



ANNUAL REPORT

& unaudited financial statements

for the period
from 1 April 2024
to 31 March 2025

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1. OBJECTIVES & ACTIVITIES



1.1 Vision

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

1.2 Mission

Our mission is to guide journeys of transformation by:

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

1.3 Values

Lifecentre's values are:



We create safety

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



We cherish diversity

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



We show kindness

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



We nurture hope

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

1.4 The charity objectives are:

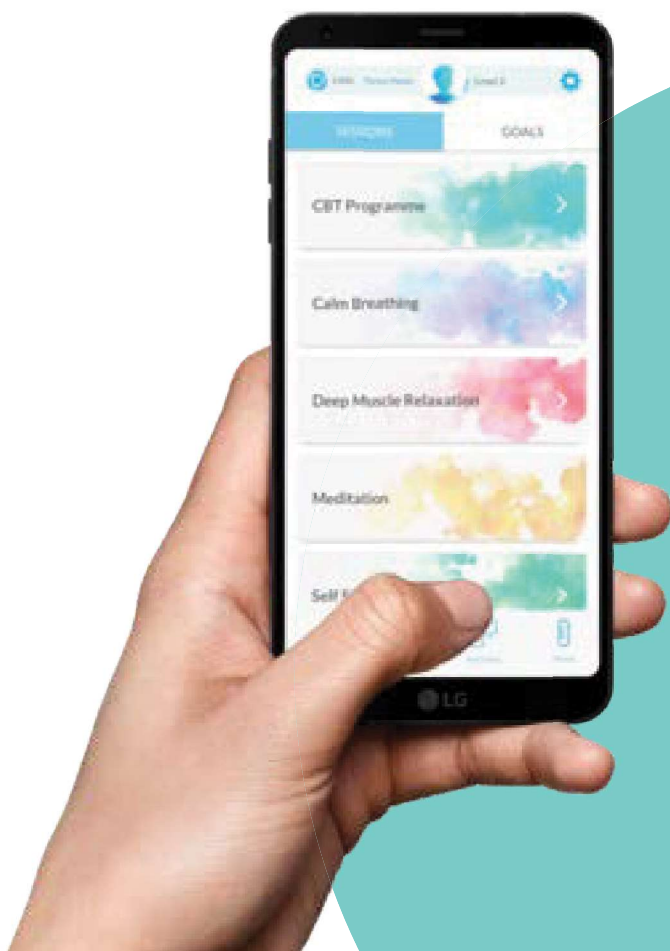
- to provide services and support for people who are in need of assistance resulting from life traumatising events, such as rape, sexual abuse, assault and other related issues, including the provision of trauma-informed therapy services and prompting the physical, emotional, social, mental, cultural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



1.5 Our main activities

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

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



1.6 Our trauma-informed services

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



- Wraparound holistic wellbeing services:

Our projects:

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

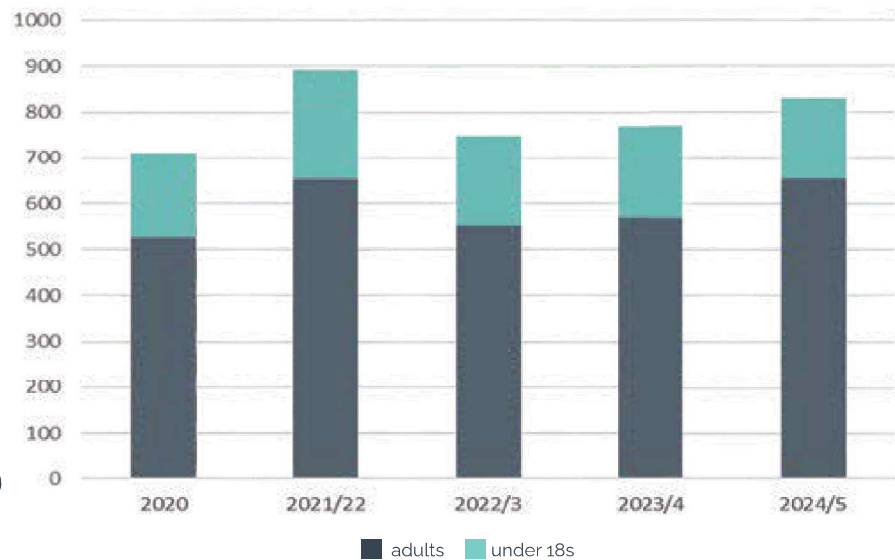
1.7 Annual summary

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

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

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

Referrals

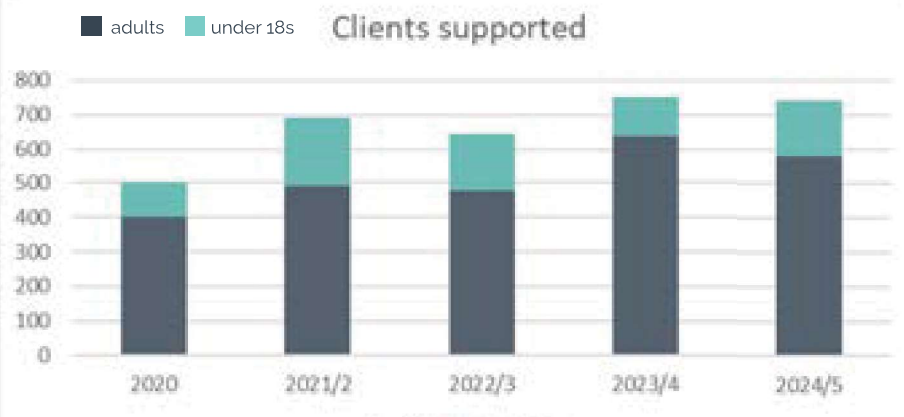


This year we supported **743** clients across West Sussex with specialist trauma-informed therapy: 582 adults and 161 clients were under 18.

We provided a total of **5029 therapy sessions**: 3990 to adults and 1039 to under 18s.

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

Clients supported





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

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

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



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



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



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



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

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

2. ACHIEVEMENTS AND PERFORMANCE



2.1 Therapy services and outcomes overview

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

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

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

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

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



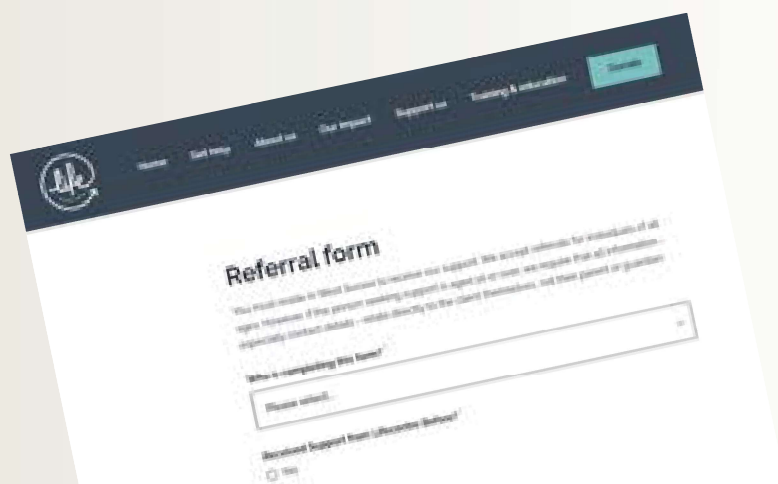
*"The support from Lifecentre has been incredible,
from the admin staff to (Therapist's name).*

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

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



2.1.1 Referrals for therapy

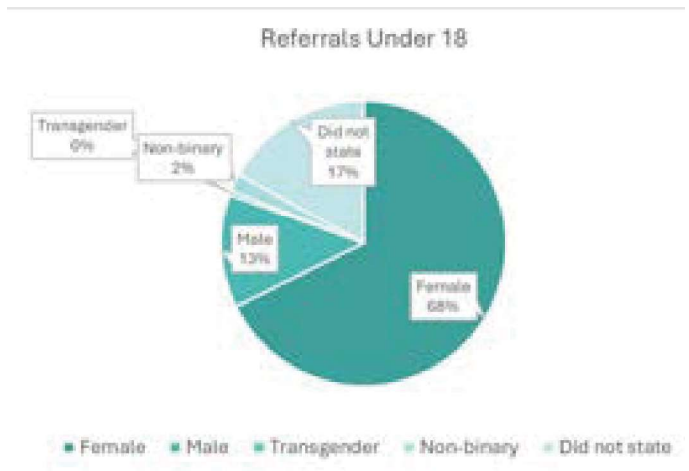
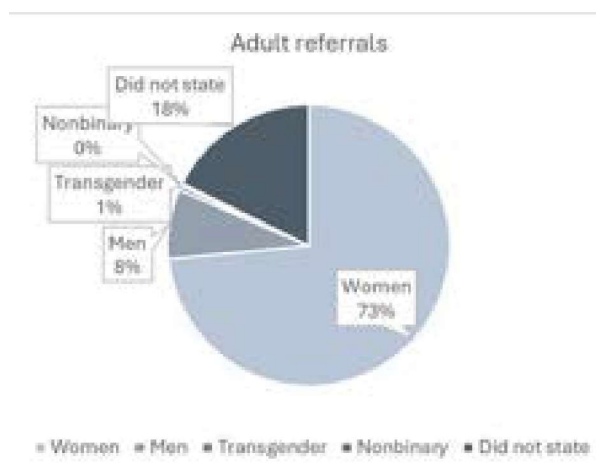


Referral source	Adults	%	Under 18s	%
Self-referral	360	57%	12	6%
Supporter referral	12	2%	57	28%
Health Services	37	6%	6	3%
Mental Health	28	5%	8	4%
Police	52	8%	21	11%
Change Grow Live	8	1%	-	-
Domestic abuse services	14	2%	-	-
Local Authority (WSCC)	4	1%	-	-
West Sussex Talking Therapies	30	5%	-	-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

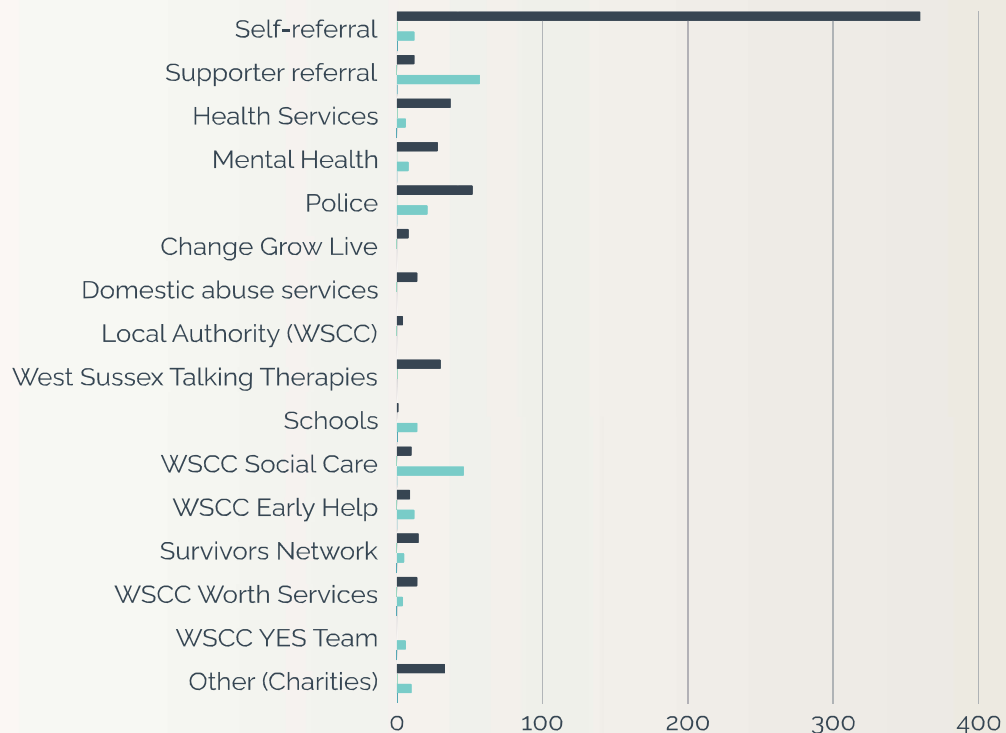
2.1.1 Referrals for therapy

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

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



Referral sources



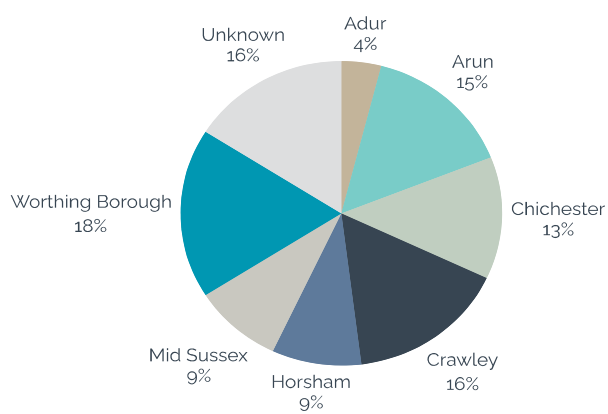
Adults

Under 18s

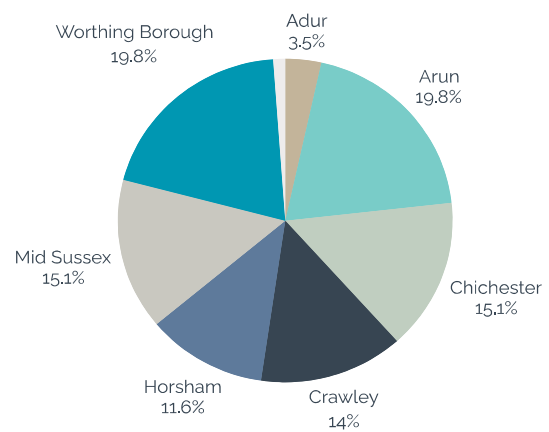


The following charts show which area the referrals were from.

Adult Referrals



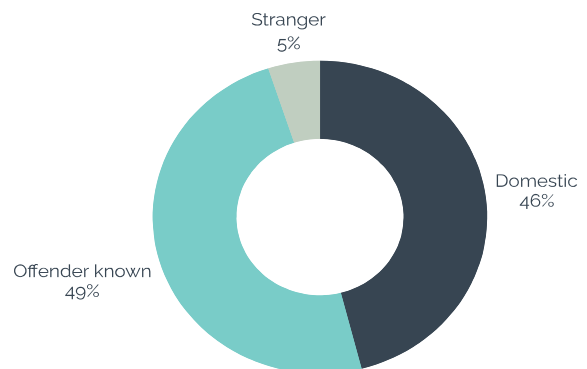
Under 18 Referrals



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



Relationship to offender



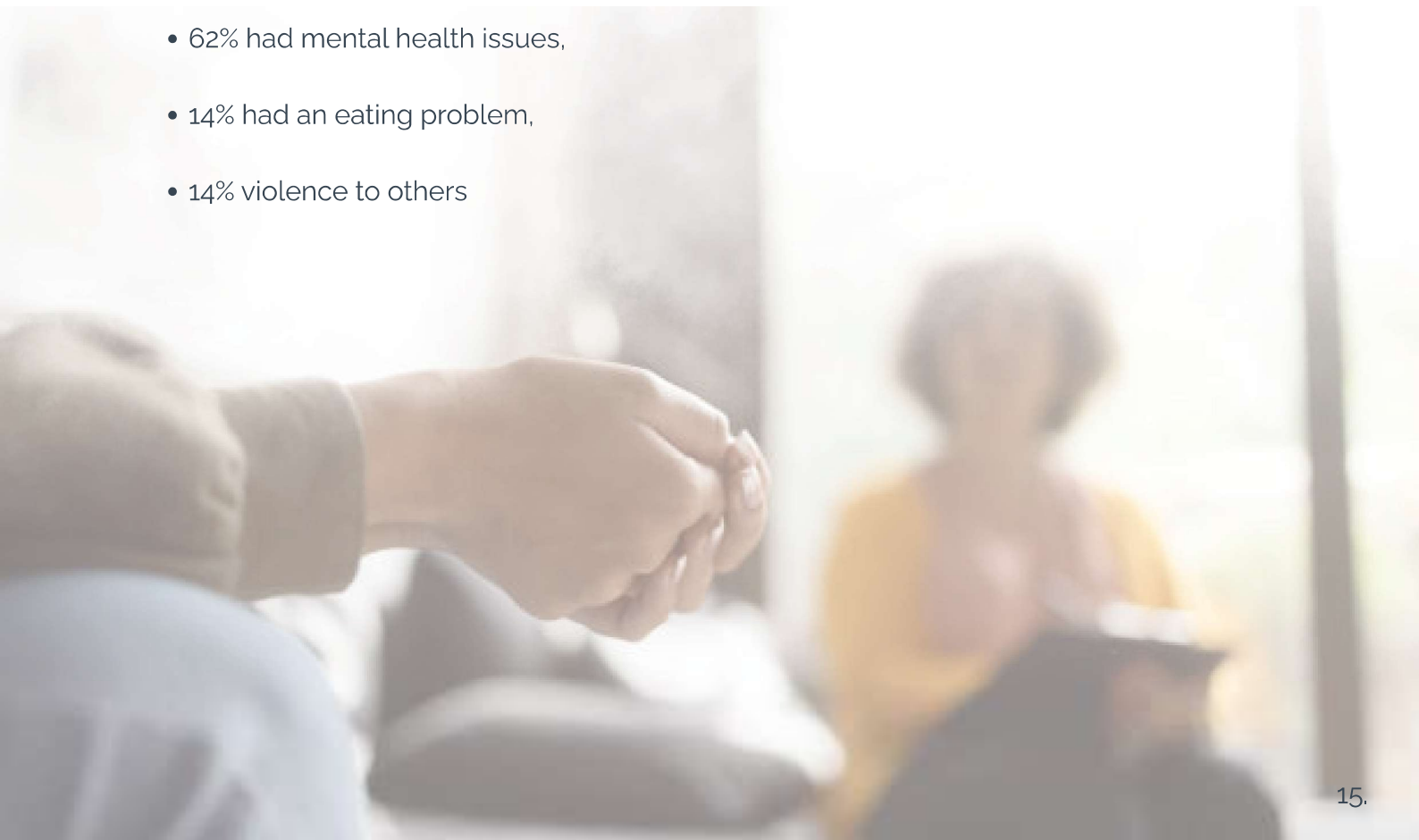
2.1.2 What do therapy sessions address

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

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

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

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



2.1.3 Overall therapy delivery overview

We delivered a total of **5029 sessions** during this period to **743 clients**.

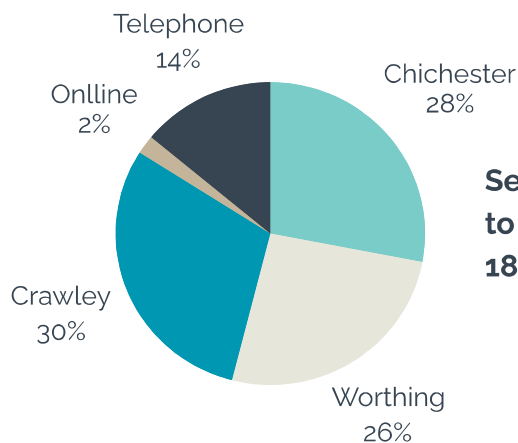
Most of our face-to-face support was for people from the **Crawley/Horsham** area (**36%**); with **33%** from **Chichester** and district and **31%** from **Worthing** and surrounding area. This period **16%** of our support was delivered by telephone and online therapy, and **84%** in person.

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

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

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

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



Sessions delivered to adults and under 18s by location

2.2 Adult therapy

2.2.1 Adult therapy delivery

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

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


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

2.2.2 Adult therapy outcomes

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

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

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



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

2.3. Under 18 therapy

2.3.1 Young people therapy delivery

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.

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

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

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

2.3.2 Young people therapy (12 – 17s) outcomes

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

2.4 Play therapy (Under 12s)

2.4.1 Play therapy delivery

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

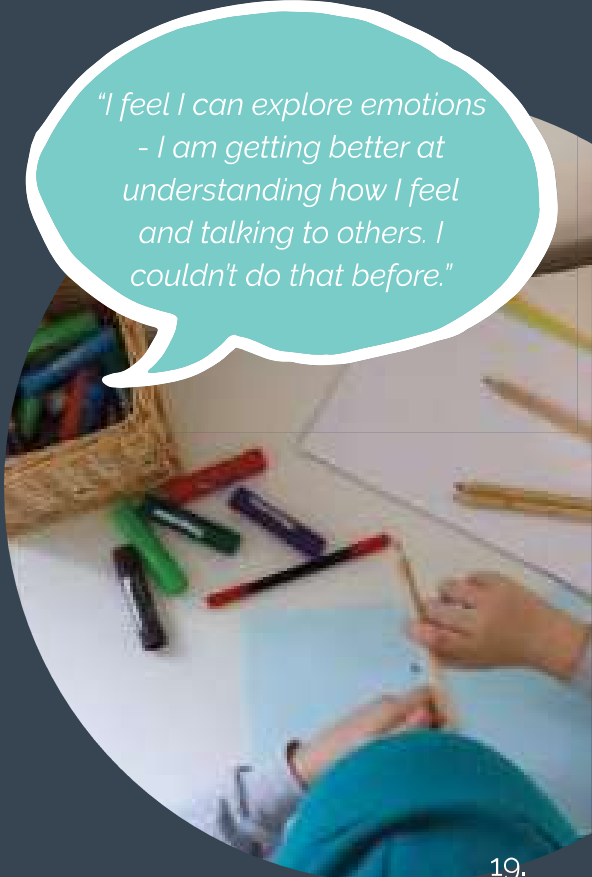
Recovery from difficult life experiences can be helped by a play therapist allowing a child space to express themselves in a safe and trusting environment. Play therapy gives children the opportunity to explore and understand their feelings. It can help them to change their view of the trauma of abuse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

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

2.4.2 Play therapy outcomes (Under 12s)

Outcomes (Under 12s):

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



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

3. WRAP-AROUND SUPPORT SERVICES & OUTCOMES



3.1 Client wellbeing and holistic support

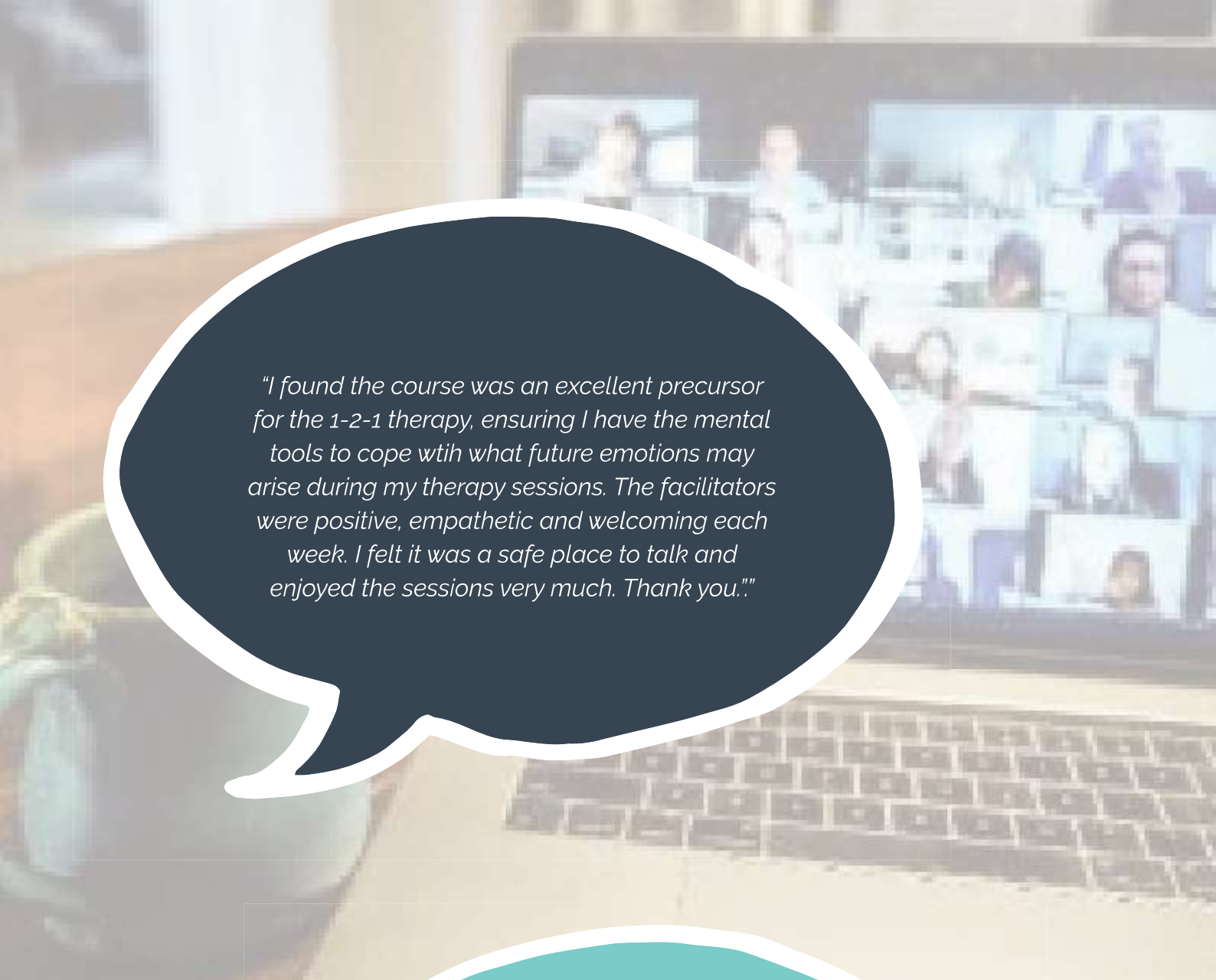
3.1.1 Adult survivors – psychoeducation peer support groups

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

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

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

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



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

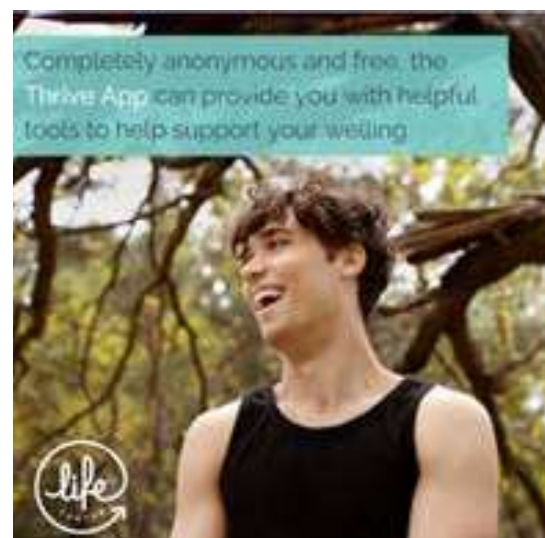
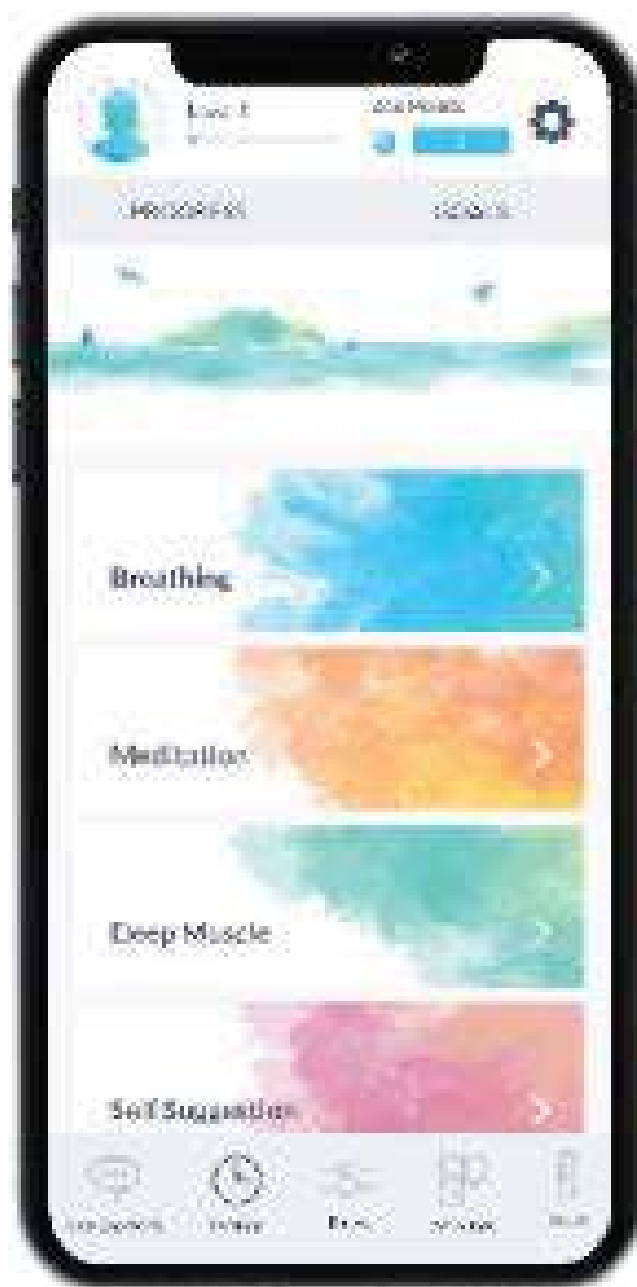
"It is very helpful and interesting to understand how my brain is processing my trauma. Learning it is actually a chemical/biological function instead of me just being a 'Drama Queen' is quite validating in the behaviour I see in myself.

I can't help feeling the way I feel but understanding the brain function behind it helps me to see I am not broken."

3.1.2 Thrive mental wellbeing app

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

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



3.1.3 Trauma-informed mind and body regulation service

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

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

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

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

3.2 Support for client supporters

Therapy for supporters of survivors

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

3.3 Community support

Work to promote the issues faced by survivors

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

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

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



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

Training and awareness raising

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

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


Education sector

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

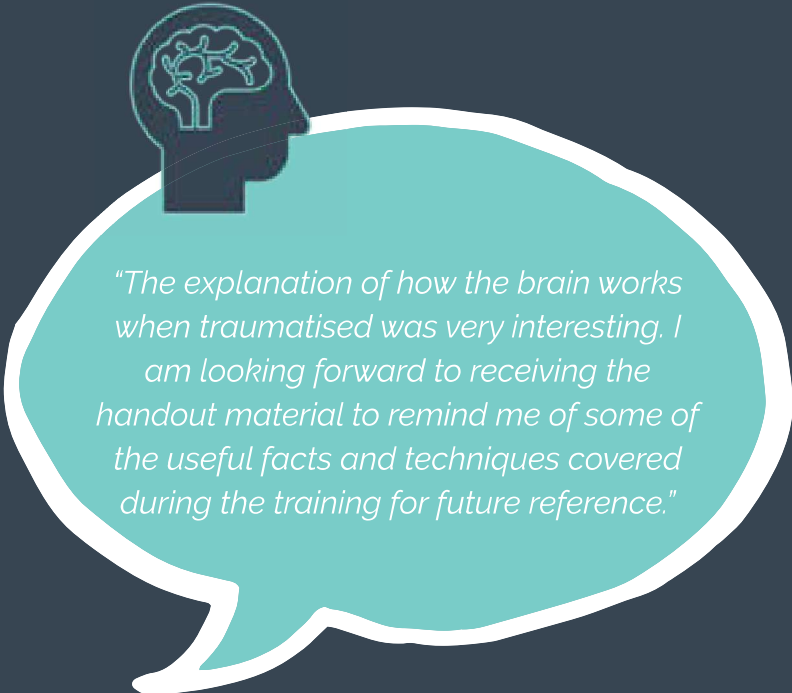
The team have delivered **20 sessions** to **453 participants** during this period, with more to come next year. All topic areas showed participants reporting an improvement in understanding with 75% of participants reporting that the training would have a positive impact on their practice and interactions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

Public, social and health care sectors

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



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



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

Trauma and the Brain training

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

3.4 Social Return on Investment

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

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

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

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

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

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

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

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



4. FUNDRAISING & FINANCIAL REVIEW



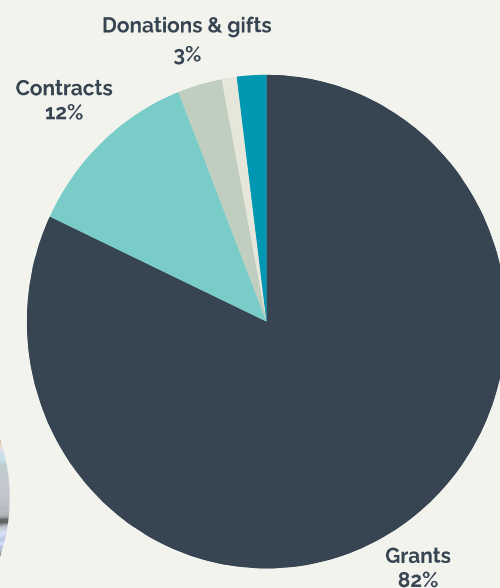
4.1 Income breakdown

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

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

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

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



4.2 Financial review

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

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

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

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

4.3 Reserves policy

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

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

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



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



5. STRUCTURE, GOVERNANCE & MANAGEMENT



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

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

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

Lifecentre is an incorporated charity limited by guarantee.

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

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

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

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

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

6. RISK MANAGEMENT



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

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

- **Inability to secure income required to deliver the service:** Our ability to continue providing services to clients is reliant on funding. We anticipate challenges with this moving forward due to the ongoing financial impact of the cost-of-living crisis. This risk is 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 therapists to increase our capacity. We continue to diversify our income streams to fund this work.
- **A serious safeguarding incident:** Lifecentre has a safeguarding policy which is reviewed annually. We have appointed and trained designated safeguarding lead and officers to oversee safeguarding practice and referrals throughout the organisation. All staff are trained annually on our safeguarding policy to ensure they understand their responsibilities and a culture promoting safe practice is developed.

7. ORGANISATIONAL STRUCTURE



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

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

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

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

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

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

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



8. ADMINISTRATION



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

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



9. ORGANISATIONAL DEVELOPMENT



Efficiency

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



Funding

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



10. STAFF WELLBEING



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

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

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



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

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

11. PARTNERSHIP WORKING

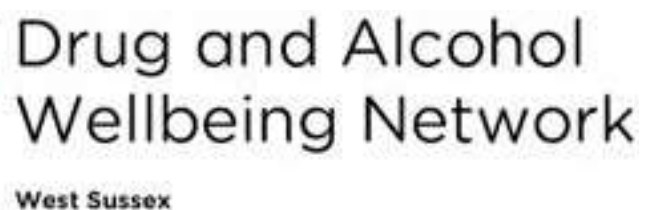


We work closely with other local charitable organisations which include:

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

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

- Mankind
- Survivors Network
- Hersana



12. FUTURE PLANS



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

- As part of this we want to make sure we are promoting our services across West Sussex so that clients know we are here for them and with a view to recruiting therapists to support more survivors.
- We would like to continue to develop an offer to support schools and other educational establishments with the issues of a harassment culture they are facing highlighted by the Everyone's Invited website and the recent Ofsted review.
- We will continue to develop our training offer for partners, local organisations and businesses to support their work.

Our future plans include:

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

13. LEGAL & ADMINISTRATIVE INFORMATION



Trustees	Alistair MacFarlane (S. A. MacFarlane) Charlotte Pexton (R. C. Pexton) Andrea Clarke Mark Oliver Dr Serena North Margaret Ellis
Charity number	1127779
Company number	6766164
Principal address	PO Box 58 Chichester West Sussex PO19 8UD
Registered office	PO Box 58 Chichester PO19 8UD
Independent examiner	Independent Examiners Ltd The Grain Store Hills Barns Appledram Lane South Chichester West Sussex PO20 7EG
Bankers	Lloyds Bank pic 10 East Street Chichester West Sussex PO19 1HJ

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

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

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

As the charity's Trustees of Life Centre (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Having satisfied myself that the accounts of Life Centre are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

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

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Life Centre as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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



J Irvin Smith FCIE

Date: 10 December 2025

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

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

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

Company registration no: 06766164

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

Directors' Responsibilities:

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

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

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

The directors acknowledge their responsibility for ensuring that the company keeps proper accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and if its profit and loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

Approved by the Directors on the 09/12/2025

Signed on their behalf by Director Andrea Clarke
Andrea Clarke (Dec 9, 2025 16:14:38 GMT)

Print Name: **Andrea Clarke**

Basis of preparation:

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

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

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

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

Going concern

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

Changes to accounting estimates

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

Material prior period errors

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

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

Charitable funds

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

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

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

1. ACCOUNTING POLICIES

The particular accounting policies adopted are set out below.

Income

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

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

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

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

Donated goods

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

Donated Services and Facilities

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

Volunteer Help

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

Income from interest, royalties and dividends

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

Insurance claims

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

Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use. All expenditure is accounted for on an accruals basis and includes attributable VAT which cannot be recovered. Expenditure is either allocated or apportioned to cost categories based on the estimated amount attributable to that activity in the year. These estimates are based on staff time. Governance costs are those associated with constitutional and statutory requirements. They include both direct costs and a share of indirect staff costs.

Liability recognition

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

Grants with Performance Conditions

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

Grants Payable without Performance Conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Employee benefits

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

Retirement benefits

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

Redundancy cost

The charity made no redundancy payments during the reporting period.

Deferred income

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

Legal status of the charity

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

Stocks and work in progress

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

Debtors

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

Fixed Assets

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

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

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

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

Impairment of fixed assets

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

Depreciation

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

Cash and cash equivalents

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

2. INCOME AND ENDOWMENTS FROM:

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

3. EXPENDITURE ON:

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

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

4. SUPPORT AND GOVERNANCE COSTS

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

5. DETAILS OF CERTAIN TYPES OF EXPENDITURE

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

6. TANGIBLE FIXED ASSETS

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

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

7. CASH AT BANK AND IN HAND

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

8. DEBTORS AND PREPAYMENTS

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

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

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

9.a) DEFERRED INCOME

Deferred income is included in the financial statements as follows:

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

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

10. DESIGNATED FUNDS

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

11. RESTRICTED FUNDS - CURRENT YEAR END 31 MARCH 2025

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

Any funds in deficit will be replenished by income expected in the next financial year.

The transfers shown above were agreed with donors, and permission was granted for the funds to be re-allocated to unrestricted funds.

11) RESTRICTED FUNDS - PREVIOUS YEAR END 31 MARCH 2024

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

Access Insurance - Rent on our new Crawley building

Arundel Town Council - Therapist fees for supporting Arundel survivors

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

Boltini Trust - counsellor fees.

Carpenter Box - Supporting Worthing survivors

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

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

Henry Smith - Worthing running costs

Ian Askew - Art therapy provision

Leathersellers - Partially covered rent for Crawley site.

Marsh Trust - To cover core costs

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

Midhurst Town Council - Therapist fees for supporting Midhurst survivors

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

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

11. RESTRICTED FUNDS (CONTINUED)

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

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

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

Palca Stevenson - To cover core costs

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

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

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

PCC Uni Work - To provide Bystander training into Chichester University

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

Plater Trust - Psycho education groups

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

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

Reaching Communities - Supporting therapy provision in Crawley.

Roddick Foundation - To cover core costs

Shanley Foundation - Art Therapy

Sports England funded us rolling out yoga to support survivors wellbeing

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

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

West Sussex Travel Society - To cover core costs

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

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

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

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

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

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

Number of employees who were employed:

	2025	2024
Average number of employees during the year	16	16

Area of the charity staff were employed:

Administration and Fundraising	9	9
Counselling and Client Support	7	7
TOTAL	<u>16</u>	<u>16</u>

Staff are paid through the PAYE system.

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

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

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

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

13. TRUSTEES AND OTHER RELATED PARTIES

	2025	2024
Number of Trustees who were paid expenses	-	-
Total amount paid	<u>£ -</u>	<u>-</u>

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

14. MOVEMENT IN FUNDS - CURRENT YEAR

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

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

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

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

14. MOVEMENT IN FUNDS - PRIOR YEAR

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

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

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

15. RISK ASSESSMENT

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

16. RESERVES POLICY

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

17. PUBLIC BENEFIT

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

18. EVENTS AFTER THE END OF THE REPORTING PERIOD

There are no events that require disclosure.

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

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

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

(b) Analysis of cash and cash equivalents

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

(c) Analysis of net debt

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