015	101,475
Restricted funds	49,200	6,015
	<u>192,215</u>	<u>107,490</u>

5 Raising funds

	2023 £	2022 £
<u>Fundraising costs</u>		
Fundraising agents	50,680	-
Staff costs	-	51,520
	<u>50,680</u>	<u>51,520</u>
Fundraising costs	50,680	51,520
	<u>50,680</u>	<u>51,520</u>

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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
	<u>603,286</u>	<u>506,275</u>
Share of support costs (see note 7)	71,740	64,617
Share of governance costs (see note 7)	14,127	12,708
	<u>689,153</u>	<u>583,600</u>
Analysis by fund		
Unrestricted funds	144,585	176,391
Restricted funds	544,568	407,209
	<u>689,153</u>	<u>583,600</u>

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
	<u>71,740</u>	<u>14,127</u>	<u>85,867</u>	<u>64,617</u>	<u>12,708</u>	<u>77,325</u>
Analysed between Charitable activities	<u>71,740</u>	<u>14,127</u>	<u>85,867</u>	<u>64,617</u>	<u>12,708</u>	<u>77,325</u>

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).

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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 Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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

	2023 £	2022 £
Notes		
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

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

15 Restricted funds

(Continued)

Leathersellers	-	-	-	-	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 Justice 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)	-
	<u>289,342</u>	<u>423,269</u>	<u>(407,209)</u>	<u>305,402</u>	<u>617,554</u>	<u>(544,567)</u>	<u>378,389</u>

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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
	£	£	£	£	£
Fund balances at 31 March 2023 are represented by:					
Tangible assets	2,049	188,164	190,213	3,621	191,981
Current assets/(liabilities)	531,773	190,225	721,998	340,000	113,421
	<u>533,822</u>	<u>378,389</u>	<u>912,211</u>	<u>343,621</u>	<u>305,402</u>
	<u><u>533,822</u></u>	<u><u>378,389</u></u>	<u><u>912,211</u></u>	<u><u>343,621</u></u>	<u><u>305,402</u></u>

17 Analysis of changes in net funds

The Charity had no debt during the year.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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
