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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.



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.



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:

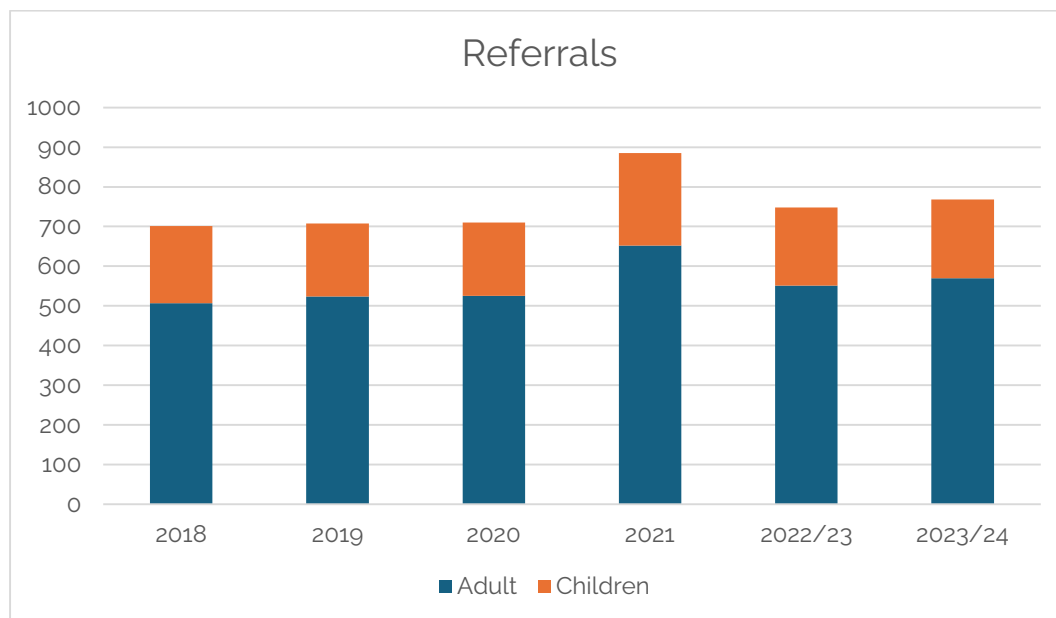
Our projects

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

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.

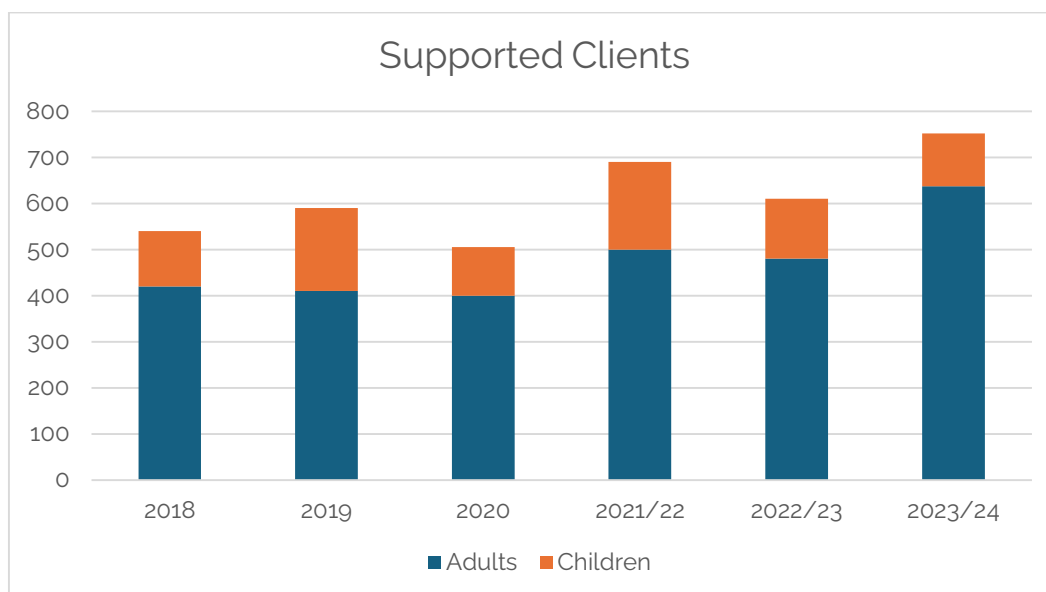
This table shows referrals to Lifecentre over the past four years. This shows that there is still a great demand for our services.



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.



"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. "

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."

2.1.1 Referrals for therapy

During the period we have received 768 referrals for therapy.

Of these 570 (74%) were from adults:

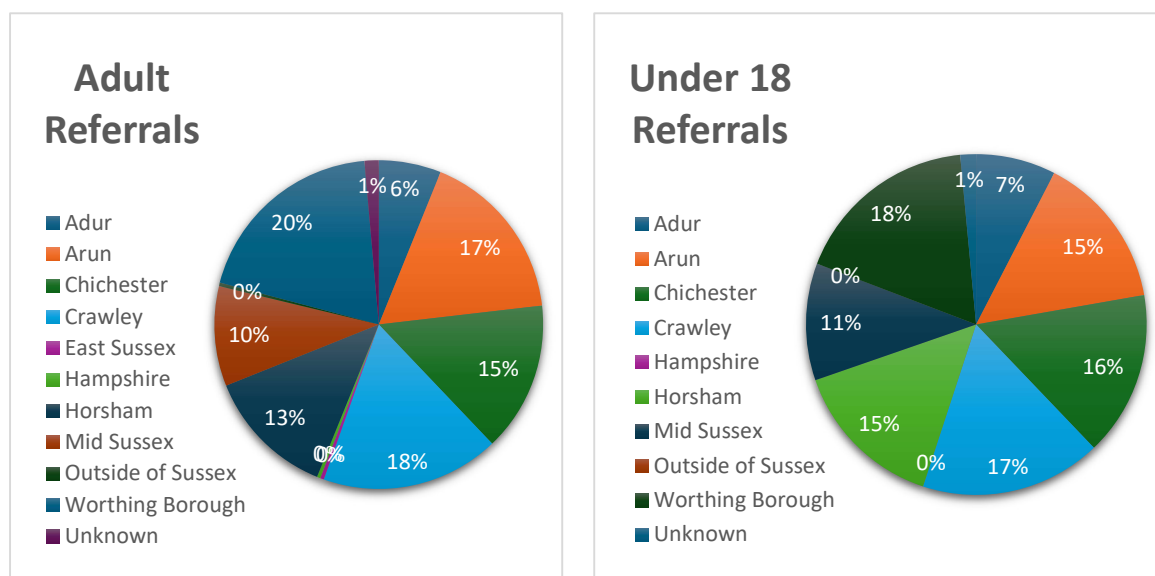
- 478 (84%) were from women
 - 67 (12%) men
 - 3 (1%) were transgender
 - 2 (0%) were nonbinary
 - 20 (3%) did not state.
- 198 (26%) were received from those under the age of 18:86% of our clients under 18 were aged 11-17 years.
 - 14% were 10 years of age and under.

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%

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.

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,

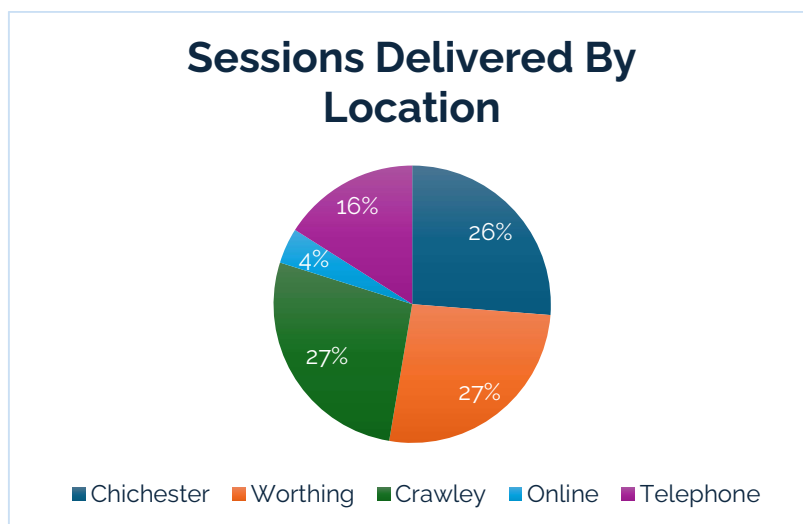
2.1.3 Overall therapy delivery overview

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."

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

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)

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)

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*

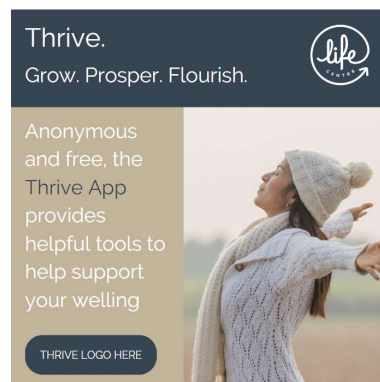
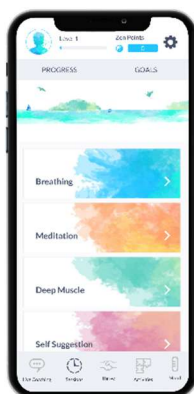
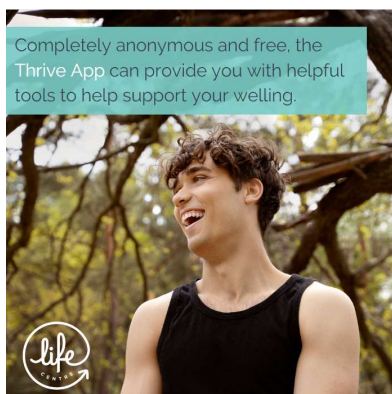
• 3.1.2 Thrive mental wellbeing app

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.

"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)

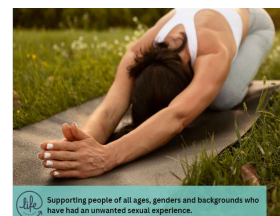


• 3.1.3 Trauma-informed mind and body regulation service

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."

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)

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 media 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 believing 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."

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!'



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

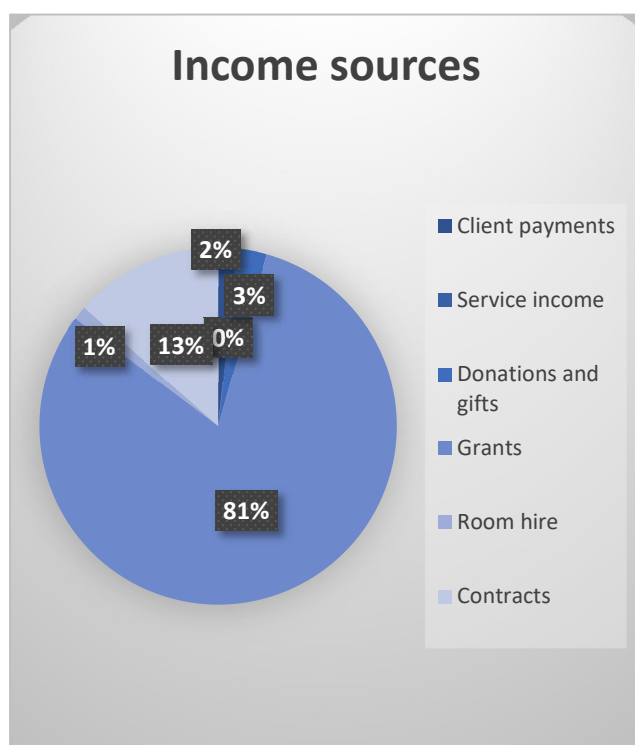
4. Fundraising and financial review

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

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

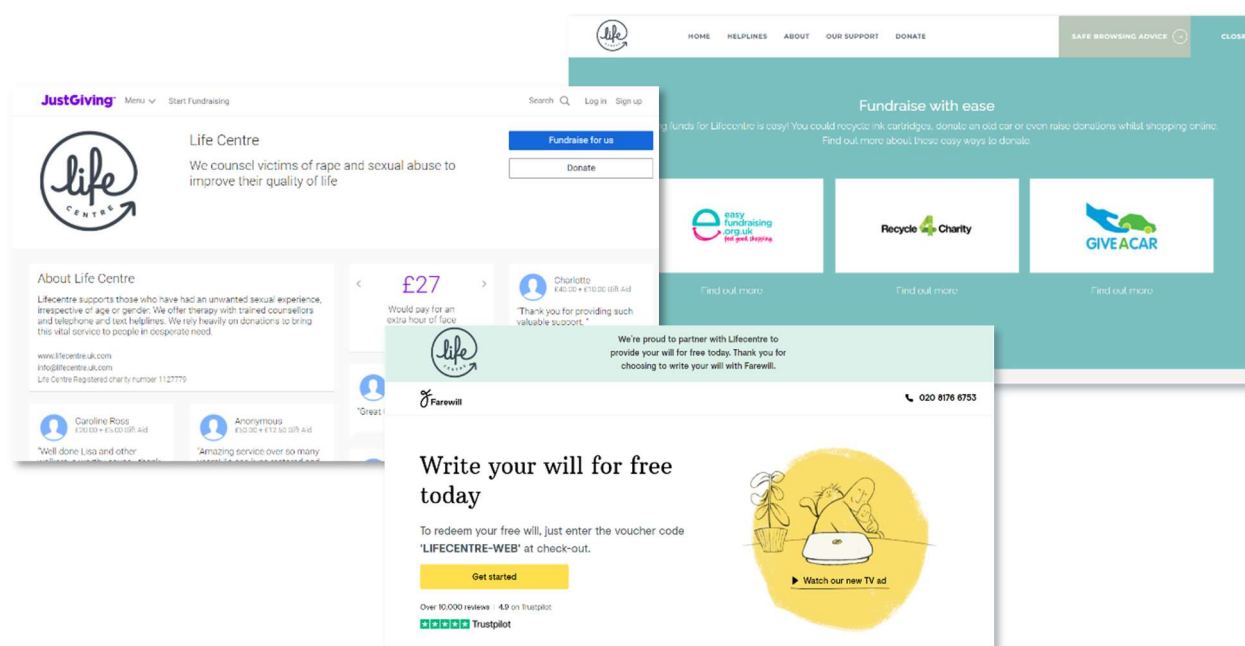
* Excluding unrestricted tangible fixed assets totalling £1,025 (2023: £2,049).

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.

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:

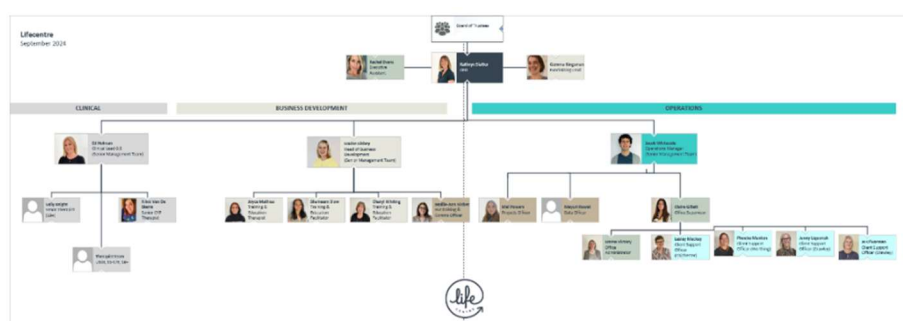
- **Inability to secure income required to deliver the service.** Our ability to continue providing services to clients is reliant on funding. We anticipate challenges with this moving forward due to the ongoing financial impact of the cost-of-living crisis. This risk is managed by developing diversified 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.



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.

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.

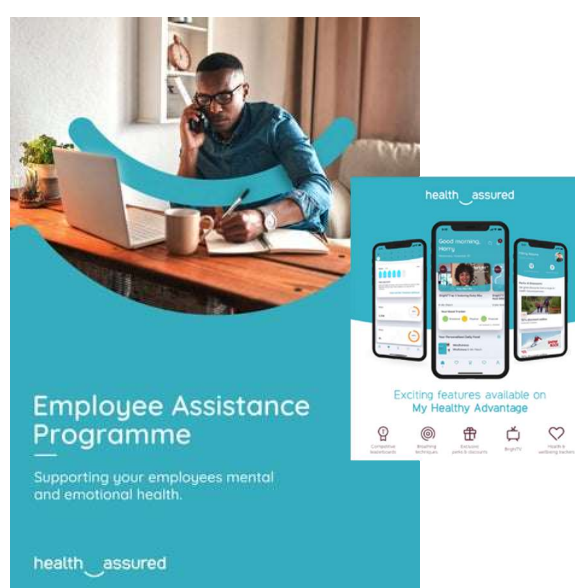


Additional to the existing regular supervision provision for client-facing staff and therapists, we have also reviewed our internal communications to open up more spaces to allow for questions and feedback.

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.



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

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 PO19 8UD
Registered office	104 The Hornet Chichester PO19 7RJ
Independent examiner	Jordan Abbott Carpenter Box Limited Piper House 4 Dukes Court Bognor Road Chichester West Sussex PO19 8FX
Bankers	Lloyds Bank plc 10 East Street Chichester West Sussex PO19 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.

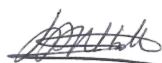
Independent examiner's statement

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 £	£	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 £	£	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

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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
	<u>74,706</u>	<u>517,880</u>	<u>592,586</u>	<u>242,451</u>	<u>568,355</u>	<u>810,806</u>

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
	<u>116,987</u>	<u>192,215</u>
Analysis by fund		
Unrestricted funds	116,987	143,015
Restricted funds	-	49,200

5 Raising funds

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

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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
	<u>598,284</u>	<u>603,286</u>
Share of support costs (see note 7)	175,982	71,740
Share of governance costs (see note 7)	14,125	14,127
	<u>788,391</u>	<u>689,153</u>
Analysis by fund		
Unrestricted funds	287,482	144,585
Restricted funds	500,909	544,568
	<u>788,391</u>	<u>689,153</u>

7 Support costs allocated to activities

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

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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:

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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:

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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.

LIFE CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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