

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

England & Wales · Charity number 1138149

## Details

---

|                |                                                         |
|----------------|---------------------------------------------------------|
| Other names    | TYNESIDE RAPE CRISIS CENTRE, TRCC                       |
| Status         | Registered                                              |
| Legal form     | Charitable company                                      |
| Company number | <a href="#">07285969</a>                                |
| Registered     | 2010-09-23                                              |
| Register       | <a href="#">View on the Charity Commission register</a> |

## Contact

---

|         |                                                                                       |
|---------|---------------------------------------------------------------------------------------|
| Address | Rape Crisis Tyneside & Northumberla<br>PO Box 1320<br>Newcastle Upon Tyne<br>NE99 5DX |
|---------|---------------------------------------------------------------------------------------|

|       |             |
|-------|-------------|
| Phone | 01912220272 |
|-------|-------------|

|       |                                                                  |
|-------|------------------------------------------------------------------|
| Email | <a href="mailto:enquiries@rctn.org.uk">enquiries@rctn.org.uk</a> |
|-------|------------------------------------------------------------------|

|         |                                                      |
|---------|------------------------------------------------------|
| Website | <a href="http://www.rctn.org.uk">www.rctn.org.uk</a> |
|---------|------------------------------------------------------|

## Activities

---

**Objects:** 1.1 The Objects of the Charity are: a) to relieve the emotional, psychological and/or physical distress of primarily women and girls who have experienced sexual violence at any time in their lives, b) to educate the public in the nature of sexual violence and its impact on women and girls in particular by offering training and conducting research and disseminating the useful results of that research.

**Activities:** Provision of direct support services to female survivors of sexual violence aged 13 and over who live in Tyneside or Northumberland. The direct services we provide include counselling, group work, helpline, email support and practical/emotional support. Provision of specialist training, workshops and talks to local professionals and the wider public to raise awareness about our work.

## Classification

---

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

## Geography

---

- Gateshead
- Newcastle Upon Tyne City
- North Tyneside
- Northumberland
- South Tyneside

## Finances

---

| Period end | Income     | Expenditure | Assets   | Employees |
|------------|------------|-------------|----------|-----------|
| 2025-03-31 | £1,305,384 | £1,366,857  | £671,522 | 34        |
| 2024-03-31 | £1,271,736 | £1,207,531  | £735,502 | 30        |
| 2023-03-31 | £1,181,690 | £1,084,261  | £663,767 | 26        |
| 2022-03-31 | £945,667   | £832,312    | £563,826 | 23        |
| 2021-03-31 | £804,175   | £736,734    | £445,104 | 18        |

## Trustees

| Name                     | Role  | Appointed  |
|--------------------------|-------|------------|
| Anne Fry                 | Chair | 2022-01-24 |
| Claire Dosdale           |       | 2024-03-25 |
| Ellena Franklyn Rogerson |       | 2023-03-27 |
| Emily Kate O'Connor      |       | 2025-11-21 |
| Jayne Carrick            |       | 2017-10-30 |
| Louise Adele Barbe       |       | 2025-11-21 |
| Margaret Stewart         |       | 2025-03-31 |
| Mary Hannah Ashley       |       | 2026-02-10 |
| Roiya Hodgson            |       | 2023-01-30 |
| STEPHANIE CLAIRE REMFRY  |       |            |
| Siobhan Flynn            |       | 2026-02-10 |
| Sophie Laura Colella     |       | 2026-02-10 |

---

# Accounts

---

**REGISTERED COMPANY NUMBER: 07285969 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1138149**

**REPORT OF THE TRUSTEES AND  
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025  
FOR  
RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

## **CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025**

|                                           | <b>Page</b> |
|-------------------------------------------|-------------|
| <b>Chair's Introduction</b>               | 1 to 2      |
| <b>Report of the Trustees</b>             | 3 to 37     |
| <b>Report of the Independent Auditors</b> | 38 to 41    |
| <b>Statement of Financial Activities</b>  | 42          |
| <b>Balance Sheet</b>                      | 43          |
| <b>Cash Flow Statement</b>                | 44          |
| <b>Notes to the Financial Statements</b>  | 45 to 60    |

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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).

### ***Chair's Introduction***

It is my privilege, as Chair of the Board of Trustees, to introduce Rape Crisis Tyneside and Northumberland's Annual Report for 2024–25.

This year has once again been marked by growth, resilience, and impact. Across Tyneside and Northumberland, demand for our services continues to rise, and we are proud that—despite significant pressures—we have reached more women and girls than ever before. More than 1,500 survivors accessed our services this year, an increase of 6.4% from the previous year despite resources remaining stable. Each of these women and girls brings her own story, her own needs, and her own strength. To walk alongside them, to provide high-quality, specialist, trauma-informed support, is at the heart of everything we do.

Our counselling service remains the cornerstone of our work. This year, our team of dedicated counsellors delivered nearly 7,000 sessions—an increase of 18% on last year. We have also seen a shift towards more women preferring face-to-face sessions, underlining the importance of safe, accessible spaces in our communities. Demand for counselling continues to grow, with referrals up 17% on last year, but our model of flexible, personalised support ensures women are met with care, respect, and understanding at every stage.

Alongside counselling, our Practical and Emotional Support Service has also seen remarkable growth. Our Independent Sexual Violence Advisors provided holistic, person-centred advocacy to hundreds of women navigating complex systems and life challenges. Referrals increased by over 30%, with our ISVAs not only standing shoulder-to-shoulder with survivors, but also actively shaping the criminal justice system to become more survivor-focused.

The increase in helpline calls—up by a third this year—demonstrates that our local, confidential listening service continues to be a lifeline. For many, the helpline is the first time they have spoken about their experience. The courage of those calls, and the compassion of the volunteers who respond, remind us daily of the importance of keeping this service strong.

Group work has also flourished. From peer-support spaces to trauma-sensitive mindfulness, somatic movement, and creative groups such as the ABC of CSA programme, our small-group model continues to offer survivors a safe place to build resilience and connection. These groups, though resource-intensive, deliver transformative results.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

Behind all of this is the tireless commitment of our volunteers. This year, over 60 women gave nearly 3,800 hours to RCTN. Their contribution—whether on the helpline, in groups, through activism, or fundraising—is nothing short of inspirational. Our volunteers are the lifeblood of our organisation, and their solidarity with survivors ensures we can deliver a breadth and depth of service beyond what funding alone could provide.

Our activism and campaigning work has also gone from strength to strength. The continued success of Shout Up!, our award-winning campaign to make licensed venues safe from sexual harassment, demonstrates the power of partnership to create cultural change. This year, 37 venues were certified or re-certified, with over 800 staff trained and a media reach of more than 1.5 million people. Similarly, our It All Adds Up educational resource reached schools and youth settings across the region, supporting young people to better understand women's safety in public spaces.

Our Volunteer Activist group's project, Breaking the Silence, Breaking the Barriers, provided powerful insights into how women's intersecting identities affect their experiences of sexual violence and recovery. This work has not only shaped our own practice but is influencing conversations regionally and nationally.

Financially, RCTN remains on a stable footing. We ended the year with a modest increase in income, diversified funding streams, and a strong reserves position. This allows us to plan with confidence, even as we face an uncertain external environment.

Of course, challenges remain. Demand continues to outstrip capacity, waiting lists are sustained, and the complexity of survivors' needs is increasing in the wake of stretched statutory services and the ongoing cost-of-living crisis. But in the face of these challenges, our staff and volunteers have responded with skill, compassion, and resilience.

Looking ahead, 2025/26 will be a period of transition and opportunity. With a new senior leadership team in place, we are committed to stabilising, consolidating, and planning strategically for the future. We will continue to prioritise staff wellbeing, operational efficiency, and service expansion—ensuring that women and girls across Tyneside and Northumberland can access timely, specialist support when they need it most.

On behalf of the Board of Trustees, I extend my heartfelt thanks to our staff, volunteers, funders, and partners. Your commitment enables us not only to support individual survivors but also to challenge systems, change culture, and work towards our vision: that women and girls can live their lives free from the threat and impact of sexual violence.

**Anne Fry**  
**Chair of the Board of Trustees**

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

#### **Objectives and Activities Purpose**

- To relieve the emotional, psychological and/or physical distress of women and girls who have experienced sexual violence.
- To educate the public on the nature of sexual violence and its impact on women and girls.

#### **Vision**

- That women and girls can live their lives free from the impact and the threat of sexual violence.

#### **Mission**

- Provide women and girls with high quality specialist support.
- Change society's understanding of the nature and impact of sexual violence.
- Demand that the rights of women and girls who have experienced sexual violence are respected and their needs are met.
- End sexual violence.

#### **Objectives**

- To provide all women and girls that survive sexual violence in Tyneside and Northumberland with access to comprehensive, sustainable, effective and timely support and services
- To raise awareness of the nature, impact and prevalence of sexual violence with the general public.
- To influence and shape policy the policies and services that are provided to women and girls who survive sexual violence
- To increase RCTN's financial sustainability.

#### **Direct Services Activity**

##### **Our Services**

Our services are for women and girls over 13 who have experienced any form of sexual violence at any time in their lives. We offer counselling, ISVA support, helpline & email support, groups and specialist sexual violence training.

We work across six local authorities spanning the Northumbria Police and Crime Commissioner area including, Sunderland, South Tyneside, Gateshead, Newcastle, North Tyneside and Northumberland. Although we operate independently from statutory and criminal justice agencies, we work closely in partnership with them and with other voluntary organisations across the region.

##### **Numbers of Women We Worked With**

We worked with 1500 unique individual women this year which is an increase of 6.4% from the previous year. The small increase in service delivery reflects current staffing limitations. With no new recruitment and the team operating near full capacity, output

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

has grown only modestly, despite a continued rise in referrals. Additional resources will be needed to meet increasing demand effectively

| Service                       | Clients worked with 2024/25 | Clients worked with 2023/24 | Clients worked with 2022/23 |
|-------------------------------|-----------------------------|-----------------------------|-----------------------------|
| Counselling                   | 756                         | 714                         | 550                         |
| Practical & Emotional Support | 344                         | 332                         | 201                         |
| Group Work                    | 46                          | 58                          | 54                          |
| Helpline                      | 354                         | 305                         | 212                         |
| Total                         | 1,500                       | 1,409                       | 1,017                       |

#### Counselling Service

Rape Crisis Tyneside & Northumberland (RCTN) currently employs 13 counsellors and over 8.5 full time equivalents. RCTN holds British Accreditation for Counselling and Psychotherapy (BACP) organisational accreditation, which is reviewed on an annual basis. All counsellors are BACP accredited or working towards this. We also adhere to Rape Crisis National Service Standards. To ensure that we are accessible to those who need us we are able to offer sessions flexibly and deliver face-to-face sessions from several outreach bases. We are also able to offer sessions on-line and via telephone which helps to remove access barriers.

We offer survivors up to twenty sessions of trauma-informed counselling, including pre-trial therapy and Eye Movement Desensitisation and Reprocessing (EMDR). This flexible model allows therapists to tailor support to each person's unique needs, ensuring therapy is both comprehensive and personal. At present, five of our counsellors are trained to deliver EMDR.

Pre-trial therapy helps women and girls remain engaged with the criminal justice process while still receiving person-centred, trauma-informed counselling.

Our counselling is available in a range of settings, including in partnership with universities, within refuges, and for women leaving prison. This breadth of provision allows us to reach survivors wherever they are, and at the time they need it most. Many women tell us that therapy has been life-changing—helping them to release feelings of shame, stigma and self-blame, and to understand the impact of trauma on their responses at the time of abuse. This knowledge brings relief, perspective and healing.

Recognising the diverse needs of survivors, we offer evening appointments to support those with busy schedules or who prefer sessions outside standard hours. We also remove financial barriers by providing resources for travel, including public transport

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

and taxis—particularly important as the cost-of-living crisis continues to affect many of our clients.

We continue to deliver counselling through our community-based outreach sites, bringing services closer to those who might otherwise struggle to access them. This not only reduces barriers but also strengthens community networks and referral pathways. Feedback is actively sought through evaluation forms, ensuring our services remain responsive, relevant and survivor-led.

We also invest in our counsellors' professional development, with a dedicated training budget to support ongoing learning. By keeping up to date with the latest therapeutic approaches and best practice, our counsellors are equipped to provide the highest standard of care.

#### Counselling Service Delivery

We delivered 6967 sessions in 2024-2025 which is a 17% increase overall from the previous period. It is also clear from the data that more clients are wishing to access face to face sessions with a decline in clients attending online or video sessions. We will continue to ensure that appropriate and accessible spaces are available for face to face sessions for clients who wish to access this service.

| Delivery Method | 2024/25 | 2023/24 | 2022/23 | 2021/22 | % Difference* |
|-----------------|---------|---------|---------|---------|---------------|
| Face to face    | 4965    | 3488    | 2853    | 2046    | +42.34%       |
| Online / Video  | 720     | 897     | 844     | 554     | -19.73%       |
| Telephone       | 1282    | 1520    | 1275    | 1088    | +15.65%       |
| Total           | 6967    | 5905    | 4972    | 3688    | +17.98%       |

\*Comparing 2024/2025 and 2023/2024

Despite us being able to deliver more sessions than in previous financial years demand for counselling continues to increase yearly as evidenced in the table below. We received an increase in referrals of 17% in comparison with the previous financial year.

| Financial Year                  | 2024/25 | 2023/24 | 2022/23 | 2021/22 | % Difference* |
|---------------------------------|---------|---------|---------|---------|---------------|
| Number of Counselling referrals | 926     | 790     | 682     | 734     | +17.2%        |

\*Comparing 2024/2025 and 2023/2024

#### Challenges, Opportunities & Future Plans

Over the past 12 months, we have consistently maintained a high demand for our counselling services, evidenced by a sustained waiting list across the areas we serve.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

While the length of the waiting list varies slightly between local authority areas, it remains clear that our services continue to be in significant demand.

To ensure women on the waiting list are supported during this period, all clients are contacted by a qualified counsellor within two weeks of referral, and a pre-assessment is completed. At this stage, they are offered a 30-minute welfare check-in. This provides an opportunity for clients to share any updates relevant to their circumstances and, where appropriate, receive signposting to alternative or complementary services that may help address wider support needs.

As part of our commitment to operational efficiency and accessibility, we are actively reviewing and refining our internal processes to ensure services are running as effectively as possible and are accessible to those who need them most. We continue to analyse patterns in service usage and demand—for example, by reviewing requested appointment times. As a direct result of this analysis, we have created additional posts to offer evening appointments, recognising a clear need for more flexible scheduling.

Our service operates within the broader landscape of health, social care, legal, and community-based support systems. The continued impact of austerity on statutory services is increasingly evident in the complexity of the issues presented by our clients. Many arrive with additional unmet social care and medical needs. In response, we take a holistic approach—supporting women not only through counselling but also by connecting them to our Practical and Emotional Support Service and other relevant services.

In Sunderland, we now offer weekly face-to-face counselling at our outreach base. This expansion enables us to deepen community connections and extend our reach further into the Wearside area. We also continue to offer outreach in North Tyneside and Gateshead as well as at venues in Northumberland.

We also remain focused on improving our data integrity and reporting systems. These improvements are essential in helping us better evidence the impact of our work, identify service gaps, and adapt provision to meet the evolving needs of our clients.

### **Case Study: Supporting Recovery and Resilience**

#### **Client Profile**

- Age: 26
- Protected Characteristics: Asian, Muslim
- Referral: Self-referral
- Service: Counselling

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

#### **Background**

The client experienced coercive sexual activity from a previous partner, leading to a range of challenges including low mood, self-blame, anxiety, trust issues, emotional dysregulation, overthinking, and flashbacks.

#### **Support Provided**

The client accessed weekly counselling sessions (17 in total), delivered via a combination of face-to-face and online sessions. Initial sessions focused on building trust, particularly as the client was completing final university exams and needed flexibility. After a short break, counselling resumed, focusing on processing trauma, understanding trauma bonds, addressing self-blame, and exploring safe ways to share her experience with trusted individuals.

Therapeutic work also addressed childhood experiences of abuse and neglect, supporting the client to recognise that seeking help is acceptable and safe. A specific goal was to enable the client to disclose her experience to a trusted friend, building her support network.

#### **Outcomes**

- The client successfully disclosed her experience to her best friend and received emotional support.
- Developed healthy coping strategies and self-care practices.
- Improved emotional regulation and the ability to recognise and respond to personal limits.
- Reported increased balance in daily life and reduced fear of being alone.

#### **Client Feedback**

*"I used to have to keep busy all the time because being on my own was terrifying. Now I'm still busy but I definitely have more of a balance. I'm no longer afraid of my own thoughts."*

#### **Impact**

This case highlights the value of flexible, trauma-informed counselling in fostering resilience, rebuilding trust, and supporting survivors to access support and strengthen their personal networks.

### **Case Study: Supporting Complex Trauma Recovery**

#### **Client Profile**

- Age: 40
- Protected Characteristics: Polish
- Referral: Self-referral
- Service: Counselling

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

#### **Background**

The client has experienced multiple traumas throughout her life, including severe childhood abuse, sexual assault by a colleague, and repeated sexual harassment in different settings. These experiences impacted her mental health, relationships, work, and family life, presenting with symptoms such as dysregulation, flashbacks, hypervigilance, intrusive thoughts, sleep difficulties, and feelings of shame and self-blame.

#### **Support Provided**

The client accessed weekly face-to-face counselling sessions (14 sessions during this period). The therapeutic approach focused on safety and stabilisation, including:

- Psychoeducation about trauma and its physiological impacts
- Developing grounding strategies using sensory cues and safe anchors
- Emotional regulation techniques and self-compassion practices
- Exploring early trauma and its effects on relationships and coping
- Supporting disclosure and processing of sexual trauma in a safe, measured way
- Addressing psychosexual concerns and intimacy issues gradually, when safe
- Providing a consistent, safe space to enable effective processing and regulation

#### **Outcomes**

Reduced emotional dysregulation and increased ability to manage triggers

- Improved sleep quality (from 2 hours to an average of 6 hours per night)
- Enhanced capacity to engage with family, work, and leisure activities
- Reduced need to mask distress; opened up to her husband about past trauma
- Better awareness of physical cues, allowing proactive management of flashbacks
- Overall sense of calm and improved day-to-day functioning

#### **Client Feedback**

*"I feel calmer, more in control, and able to sit with my thoughts and emotions instead of masking them. I can engage with my family, work, and hobbies more fully, and I feel okay with not being okay."*

#### **Impact**

This case demonstrates the value of trauma-informed counselling in supporting survivors with complex, long-term trauma to build resilience, regain control over their lives, and improve wellbeing across personal, familial, and professional domains.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

#### **Feedback from Clients:**

Some feedback from clients who have accessed RCTN's Counselling Service

*"Your services have helped myself so much being able to talk things out and realise it wasn't my fault can only be done through the dedication of yourselves and the trust we put in your workers. You deserve all the funding and aid you receive".*

*"If I needed to pay to access this counselling then I wouldn't have been able to afford it, and would not have had access to it at all. This would have led to prolonged and severe struggling - the fact that this was free was crucial".*

*"I would just like to thank your team for allowing me to access your services and for providing me with such a safe space. I felt nothing but heard, seen and believed from my councillor and I will treasure that moving forward in life".*

*"You enabled me to work through this, through clarifying that my experiences were not my fault and. This has empowered me and dismantled shame I have felt. I have been able to make big decisions that have brought about changes for the better. I now feel I can trust my own judgment. The remote counselling allowed me to prepare my own surroundings before the call and then process afterwards in the safety of my own home. This was extremely helpful for me".*

#### **Practical & Emotional Support (P&E) Service: (P & E Service)**

Our P&E team consists of 5 qualified Independent Sexual Violence Advisors (ISVA's). Clients referred to our Practical and Emotional Support Service (P&E) receive holistic, person-centred advocacy through a single point of contact. This approach aligns with the Ministry of Justice's expectations for the Independent ISVA role.

ISVAs are specialist professionals who co-develop tailored support with individuals who have experienced sexual violence, whether or not they have chosen to report to the police. Support includes both practical and emotional assistance, navigating the Criminal Justice System (CJS), liaising with external agencies, and providing impartial information about rights and options. This enables clients to make informed decisions that are right for them.

ISVAs play a vital role in upholding and facilitating clients' access to their rights, ensuring their voices are heard and respected throughout their journey. RCTN continues to ensure that survivors are supported with advocacy and ensuring that their needs are met and risk is appropriately managed to ensure the safety of survivors and their dependants.

Demand for this service continues to rise and during 2024/2025 we have seen a significant increase in referrals into the service.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

|              | 2024/25 | 2023/24 | 2022/23 | 2021/22 | % Difference* |
|--------------|---------|---------|---------|---------|---------------|
| Face to Face | 278     | 243     | 154     | 107     | +14.40%       |
| Online/Video | 36      | 17      | 21      | 42      | +71.69%       |
| Telephone    | 1547    | 1012    | 1046    | 944     | +52.86%       |
| Text/Email   | 2618    | 2380    | 1767    | 1292    | +10%          |
| Other        | 240     | 699     | 193     | 290     | -65.66%       |
| Total        | 4719    | 4351    | 3181    | 2675    | +8.45%        |

\*Comparing 2024/2025 and 2023/2024

Demand for the P&E service has increased following the previous financial year as indicated by the below table.

| Financial Year          | 2024/25 | 2023/24 | 2022/23 | 2021/22 | % Difference* |
|-------------------------|---------|---------|---------|---------|---------------|
| Number of P&E referrals | 375     | 286     | 323     | 345     | +31.11%       |

\*Comparing 2024/2025 and 2023/2024

### ISVA Engagement with the Criminal Justice System

In addition to providing direct support to survivors, our ISVAs play an active role in influencing and improving the wider criminal justice system. During the financial year 2024/25, this has included:

- **CPS Scrutiny Panels:** Attending panels to review cases and contribute survivor-focused insight
- **National and Local Forums:** Sharing best practice and staying updated on developments within the criminal justice process
- **Northumbria Sexual Violence Provider Network:** Collaborating with local partners to improve service provision
- **National Rape Crisis England and Wales Conference:** Engaging with sector-wide discussions and initiatives
- **Research Contributions:** Participating in national and local research on issues affecting survivors of sexual violence
- **Collaboration with the Police and Crime Commissioner:** Facilitating meetings for survivors with key staff to share their experiences of the reporting process

Through these activities, our ISVAs not only support individual survivors but also contribute to systemic improvements, ensuring that the criminal justice system becomes more responsive and survivor-focused

### Case Study: Shia, 46

#### Background:

Shia was referred for support with a historic rape case from when she was 18. She had initially chosen not to report, but police became aware during a separate investigation. Feeling a responsibility to seek justice after all three of her daughters'

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

cases had been closed with no further action, she engaged with the criminal justice process.

#### **Support Provided:**

- Specialist ISVA support before, during, and after the trial
- Guidance for Shia and her family through a four-year investigation
- Advocacy and reassurance when interacting with police and other CJS professionals
- Partnership working with the Police and Crime Commissioner's Victims Champion to ensure her voice was heard

#### **Outcomes:**

- Case concluded with a Not Guilty verdict, which was emotionally challenging, but ISVA support helped Shia cope and provided reassurance to her family
- Enabled Shia to feel supported, heard, and less isolated throughout a retraumatizing process
- Meeting with the PCC Victims Champion gave her a sense of closure and validation from the CJS
- Demonstrated the impact of specialist support and partnership working in improving survivor experience

#### **Impact:**

This case highlights how ISVAs, alongside strategic partnerships with bodies like the PCC, provide survivors with crucial emotional support, advocacy, and empowerment through complex and often retraumatizing criminal justice processes.

#### **Learning Points:**

This case highlights the importance of trauma-informed, person-centred support for individuals with complex needs. Shia's engagement was significantly improved by the consistent, empathetic presence of her ISVA. While systemic challenges remain in the criminal justice system, persistence in advocating for survivors, joint working across services, and challenging injustice can lead to meaningful progress. This demonstrates how sustained, compassionate support enables survivors to re-engage with services, pursue justice, and begin recovery despite multiple barriers.

#### **Case Study: Sunisa, 48**

Sunisa self-referred to the P&E service following years of emotional distress caused by systemic failures within the criminal justice system. As an autistic woman with diagnoses of depression and PTSD, she faced significant barriers in navigating institutions not designed with neurodivergent survivors in mind.

Sunisa experienced childhood sexual abuse by two unrelated perpetrators. At age 11, she reported the first incident, but following a family relocation, she was never

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

informed of the outcome. This unresolved trauma contributed to long-term mental health difficulties, leaving her feeling hopeless, confused, and deeply frustrated.

#### Support Provided by ISVA:

- **Reporting and Communication:** Supported Sunisa in reporting the second perpetrator and worked closely with police to ensure communication was accessible and appropriate for her needs.
- **CICA Application and Appeal:** Assisted Sunisa in submitting a Criminal Injuries Compensation Authority (CICA) claim for the first incident of abuse. During the process, it was discovered that childhood records held by the police, local authority, and NHS had been lost or destroyed. The ISVA provided emotional support to help Sunisa process the distress and injustice caused by these systemic failures.
- **Evidence Gathering and Legal Support:** Collaborated with a solicitor to gather alternative evidence and prepare a compelling appeal. The tribunal ultimately upheld Sunisa's claim, awarding £118,000 in recognition of the abuse and the disabling mental injury that had significantly impacted her ability to work.

#### Outcomes and Learning Points:

Sunisa's case demonstrates how specialist, trauma-informed advocacy can transform outcomes for neurodivergent survivors. Her ISVA helped her access justice and financial redress while navigating systems that had previously failed her. By championing an accessible and inclusive approach, the ISVA addressed both practical and emotional needs, highlighting the importance of holistic support for survivors with complex and intersecting vulnerabilities.

#### Challenges, Opportunities & Plans

This year, our service faced several challenges:

- **Managerial absence:** Our service manager was off sick for a significant portion of the year, placing additional pressure on staff and day-to-day operations.
- **Increasing demand:** Client demand continues to rise, and although our team has expanded, the waiting list remains high.
- **Complex client needs:** Many clients present with multiple, intersecting needs, which increases the complexity and intensity of support required. This can also impact on the wellbeing of our team.

Despite these challenges, there are opportunities to improve and strengthen the service:

- **Reviewing ways of working:** The increased pressure and evolving needs provide a chance to assess and refine processes, ensuring more efficient and effective support.
- **Team development:** Opportunities exist to enhance peer learning, staff wellbeing, and specialist support through targeted training, supervision, and internal knowledge-sharing.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

- **Service accessibility:** The challenges reinforce the importance of continuing to improve access for marginalized communities, including reviewing referral pathways and support mechanisms for clients on the waiting list.
- **Collaboration:** We work closely with other professionals and stakeholders.

#### Group Work

Group work for survivors of sexual violence provides a safe space to connect with others who understand their experiences, reducing isolation and self-blame. It helps participants build coping skills, gain confidence, and strengthen resilience, while fostering peer support networks and a sense of community. These sessions complement one-to-one counselling, reinforcing learning and providing a supportive environment to practice coping strategies. In addition to attending the groups directly, clients also receive up to three one-to-one support sessions before, during, or after groups to build self-care skills, recognise their strengths, and maintain wellbeing.

During 2024/2025 we have delivered the following groups:

**Peer Support Core Group:** This group provides a space to reflect on well-being and discuss topics such as mental health, relationships, triggers, and disclosures. We share information on rights, myths about sexual violence, and the brain's response to trauma. Creative activities like art, writing, mindfulness, and movement are used to support emotional expression and well-being.

**Trauma-sensitive Mindfulness Group:** This 6-week group teaches mindfulness techniques to support wellbeing, self-compassion, emotional regulation, and body-mind connection. Participants learn practical skills to manage mood, reduce harmful coping strategies, and develop a sustainable mindfulness practice in a supportive peer environment. The group was co-designed by RCTN, Mindful Therapies, and clients.

**Online Self-Care Group:** Developed at the start of the pandemic, this four-week Online Survivors Self-Care Group supports clients who are socially isolated, anxious, or housebound. Activity-based sessions focus on self-compassion, challenging the inner critic, boundaries, self-reflection, and the future, using creative exercises to boost mood and encourage discussion.

**Somatic Trauma Informed Movement Group:** This four-week Somatic (movement) group combines psychoeducation and movement to help clients process trauma and gain peer support. Recognising sexual violence as a physical trauma, the group teaches how body-based movement can regulate the nervous system and support mental and physical wellbeing. It was co-designed by RCTN and a Trauma Yoga Practitioner.

**Monthly Workshop Space-** Our Monthly Workshop Spaces are available to individuals who have completed one of our weekly groups or counselling sessions. These workshops combine peer support with themed well-being activities. Each session begins with a 'check in', providing a safe space for participants to share what's on their minds and what support they feel would be helpful in the moment. This can include challenges, progress made, accomplishments, or positive experiences.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

**ABC of CSA Group: A creative group for people who have experienced sexual violence in childhood-** A creative support group for adults who experienced sexual violence in childhood. This group is open to anyone who experienced sexual violence before the age of 18, in any form. It is a creative, trauma-focused space where we work together using the resource *ABC of CSA*. CSA stands for *Child Sexual Abuse*. The *ABC of CSA* is a deck of cards created by survivors, designed to help people explore feelings, process experiences, and open up supportive conversations about childhood sexual violence. In the group, each participant is encouraged and supported to develop their own personal resource as part of the creative process.

During the period 2024/2025 we have supported 49 survivors to access group support and we have delivered 46 individual group sessions in total which can be broken down as follows:

| Group Types                       | Number of Groups | Number of Sessions Per Group | Total Sessions |
|-----------------------------------|------------------|------------------------------|----------------|
| Peer Support Core Groups          | 2                | 8                            | 16             |
| Trauma-Informed Mindfulness Group | 1                | 6                            | 6              |
| Online Self-Care Group            | 1                | 4                            | 4              |
| Somatic Movement Group            | 1                | 4                            | 4              |
| Monthly Peer Support Group        | 1                | 12                           | 12             |
| Stand alone Themed Workshops      | 4                | 1                            | 4              |
| <b>Total</b>                      | 10               |                              | 46             |

During the 2024/2025, our small-group, multi-session model supported 49 survivors through 46 group sessions, including Peer Support Core Groups, Trauma-Informed Mindfulness, Somatic Movement, Online Self-Care, and themed workshops. While this format may appear resource-intensive, it offers significant benefits: smaller groups create a safe and personalized space for survivors, enabling deeper engagement, skill-building over multiple sessions, and meaningful peer connection. This trauma-informed approach ensures survivors can participate at their own pace and receive the tailored support they need. Looking ahead to the 2026/2027 financial year, we will review group provision to optimize both reach and impact, exploring ways to maintain the quality of support while increasing accessibility, such as through consolidated group sessions, hybrid delivery formats, and continued diversity of offerings to meet the varied needs of survivors.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

#### **Case Study**

##### **Background:**

'Cassi', mid-30s, self-referred after rape. She was sexually abused within her family from ages 5–16, with two male relatives convicted. She feels her mother neglected and enabled the abuse. Recently, 'Cassi' became her mother's sole carer and moved back into the family home. She has ADHD, autoimmune conditions, and is currently unable to work. 'Cassi' identifies as bisexual and is exploring her sexuality.

##### **Group Work:**

In 2024–2025, 'Cassi' attended RCTN's Somatic Movement Group, which helped her feel safer in her body. She is on the waiting list for the new "ABC of CSA" group, designed specifically for adult survivors of childhood sexual abuse.

##### **Key Outcomes:**

'Cassi' reports greater confidence, stronger boundaries, and has sought support with benefits applications, including carers allowance. She is exploring starting her own fabric business, supported by creativity in groups. Validation of her experiences has reduced shame and guilt.

##### **Looking Ahead**

RCTN anticipates high demand for the "ABC of CSA" group in 2025 and will ensure provision is in place to meet the demand.

In response, we are reviewing our referral processes and updating our website to provide clearer guidance around service eligibility and pathways to support. These steps aim to reduce inappropriate or misdirected referrals and ensure that our service capacity is used efficiently and equitably.

##### **Helpline & Email Support Service**

Our local Helpline and Email Support service is free and confidential. The services are staffed by trained women volunteers who listen and support women and girls.

The primary purpose of the Helpline & Email Support service is to provide anonymous listening and emotional support for women and girls.

Through this service we also provide:

- An introduction and opportunity to build trust with us, sometimes as a first step to accessing other support.
- Information, on practical issues such as reporting.
- Information on and referrals to, local services provided by us and others.
- Emotional support for women and girls on waiting lists for other services, provided by us and others - often described as 'holding them'

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

We usually offer up to 50 minutes of support to each caller. Our email support uses a specialist system that anonymises email addresses. This means women and girls have control over if and when they tell us who they are.

Our Helpline and Email Support services also provides support and information to supporters such as partners, relatives, friends, carers and other workers.

During 2024/2025 we received 1,277 calls to our helpline this an increase of 33% from the previous period. During this period, we also supported 338 individual women which is a further increase from 289 during the 2023/2024 period. This demonstrates that there is still a need for a local service outside of the National Helpline. Our Helpline Volunteers have also responses to 629 emails from women.

#### **Case Study: Janice's Journey – The Impact of Helpline Support**

##### **Overview:**

Janice, a woman in her 60s, contacted our Helpline eight times over a period of three months. She reached out due to distressing flashbacks that were impacting her daily life. Through our trauma-informed support, Janice made significant progress in managing these flashbacks, rebuilding her confidence, and accessing further therapeutic support.

##### **Background and Presenting Issues:**

Janice disclosed, for the first time, that she had experienced abuse in childhood and rape in early adulthood. She had never spoken to anyone about these experiences and carried deep feelings of guilt, particularly because the perpetrator went on to harm others.

Although Janice believed she had come to terms with her past, when a friend confided in her about a recent rape, Janice experienced her first panic attack. This marked the beginning of frequent and intense flashbacks. She found herself avoiding going out alone, withdrawing socially, and struggling with the emotional impact—all while trying to support her friend and manage her own distress privately.

##### **Support Provided:**

The Helpline provided a vital safe space for Janice to begin sharing her experiences for the first time. Our team supported her to:

- Understand what flashbacks are and why they occur.
- Learn and practice grounding techniques to manage distressing symptoms.
- Build confidence in coping with trauma-related responses.
- Reconnect with everyday activities, including leaving the house.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

#### Positive Outcomes:

- **Improved Wellbeing:** Over time, Janice reported feeling more in control of her flashbacks and less fearful of them.
- **Increased Independence:** She felt more confident going out alone again.
- **Relationship Reconnection:** Janice expressed guilt about hiding her experiences from her husband. With support from the Helpline, she made a plan to disclose what had happened.
- **Disclosure and Support:** Janice shared her story with her husband, who responded with compassion and promised to support her ongoing recovery.
- **Access to Ongoing Help:** The Helpline made an internal referral to counselling, which Janice accepted as the next step in her healing journey.

#### Service Impact:

Janice described the Helpline as the only place she felt she could talk openly about her past. The service played a crucial role in:

- Breaking decades of silence.
- Helping her understand and manage trauma symptoms.
- Enabling her to access longer-term therapeutic support.
- Supporting her to strengthen personal relationships.

#### Conclusion:

Janice's story highlights the critical role of the Helpline in supporting survivors of historic abuse—particularly those who have never spoken about their trauma. This case demonstrates the long-term, life-changing impact of trauma-informed, accessible, and confidential support services.

#### How It Helped: Survivor Reflections on Helpline and Email Support

*"I am really very grateful for all of the time and support; you have all given me. Thank you for listening to my messed-up phone calls, my tears, my hurt and for believing me. I am truly grateful".*

*"Thank you for being gentle with me, I cried as I read your reply".*

*"Thank you for listening to me".*

*"Thank you, you are the only organisation that I get support from, I trust you".*

*"It has helped me to feel safer and believed, I really appreciate that because I haven't been believed by anyone else".*

*"It is good to talk to people who believe me".*

*"I feel that I have been helped by you".*

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

#### **Volunteer Involvement and Impact**

Volunteers are central to everything we achieve at Rape Crisis Tyneside and Northumberland (RCTN). This year, 59 women gave their time, energy, and skills across a wide range of roles including Helpline and Email Support, Group Work, Activism, and Community Fundraising. Some volunteers focus on a specific area, while others contribute across multiple activities.

Together, our volunteers contributed almost 3,800 hours to RCTN — a powerful demonstration of their dedication to supporting women and girls impacted by sexual violence.

#### **Helpline and Email Support**

Our Helpline and Email Support Service is delivered entirely by volunteers. This year, 37 women were active in this role. These volunteers provide essential emotional support and information to women and girls, often being the first point of contact for those reaching out for help.

Many of our experienced Helpline and Email Support Volunteers also support the recruitment, training, and mentoring of new volunteers — a vital contribution to the sustainability of our service. In addition to the 37 active volunteers, we recruited 10 new trainees, who will begin their induction in early 2025–26.

#### **Group Work**

Volunteers play a key role in supporting the delivery of our Group Work programmes. This year, 5 women supported a variety of therapeutic and peer-support groups. More information about our Group Work can be found in the relevant section of this report.

#### **Activism**

Our Activism Volunteers work to raise awareness of our services and promote solidarity with survivors. They also contribute to challenging rape culture and increasing public understanding of the prevalence and impact of sexual violence.

This year, 26 women were involved in activism, including leading the development and delivery of our “Breaking the Silence, Breaking the Barriers” campaign. Full details of our campaigning and outreach work are included later in this report.

#### **Community Fundraising**

While statutory funding and charitable grants remain essential, we continue to grow our community fundraising efforts to sustain and expand our services.

Eight women volunteered in Community Fundraising roles this year, organising and supporting a range of events and initiatives including quiz nights, a swimathon, music events, and merchandise sales — helping raise both funds and awareness.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

We simply could not do this work without our skilled, experienced, and committed team of volunteers. Their contributions directly support our mission to provide free, specialist services to women and girls affected by sexual violence across Tyneside and Northumberland. Their compassion, solidarity, and dedication are truly inspiring.

In addition to our frontline and fundraising volunteers, 11 women gave their time and expertise as members of our Board of Trustees, helping to guide and strengthen the strategic direction of our organisation.

- 100% of volunteers active in 2024-2025 reported that volunteering had a positive personal impact on them.
- 79% of volunteers active in 2024-2025 reported that volunteering had a positive professional impact on them.

#### **Volunteering with us has inspired many — here's what some of them have to say**

*"The skills are useful in everyday life and feels good being part of this community."*

*"My knowledge has increased massively. My ability to provide emotional support has grown significantly."*

*"I have been able to spread RCTN ideas and values to my workplace in an attempt to effect positive change"*

*"My listening skills and ability to listen and support those that work with me have had a significant positive impact. I have had feedback regularly over the years that people feel heard and that I act in their best interests."*

*"The role helped me carry out a sessional group worker role in paid employment."*

*"Used the skills in leading meetings when participating in work meetings".*

*"I have shared the information on services and processes to support survivors that I gained through RCTN with colleagues and leadership at work."*

*"I talk to victim-survivors of abuse in my role, and I know I can do this safely, sensitively and supportively because of my RCTN role."*

*"Shaped research I have completed ... my approach to thinking about people who have experienced sexual violence, how I write about these experiences, and what changes I want my research to effect."*

*"Huge influence on my PhD topic!"*

*"Volunteering at RCTN influenced what I did for my BA dissertation and eventually led me to doing a PhD on sexual violence."*

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

#### Analysing Public Benefit Purpose

**1: Relieving the emotional, psychological and/or physical distress of women and girls who have experienced sexual violence RCTN supports women and girls to deal with the impact of sexual violence.**

Sexual violence is a broad term which includes rape, sexual assault by penetration, child sexual abuse, sexual assault, sexual harassment, sexual exploitation and image-based sexual violence.

#### Referrals

During 2024/2025, RCTN received 1484 service referrals for 970 survivors across all of our services. This is an increase of 12% in comparison with the previous period (9.6% increased individuals) which demonstrates that demand for our services continues to increase year on year.

| Financial Year | Number of Referrals | % Change from Previous Year |
|----------------|---------------------|-----------------------------|
| 2024/2025      | 970                 | +9.6%                       |
| 2023/2024      | 885                 | +8.46%                      |
| 2022/2023      | 816                 | +0.25%                      |
| 2021/2022      | 814                 | +57.14%*                    |
| 2020/2021      | 518                 | No data held                |

\*We suspect that the increase in 2021/2022 is as a result of improving our data integrity.

For the purposes of this report, we have also broken down the referrals by the age of survivor.

| Referral by Age | 2024/25 | % of all referrals |
|-----------------|---------|--------------------|
| 12 and under    | 1       | 1%                 |
| 13-17           | 75      | 8%                 |
| 18-34           | 546     | 55%                |
| 35-54           | 270     | 28%                |
| 55-74           | 61      | 6%                 |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

|             |     |      |
|-------------|-----|------|
| 75 and over | 0   | 0%   |
| Not stated  | 17  | 2%   |
| Total       | 970 | 100% |

#### Sources of Referrals

The below table illustrates the referral sources into RCTN services we have undertaken significant developmental work this financial year which may account for the significant increase in referrals. It is also indicative of the continued prevalence of sexual violence.

| Referral Source   | No of Referrals 2024-25 | No of Referrals 2023-24 | No of Referrals 2022-23 | % Difference |
|-------------------|-------------------------|-------------------------|-------------------------|--------------|
| Professional      | 980                     | 781                     | 693                     | +25.5%       |
| Proxy             | 27                      | 29                      | 29                      | -6.9%        |
| Self              | 477                     | 513                     | 536                     | -7%          |
| Internal Referral | 175                     | 142                     | Data not captured       | +23.2%       |

The overall increase in referrals is largely due to strengthened professional networks and improved internal referral processes, which continue to generate consistently high numbers despite slight decreases in self and proxy referrals.

#### Professional Referrals

We continue to receive the majority of our referrals from criminal justice agencies, including the Sexual Assault Referral Centre (SARC), the police, and Northumbria Victim and Witness Service (NVWS). This is consistent with previous years.

Referrals from the voluntary sector have increased by 38% which demonstrates more awareness of our services and the benefit of partnership working as well as continued increased demand for our services.

| Professional Referral Source | No of Referrals 2024/25 | No of Referrals 2023-24 | No of Referrals 2022-23 | % Difference |
|------------------------------|-------------------------|-------------------------|-------------------------|--------------|
| Health                       | 151                     | 162                     | 122                     | -6.8%        |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

|                                         |     |     |     |         |
|-----------------------------------------|-----|-----|-----|---------|
| Education                               | 110 | 112 | 104 | -1.8%   |
| Police/SARC/VFN                         | 376 | 243 | 210 | +54.7%  |
| Voluntary Sector<br>& Women's<br>Sector | 240 | 174 | 147 | +37.9%  |
| Local Authority                         | 47  | 64  | 57  | -26.6%  |
| Other                                   | 56  | 26  | 25  | +115.4% |
| Total                                   | 980 | 781 | 665 | +25.5%  |

\*Number of referrals recorded is based on the number of individual service referrals and not based on unique individuals.

#### Helpline & Email Support Service

Demand for our Helpline and Email Support service continued to grow in 2024–2025:

- Calls: 1,277 received, a 33% increase on the previous year.
- Emails: 629 received, a small 4% decrease from 2023–24 but almost 50% higher than 2022–23, reflecting sustained engagement.

The service maintained a 98% opening rate of advertised hours. Rare closures were due to unavoidable safety issues, including a local gas leak and far-right activity in August 2024. Contact varies in nature, with average call lengths of 31 minutes and emails taking 24 minutes, ranging from 2 to 50 minutes per interaction. Support includes:

- Immediate emotional support for issues such as suicidal ideation, flashbacks, self-blame, and coping strategies.
- Internal referrals to face-to-face services, counselling, or group work.
- Signposting to specialist agencies and providing information on police reporting, SARC services, and sexual health.

Key outcomes of contact are summarised in the table below.

| Outcome of Contact                  | 2024/25 |
|-------------------------------------|---------|
| Immediate Emotional Support - phone | 910     |
| Immediate Emotional Support - email | 205     |
| Information given                   | 136     |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

|                                                                                   |    |
|-----------------------------------------------------------------------------------|----|
| Signposted or referred to an external agency                                      | 46 |
| Internal Referral to RCTN Face-to-Face Service;<br>Counselling, P&E or Group Work | 30 |

The table below summarises the volume of calls and emails handled by our Helpline & Email Support service over the past three years, highlighting sustained growth in demand and engagement

| Calls & Emails Received                                 | 2024/25 | 2023/24 | 2022/23 |
|---------------------------------------------------------|---------|---------|---------|
| Number of calls received including silent & phone downs | 1,277   | 962     | 518     |
| Number of emails received from women                    | 629     | 654     | 421     |
| Number of emails sent to women                          | 597     | 620     | 405     |

### Outcomes

#### Face to Face Services

The table below shows the percentage of women who reported improvements in key outcome areas over the past three years

| Outcome                                                                                      | 2024/25 | 2023/24 | 2022/23 |
|----------------------------------------------------------------------------------------------|---------|---------|---------|
| Health and Wellbeing Improved                                                                | 71%     | 79%     | 81%     |
| Feeling informed and empowered to act                                                        | 83%     | 76%     | 79%     |
| Ability to cope                                                                              | 78%     | 71%     | 74%     |
| Increased feelings of safety                                                                 | 80%     | 77%     | 76%     |
| Support with engaging in and/or accessing information regarding the criminal justice process | 65%     | 53%     | 51%     |

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

#### **Key Insights from service outcomes:**

- **Health and Wellbeing:** The reported improvement has decreased from 81% in 2022/23 to 71% in 2024/25. This is notable and may need further investigation possibly changes in reporting, client needs, or service delivery.
- **Feeling informed and empowered to act:** This outcome saw the largest improvement, rising to 83% in 2024/25. Indicates strong impact in empowering women to make informed decisions.
- **Ability to cope:** Increased steadily to 78%, suggesting services are becoming more effective in helping women manage challenges.

#### **Overall Message:**

- Positive outcomes are reported across all areas.
- While some areas show improvement, others, like health and wellbeing, show a slight decline, highlighting areas for reflection or targeted intervention. This could also be indicative of other challenges that are impacting survivors i.e. cost of living crisis, access to housing or mental health support etc.
- The services appear particularly strong in empowerment and coping outcomes.

#### **Purpose 2: Educating the public in the nature of sexual violence and its impact on women and girls Community Engagement and Public awareness raising.**

We aim to raise awareness of our services and offer solidarity to women and girls who have experienced sexual violence. We also aim to communicate the true nature, impact, and prevalence of sexual violence to professionals and the public. We hope this will help create the transformational change in public attitudes that will bring about systemic change.

#### **Campaigns: #ItAllAddsUp**

In October 2024 we expanded on our campaign, #ItAllAddsUp with the launch of an educational resource in partnership with the Northumbria Police and Crime Commissioner. We developed and co-produced the free downloadable resource to be used in educational establishments including youth settings and for work with young people with additional needs. The resource focused on the safety of women and girls in public places.

The It All Adds Up Education Resource has continued to be available as an open access, free to download resource for use, 152 downloads of resources for:

- Mainstream Schools – 60 downloads
- SEND Schools - 35 downloads
- Informal Education Settings - 57 downloads

We secured engagement from influential local presences, it featured on BBC Radio, BBC Newcastle, Radio Newcastle, MSN, Listen Live, BBC Online, and Chronicle Live, enhancing credibility and visibility. The It All Adds Up Educational resource was also further promoted via:

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

- 15 talks
- 4 training sessions
- 6 events
- 11 information stalls

Through dedicated awareness raising and marketing and comms activity we have achieved a public reach of 580,850 in the promotion of the It All Adds Up Resource. The breakdown of this is as follows:

- 7,663 (Facebook & Instagram)
- RCTN Website: 8,805 Visitors
- Media coverage: Estimated Reach 561,230
- In Person Awareness Raising: Reach 1,516

### **Shout Up!**

Shout Up! campaigns to make our pubs, clubs, bars and venues sexual harassment-free zones, training staff to recognise and respond to sexual harassment and importantly, we are also able to generate income from this work.

Shout Up! requires venues to commit to:

- Managerial and supervisory staff receiving in-person Shout-Up! training.
- All other staff completing Shout-Up! online training course.
- Creating and implementing a Sexual Harassment Policy with help from our team.
- Public acknowledgement of their participation through marketing, social media, posters and promotional material.

Our award-winning sexual harassment campaign in licensed venues continues with funding from Newcastle City Council. This year:

- Number of venues certified 2024-25 – 19
- Number of venues recertified 2024-25 – 18
- Number of staff trained in person – 130
- Number of staff trained online – 739
- Total Media & Comms Reach – 1,564,517
- Recertification process strengthened & formalised – staff training refreshed, policy updated & new Venue Agreement introduced.
- 2 Venues, The Cluny & The Cumberland Arms, recertified twice, plus have been active participants in the campaign since 2017
- 100% of participants stated that they would recommend the Shout Up! Training to colleagues.

Shout Up! Venues said:

*“Being part of the Shout Up! Scheme is extremely important to us. We as a venue encourage and promote the safe enjoyment for all guests, without having to worry about feeling vulnerable or alone, ensuring a great night when at Boiler Shop. Being*

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

*part of the scheme shows our dedication to this and hope to advocate a safe space for all”.*

Jodie Maddison, Venue Manager, Boilershop

*“Being a part of something like Shout Up! lets our customers know we will not be ignoring sexual harassment on our premises. The training Shout Up! provides gives the staff confidence to deal with these situations. It's strengthening to know we are part of a community of great venues”*

Isiobel Stewart, Manager, Cumberland Arms

*“Recertification of Shout-Up! at The Powerhouse & The Pink Room is of a high priority for our staff, we want to make sure that all our staff are knowledgeable and have the confidence to spot and deal with harassment in our venues”*

Owen McStravick, General Manager, Powerhouse & Pink Room

A key part of Shout Up! is our marketing and communications work. We must shout about the achievements of our venues and promote their commitment to creating Sexual Harassment-free zones. Through this work, we also communicate the venue and wider city's commitment to everyone's safety when accessing our night-time economy.

#### **Learners Said:**

*“Amazing training should be mandatory for all bars!”*

*“As it was a refresher course, I expected to be less engaged, but this was not the case”*

*“The trainer is very knowledgeable and has provided us with great understanding surrounding the topic”*

*“They were very knowledgeable about what was being taught and were able to answer all the questions”*

#### **Breaking the Silence, Breaking the Barriers**

Our Volunteer Activist group explored how women's intersecting identities affect their ability to identify as *survivors*, experience *trauma*, and access *healing and recovery*. We surveyed 110 people and held focus groups with specialist “by and for” organisations, including women involved in selling sex, LGBTQIA+ sanctuary seekers, and racially marginalised women.

Our findings were published in “Breaking the Silence, Breaking the Barriers”, which received nearly 12,000 website visits in 2024–2025. Recommendations from the report have informed our campaigns and awareness activities.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

Key initiatives and outcomes:

- **Supporting Survivors:** Developed a website section and leaflet for family and friends; hosted a public music event attended by 65 people, mostly new to our organisation.
- **Breaking the Barriers (Sunderland):** Hosted an event for 55 professionals, raising awareness of services and barriers faced by women experiencing multiple forms of oppression. Feedback was overwhelmingly positive, and multiple referrals were generated for specialist services.
- **Impact:** New connections led to a drop-in session for young women in Sunderland, and the event was endorsed by Northumbria Police & Crime Commissioner, Susan Dungworth, highlighting the need for consistent specialist funding.

These activities demonstrate measurable engagement, improved awareness, and strengthened support pathways for women facing barriers to accessing sexual violence services.

### Campaign and Media Impact

We ran a targeted social and news media campaign to share findings and raise awareness, with a particular focus on local communities. This campaign reached over 51,000 people and has played a vital role in challenging stigma, raising awareness, and building public understanding.

Our Volunteer Activists also collaborated with a graphic designer to create a diverse set of illustrated characters, representing the breadth of women and girls we aim to support. These characters are now featured across our publicity materials, website, and campaigns.

One survivor shared this moving feedback:

*“Thank you so much for including a wheelchair user in your post picture. It means the world to me as a paraplegic childhood survivor... It means so much to not feel alone and invisible. Thank you, from the little girl I didn't get to be and from the woman I've had to become.”*

These characters will continue to be a cornerstone of our public-facing work, reinforcing our commitment to inclusive and intersectional service provision.

### Community Fundraising

Achieving our mission would not have been possible without our fundraising supporters and volunteers who have organised and attended events, chosen us as their company charity, and taken on challenges. These community fundraising events help raise the profile of our charity with the wider public as well as bringing in money to fund important work.

This year we have generated donations and fundraising income through a wide variety of community fundraising activities including; public events such as our annual

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

swimathon, regular quiz nights, music events, encouraging regular and ad hoc donations, and the sale of merchandise such as our fantastic Canny Lass Socks! We have also benefitted from people choosing us to raise funds for us by organising events, holding markets and carrying out sponsored activity.

We continue to be the chosen charity of EY Newcastle and are thankful to the staff there for their continued dedication and fundraising efforts.

We generated £22,261 from fundraising work and £8,195 from donations. We also secured £19,053 from sales which included delivering training workshops.

#### **Development & Awareness Raising Work**

Engaging directly, in person, with frontline professionals and members of the public is key to raising awareness of sexual violence and our services for survivors. We do this through providing information stalls, talks, training and organising events across all of the areas we serve. This year we also secured funding for a dedicated worker to carry out targeted development and awareness raising work in Northumberland and Sunderland. We reached 3,054 people through this work.

This work has led to stronger referral routes, especially in Northumberland and Sunderland, an increase in referrals in those areas and a new outreach base in Sunderland.

#### **Social Media**

We use our social media accounts to raise awareness of the true nature and prevalence of sexual violence, offer solidarity to survivors and promote our specialist support services. Our Volunteer Activists and Marketing & Coms Worker, collaborate to make sure that our social media accounts relevant, engaging and that content is withing the organisation's values and ethos.

In addition to using our social media accounts to promote our campaign messaging detailed earlier in this report and to promote our services. We also use our accounts to comment on current events and the news, raise awareness of key international days and promote events such as Reclaim the Night.

We again created the social media plan and content for 16 Days of Activism which was used by statutory and voluntary sectors across Newcastle, North Tyneside and Northumberland. We use this to support the conversations around 16 days of activism to include all forms of violence against women and girls and to consider some intersectional issues and identities.

This year our social media reach was 131,415 people.

We aim to ensure our activity across all our social media platforms offer a safe space for members of the pubic, including potential users of our services. However, this is not always possible. We have clear processes in place to enable us to manage risk in this space and this year sawn us needing to implement these processes in the face

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

of transphobia and racism. The impact of this cemented our decision to leave the platform X due to the changing nature of the audience and functionality of the platform.

#### **Partnerships and Influence**

RCTN actively participates in a range of external partner forums and panels across Tyneside and Northumberland. Through these, we raise awareness of our services, contribute to policy development, and support the improvement of best practice at local, regional, and national levels.

Our relationship with criminal justice agencies continues to evolve through a "critical friend" approach and using our expertise to influence and advocate for survivors. We have strengthened ties with Northumbria Police and the Crown Prosecution Service (North East).

Our Independent Sexual Violence Advocates (ISVAs) regularly attend the Regional CPS ISVA forums, offering feedback to improve the experiences of survivors whose cases are referred to the CPS. Additionally, we hold seats on the CPS Domestic Violence Scrutiny Panel and the CPS Violence Against Women and Girls (VAWG) Scrutiny Panel.

While we work constructively with the criminal justice system, we also hold it to account. We collaborate closely with the Centre for Women's Justice, contributing to legal challenges against the police and CPS to address systemic injustices faced by women and girl survivors of sexual violence. Nationally, we participate in regular Independent Sexual Violence Advocate Service Lead meetings, sharing knowledge and contributing to campaigns—such as the push for stronger protections around third-party data disclosure and consent when reporting crimes.

RCTN also contributes to consultations held by the Home Office, Ministry of Justice, and Crown Prosecution Service on new legislation and policies.

#### **Looking Ahead: 2025/26**

##### **Organisational Priorities and Opportunities**

In 2025/26, RCTN will reaffirm its commitment to supporting women and girls to live free from the threat and impact of sexual violence. With demand for our services remaining consistently high and waiting times increasing, our focus will be on strengthening our capacity to respond effectively while maintaining organisational resilience within a challenging and competitive funding landscape.

We anticipate that the year ahead will be a period of transition, marked by the appointment of a new senior leadership team. Our priority will be to stabilise the organisation, consolidate internal structures, and continue building strong, collaborative relationships with key stakeholders and funders.

As we move into 2025/26, RCTN has identified several key priorities that will guide our work over the next few coming years:

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

#### Main Priorities:

- **Staff Wellbeing:** Ensuring the health, wellbeing, and resilience of our team remains central to our success. We recognise that supporting our staff is critical to sustaining high-quality service delivery.
- **Service Delivery and Operational Efficiency:** We will continue to strengthen service delivery through robust operational practices, streamlining processes, and improving efficiencies across the organisation.
- **Increased Awareness and Outreach:** Raising awareness of sexual violence and the support available through RCTN will remain a core focus, helping us reach more women and girls who need our services.

#### Key Opportunities:

- **Collaboration and Strategic Partnerships:** We will actively seek opportunities to collaborate with other agencies and community partners to broaden our reach, share expertise, and strengthen RCTN's role within wider support systems.
- **Service Expansion:** Building on existing strengths, we aim to explore opportunities to expand and diversify our service provision in response to evolving client needs and demand.

These priorities and opportunities will underpin our approach as we enter a transitional year, ensuring we remain resilient, responsive, and focused on delivering impactful, survivor-centred support.

As part of this process, we will consult with staff on the development of our next strategic plan for 2026/27. This will ensure our future direction is shaped collaboratively, grounded in operational insight, and aligned with our commitment to delivering high-quality, accessible services supported by efficient and effective internal processes.

We will also prioritise improving the resilience and efficiency of our service delivery, ensuring that women and girls can access timely, high-quality support when they need it most.

#### Reference and Administrative Details

Registered Company number: 07285969 (England and Wales)

Registered Charity number: 1138149

Registered office: Floor One  
One Strawberry Lane  
Newcastle upon Tyne  
NE1 4BX

Directors and trustees

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

The directors of the charitable company are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

#### **Trustees**

- |                       |                    |
|-----------------------|--------------------|
| 1. Ellena Rogerson    | Co-Treasurer       |
| 2. Jayne Carrick      | Co-Treasurer       |
| 3. Stephanie Remfry   |                    |
| 4. Roiya Hodgson      |                    |
| 5. Anne Fry           | Chair              |
| 6. Claire Dosdale     |                    |
| 7. Margaret Stewart   | Appointed 31.03.25 |
| 8. Catherine Wheatley | Resigned 03.06.24  |
| 9. Sara Chezari       | Resigned 15.05.25  |

|        |                                 |                 |                   |
|--------|---------------------------------|-----------------|-------------------|
| Others | Chief Executive Officer:        | Sue Pearce      | resigned 04.04.25 |
|        |                                 | Abby Traynor    | from 17.03.25     |
|        | Deputy Chief Executive Officer: | Jamie Allinson  |                   |
|        | Key Finance Officer:            | Safina Siddique |                   |

|         |                                                                                                   |
|---------|---------------------------------------------------------------------------------------------------|
| Auditor | BK Plus Audit Limited<br>Azzurri House<br>Walsall Business Park<br>Aldridge<br>Walsall<br>WS9 0RB |
|---------|---------------------------------------------------------------------------------------------------|

|                     |                                                                                                                                                         |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Investment advisors | Cascade Holdings England and Wales<br>Company registration 09212233<br><br>St Jame's Place<br>1 Tetbury Road<br>Cirencester, Gloucestershire<br>GL7 1FP |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|

|          |                                                      |
|----------|------------------------------------------------------|
| Bankers: | National Westminster Bank Plc<br>Newcastle upon Tyne |
|----------|------------------------------------------------------|

### **Structure, Governance and Management**

#### **Governing Document**

Rape Crisis Tyneside and Northumberland (RCTN) was set up as a charity on 17th November 1978 under the name of Tyneside Rape Crisis Centre, registration number 508177. The organisation is now a charity and a company limited by guarantee defined by the Companies Act 2006. It was incorporated as a company and registered as a charity on 16th June 2010 and the changes were formally adopted by the organisation on 1st January 2011. The charity name was changed with the Charities

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

Commission on 28th January 2013 and adopted from 1st April 2013. RCTN also uses the names Tyneside Rape Crisis Centre and Grace, Northumberland Rape Crisis.

RCTN operates under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up Members are required to contribute an amount not exceeding £1.

The organisation is governed by its trustees who are also the only Members of the organisation. Under the requirements of the Memorandum and Articles of Association, the Board may consist of between three and twelve trustees. This year there were ten trustees. All trustees are female. The Board meets around eleven times a year. A Finance sub-group consisting of the Co-Treasurers, staff and the external Accountant who meet quarterly to review the Management Accounts. The Board delegates day-to-day management of the organisation to the CEO and Deputy CEO. RCTN holds regular strategy days which trustees and staff attend.

#### **Appointment of trustees**

There is no limit to the time that a trustee may serve with the organisation; however one-third of the trustees must retire at each AGM with the longest-serving retiring first. All trustees give their time voluntarily and are not allowed to receive any material benefit from the charity. Trustees are however able to claim reasonable out of pocket expenses. The trustees are responsible for selecting a Chairperson, Secretary and Treasurer.

#### **Trustees' induction and training**

A recruitment, training and induction procedure is in place to support new trustees. When an expression of interest to join the Board is received, this is followed through by the CEO who arranges an informal pre-meeting. References are taken up and discussions/decisions about the nomination to the Board are discussed and approved at a quorate Board meeting.

All trustees receive an induction into the values and services of RCTN, sexual violence issues, their duties, roles, responsibilities and liabilities as a trustee and key policies. RCTN has a trustee induction checklist and each new trustee is allocated a mentor trustee to support them through the induction process. A trustee role description is issued to all new trustees outlining the duties, roles, responsibilities and liabilities each trustee faces. Role descriptions are in place for the Chair, Treasurer and Company Secretary.

All trustees are required to undertake training on a range of issues such as on equality and diversity issues; child and adult safeguarding; roles and responsibilities of trustees and sexual violence issues. Training opportunities are highlighted at Board meetings including opportunities to attend conferences/workshops. Trustees are also responsible for identifying their own training and development needs and for recording all training they attend.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

#### **Related parties and co-operation with other organisations**

RCTN is a member of Rape Crisis England and Wales (RCEW) and adheres to the RCEW National Service Standards. We participate in Rape Crisis North East regional meetings to share best practice and feedback via our local representative to the national body. We have a CIO in partnership with other North East Rape Crisis Centres.

#### **Pay policy for senior staff**

The trustees set the pay of the CEO and Deputy comparing against equivalent roles within the voluntary sector. The nationally recognised National Joint Council pay scales are used to set the pay of all staff. Inflationary pay awards are periodically approved in line with national NJC pay agreements. A remuneration committee meets as required.

#### **Risk management**

The trustees recognise that they hold a responsibility to identify risks to the organisation; to ensure that controls exist to limit the possibility of risks occurring; to limit the impact of any risks on the viability or security of the organisation; to manage any risks that do occur; and to regularly review whether new risks have been introduced into the organisation.

The trustees have implemented a risk review system and have built a risk register. They have reviewed all organisational risks focusing on the risks with the highest risk score. The trustees have implemented a system to review the risk register on a regular basis or following a critical incident.

#### **Financial Review**

##### **Funding Strategy**

We maintain a Funding Strategy and Fundraising plan to ensure that we raise all the funds that we require.

##### **Income and Principal Funding Sources**

We aim to maintain a diverse range of funders so that we minimise risk to the organisation's activities. Our total income this year was £1,305,385 (£ 1,253,220 last year) which represents a 4% increase from last year. We received income from statutory bodies including:

Ministry of Justice Female Rape Support Fund; Police and Crime Commissioner for Northumbria; Local authorities (Gateshead, Newcastle upon Tyne, North Tyneside, Northumberland and South Tyneside) and the NHS North East and North Cumbria Integrated Care Board (Gateshead, Newcastle, North Tyneside and Northumberland).

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

The National Lottery Community Fund continued to support us. We were also funded by Awards For All.

The Charitable Trusts and Foundations who supported us were:  
Ballinger Trust, Community Foundation Tyne and Wear and Northumberland, Henry Smith Charity, Lloyds Bank Foundation, Hospital of God at Greatham, Sir James Knott and the Rosa Fund.

We also received funding from Changing Lives and Newcastle University.  
We are extremely grateful to all our funders, statutory, private and voluntary, in helping to sustain our activities.

#### **Fundraising from the community**

We generated £23,538 from fundraising and £6,918 from donations. The sources of our self-generated income were monthly donors; one-off individual donations; sponsorship money from external fundraising events and from our own fundraising events.

#### **Income from training and sales**

We secured £19,053 from sales which included delivering training workshops.

#### **Expenditure**

Our total expenditure this year was £1,366,857 (£1,207,531 last year) which represents a 13% increase since last year.

#### **Investment Policy**

We have a documented Investment Policy, the objective of which is to increase our income so we can achieve our charitable purpose and to enable us to hold sufficient reserves as required by the Reserves Policy. During the financial year, we have continued to invest in an ethical unit trust. We have worked with a cash management organisation to ensure that our remaining cash assets are spread across a range of financial organisations and held with varying notice periods to satisfy our liquidity requirements.

The trustees decide, where possible, to invest in ethical investments in the knowledge that they may not provide the best rate of return, but would protect the organisation's reputation. Only the trustees are able to make decisions on investments. The performance of investments are reviewed by the Board six monthly.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

#### Reserves Policy

##### Rationale behind the Reserves Policy

- To demonstrate transparency, accountability and sound financial management the Reserves Policy clearly justifies the amount of reserves kept back each year.
- The Reserves Policy allows RCTN to take account of potential risks and contingencies that may arise. For example, the level of reserves allows the charity to manage any cash flow issues and to replace obsolete equipment.
- RCTN provides support to women survivors of all forms of sexual violence in Tyneside and Northumberland and one of our core services is long-term counselling. The Board of Trustees wishes to maintain sufficient level of Reserves to enable the counselling service to continue should a shortfall in income occur. RCTN believes that holding up to six month's reserves would allow RCTN the opportunity to ethically complete its programme of support to these vulnerable clients.

##### Level of reserve required by RCTN

RCTN has agreed to hold the following unrestricted reserves (£563,510):

|                                                                | £              |
|----------------------------------------------------------------|----------------|
| <b>Designated funds</b>                                        |                |
| Dilapidation & property sinking fund                           | 15,000         |
| Projects: shortfalls in Group work, ISVA and Volunteer budgets | 57,777         |
| Projects: Innovation fund                                      | 35,847         |
| Staff contingency and Liabilities fund                         | 164,874        |
| <b>General unrestricted reserves</b>                           | 290,012        |
| <b>Total</b>                                                   | <b>563,510</b> |

The trustees' aim is to hold **General unrestricted funds** equal to six months; running costs. Based on 2024/25 expenditure free reserves amounted to approximately two and a half months' running costs. There are currently no plans to spend this as we consider the organisation to be a going concern.

**Other designated funds** We plan to use these funds in 2025/26 to support direct project delivery, innovation and development work.

##### Monitoring and reviewing the Reserves Policy

The calculation of the required level of Reserves is an integral part of RCTN's planning, budget and forecast cycle and as such, the Trustees/Directors will consider the Business Plan, budget, financial projections and funding strategy each year and will review the Reserves policy annually in light of their findings.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

#### **Going concern statement**

The trustees have reviewed and considered financial information and revised forecasts to take into account measures that they can take with the current financial resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

#### **Statement of Trustees' Responsibilities**

The trustees (who are also the directors of Rape Crisis Tyneside and Northumberland for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

#### **Auditors**

In accordance with section 485 of the Companies Act 2006, a resolution for the re-appointment of BK Plus Audit Limited as auditors of the charity is to be proposed at the forthcoming Annual General Meeting.

Approved by order of the Board of Trustees on 12 December 2025 and signed on its behalf by:

*Anne Fry,*

*Chair of the Board of Trustees.*

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **Opinion**

We have audited the financial statements of Rape Crisis Tyneside and Northumberland (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for opinion**

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

### **Conclusions relating to going concern**

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

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

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

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **Opinions on other matters prescribed by the Companies Act 2006**

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

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

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

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

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

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

### **Responsibilities of trustees**

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

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

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **Our responsibilities for the audit of the financial statements**

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

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities, including fraud, are instances of non compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. In this regard, our procedures include the following:

- enquiry of management around actual and potential litigation and claims;
- reviewing minutes of meetings of those charged with governance;
- reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business;
- challenging assumptions and judgements made by management in their significant accounting estimates.

Because of the field in which the charity operates, we have identified the following areas as those most likely to have a material impact on the financial statements: Health and Safety; Employment Law; and compliance with the Companies and Charities Acts.

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

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **Use of our report**

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

Colin Chater FCA (Senior Statutory Auditor)  
for and on behalf of BK Plus Audit Limited  
Chartered Certified Accountants  
and Statutory Auditors  
Azzurri House  
Walsall Business Park  
Aldridge  
Walsall  
WS9 0RB

12 December 2025

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

|                                    | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2025<br>Total<br>funds<br>£ | 2024<br>Total<br>funds<br>£ |
|------------------------------------|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                            |                          |                             |                             |
| Donations and legacies             | 2     | 5,918                      | 1,000                    | 6,918                       | 12,559                      |
| <b>Charitable activities</b>       | 5     |                            |                          |                             |                             |
| Charitable activities              |       | 124,969                    | 1,136,879                | 1,261,848                   | 1,229,462                   |
| Other trading activities           | 3     | 23,538                     | -                        | 23,538                      | 21,377                      |
| Investment income                  | 4     | <u>13,080</u>              | <u>-</u>                 | <u>13,080</u>               | <u>8,338</u>                |
| <b>Total</b>                       |       | <u>167,505</u>             | <u>1,137,879</u>         | <u>1,305,384</u>            | <u>1,271,736</u>            |
| <b>EXPENDITURE ON</b>              |       |                            |                          |                             |                             |
| Raising funds                      | 6     | 1,797                      | -                        | 1,797                       | 5,398                       |
| <b>Charitable activities</b>       | 7     |                            |                          |                             |                             |
| Charitable activities              |       | <u>163,327</u>             | <u>1,201,733</u>         | <u>1,365,060</u>            | <u>1,202,133</u>            |
| <b>Total</b>                       |       | <u>165,124</u>             | <u>1,201,733</u>         | <u>1,366,857</u>            | <u>1,207,531</u>            |
| Net gains/(losses) on investments  |       | <u>(2,507)</u>             | <u>-</u>                 | <u>(2,507)</u>              | <u>7,530</u>                |
| <b>NET INCOME/(EXPENDITURE)</b>    |       | (126)                      | (63,854)                 | (63,980)                    | 71,735                      |
| <b>Transfers between funds</b>     | 20    | <u>295</u>                 | <u>(295)</u>             | <u>-</u>                    | <u>-</u>                    |
| <b>Net movement in funds</b>       |       | 169                        | (64,149)                 | (63,980)                    | 71,735                      |
| <b>RECONCILIATION OF FUNDS</b>     |       |                            |                          |                             |                             |
| Total funds brought forward        |       | <u>563,341</u>             | <u>172,161</u>           | <u>735,502</u>              | <u>663,767</u>              |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u><u>563,510</u></u>      | <u><u>108,012</u></u>    | <u><u>671,522</u></u>       | <u><u>735,502</u></u>       |

The notes form part of these financial statements

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

## BALANCE SHEET 31 MARCH 2025

|                                              | Notes | 2025<br>£      | 2024<br>£      |
|----------------------------------------------|-------|----------------|----------------|
| <b>FIXED ASSETS</b>                          |       |                |                |
| Investments                                  | 15    | 69,914         | 72,697         |
| <b>CURRENT ASSETS</b>                        |       |                |                |
| Debtors                                      | 16    | 27,963         | 95,317         |
| Cash at bank and in hand                     |       | <u>909,763</u> | <u>775,975</u> |
|                                              |       | 937,726        | 871,292        |
| <b>CREDITORS</b>                             |       |                |                |
| Amounts falling due within one year          | 17    | (336,118)      | (208,487)      |
| <b>NET CURRENT ASSETS</b>                    |       | <u>601,608</u> | <u>662,805</u> |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | 671,522        | 735,502        |
| <b>NET ASSETS</b>                            |       | <u>671,522</u> | <u>735,502</u> |
| <b>FUNDS</b>                                 | 20    |                |                |
| Unrestricted funds                           |       | 563,510        | 563,341        |
| Restricted funds                             |       | <u>108,012</u> | <u>172,161</u> |
| <b>TOTAL FUNDS</b>                           |       | <u>671,522</u> | <u>735,502</u> |

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

The financial statements were approved by the Board of Trustees and authorised for issue on 12 December 2025 and were signed on its behalf by:

A Fry - Trustee

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

## CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2025

|                                                                           | Notes  | 2025<br>£             | 2024<br>£             |
|---------------------------------------------------------------------------|--------|-----------------------|-----------------------|
| <b>Cash flows from operating activities</b>                               |        |                       |                       |
| Cash generated from operations                                            | 2<br>2 | 120,432               | (20,111)              |
|                                                                           |        | <hr/>                 | <hr/>                 |
| Net cash provided by/(used in) operating activities                       |        | <u>120,432</u>        | <u>(20,111)</u>       |
| <b>Cash flows from investing activities</b>                               |        |                       |                       |
| Purchase of fixed asset investments                                       |        | (7,254)               | (7,530)               |
| Sale of fixed asset investments                                           |        | 7,530                 | 8,700                 |
| Interest received                                                         |        | <u>13,080</u>         | <u>8,338</u>          |
| Net cash provided by investing activities                                 |        | <u>13,356</u>         | <u>9,508</u>          |
|                                                                           |        | <hr/>                 | <hr/>                 |
| <b>Change in cash and cash equivalents in the reporting period</b>        |        | 133,788               | (10,603)              |
| <b>Cash and cash equivalents at the beginning of the reporting period</b> |        | <u>775,975</u>        | <u>786,578</u>        |
| <b>Cash and cash equivalents at the end of the reporting period</b>       |        | <u><u>909,763</u></u> | <u><u>775,975</u></u> |

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value.

The presentation currency of the financial statements is the Pound Sterling (£).

**Going Concern**

At the date of approval of these financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue for the foreseeable future and as such the financial statements are prepared on the going concern basis.

**Income**

**Recognition of income**

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

**Offsetting**

There has been no offsetting of assets and liabilities or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

**Grants and donations**

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance or provision of other specified services is deferred until the criteria of income recognition are met.

**Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

**Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2025**

**1. ACCOUNTING POLICIES - continued**

**Expenditure and liabilities**

**Liability recognition**

Liabilities are recognised when 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.

**Charitable activities**

Expenditure on charitable activities includes the costs of specialist sexual violence services and other activities undertaken to further the purposes of the charity and their associated support costs.

**Governance and support costs**

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly relate to the charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

**Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

**Tangible fixed assets**

Individual fixed assets costing £1000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

|                       |                                |
|-----------------------|--------------------------------|
| Office equipment      | Straight line over three years |
| Fixtures and fittings | Straight line over four years  |

**Investments**

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments.

**Debtors and prepayments**

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

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

#### 1. ACCOUNTING POLICIES - continued

##### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand, call deposits and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

##### **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts due.

##### **Financial instruments**

All financial assets and financial liabilities of the charity qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

##### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

##### **Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### 2. DONATIONS AND LEGACIES

|                     | 2025         | 2024          |
|---------------------|--------------|---------------|
|                     | £            | £             |
| Donations and gifts | <u>6,918</u> | <u>12,559</u> |

#### 3. OTHER TRADING ACTIVITIES

|                    | 2025          | 2024          |
|--------------------|---------------|---------------|
|                    | £             | £             |
| Fundraising events | <u>23,538</u> | <u>21,377</u> |

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

## **NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025**

### **4. INVESTMENT INCOME**

|               | 2025          | 2024         |
|---------------|---------------|--------------|
|               | £             | £            |
| Bank interest | <u>13,080</u> | <u>8,338</u> |

### **5. INCOME FROM CHARITABLE ACTIVITIES**

|                      | Activity              | 2025             | 2024             |
|----------------------|-----------------------|------------------|------------------|
|                      |                       | £                | £                |
| Grants and contracts | Charitable activities | 1,240,872        | 1,220,504        |
| Other income         | Charitable activities | 1,923            | 5,006            |
| Training/sales       | Charitable activities | <u>19,053</u>    | <u>3,952</u>     |
|                      |                       | <u>1,261,848</u> | <u>1,229,462</u> |

Grants received, included in the above, are as follows:

|                                               | 2025             | 2024             |
|-----------------------------------------------|------------------|------------------|
|                                               | £                | £                |
| Gateshead Council Public Health               | 24,950           | 17,112           |
| North Tyneside Council                        | 10,500           | 10,550           |
| Newcastle City Council                        | 65,510           | 78,015           |
| South Tyneside Council                        | 10,000           | 10,000           |
| Ministry of Justice                           | 399,798          | 340,291          |
| Police and Crime Commissioner for Northumbria | 369,171          | 389,719          |
| Northumberland County Council                 | 17,000           | 16,660           |
| Community Foundation                          | 5,000            | 27,856           |
| Sir James Knott Trust                         | 10,001           | 2,499            |
| The National Lottery Community Fund           | 65,905           | 61,430           |
| Ballinger Trust                               | 15,000           | 3,750            |
| Lloyds Bank Foundation                        | 13,293           | 27,845           |
| Low Newton Prison                             | 11,485           | 11,484           |
| The Hospital of God at Greatham               | -                | 3,000            |
| Changing Lives                                | 35,842           | 11,631           |
| William Leech                                 | -                | 5,000            |
| The Brook Trust                               | -                | 12,501           |
| The Hadrian Trust                             | -                | 1,000            |
| E.C. Graham Belford Trust                     | -                | 5,000            |
| Henry Smith                                   | 64,379           | 73,100           |
| Newcastle University                          | 65,142           | 36,274           |
| Northamptonshire and Devon Rape Crisis        | -                | 38,448           |
| Rosa Fund                                     | 7,000            | -                |
| NHS North East and North Cumbria              | 37,563           | 37,339           |
| National Lottery Awards for All               | <u>13,333</u>    | <u>-</u>         |
|                                               | <u>1,240,872</u> | <u>1,220,504</u> |

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

## **NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025**

### **6. RAISING FUNDS**

#### **Raising donations and legacies**

|                            | 2025         | 2024         |
|----------------------------|--------------|--------------|
|                            | £            | £            |
| Staging fundraising events | <u>1,521</u> | <u>3,418</u> |

#### **Investment management costs**

|                             | 2025       | 2024         |
|-----------------------------|------------|--------------|
|                             | £          | £            |
| Investment management costs | <u>276</u> | <u>1,980</u> |

|                   |              |              |
|-------------------|--------------|--------------|
| Aggregate amounts | <u>1,797</u> | <u>5,398</u> |
|-------------------|--------------|--------------|

### **7. CHARITABLE ACTIVITIES COSTS**

|                       | Direct<br>Costs (see<br>note 8)<br>£ | Support<br>costs (see<br>note 9)<br>£ | Totals<br>£      |
|-----------------------|--------------------------------------|---------------------------------------|------------------|
| Charitable activities | <u>1,072,819</u>                     | <u>292,241</u>                        | <u>1,365,060</u> |

### **8. DIRECT COSTS OF CHARITABLE ACTIVITIES**

|                                 | 2025             | 2024           |
|---------------------------------|------------------|----------------|
|                                 | £                | £              |
| Project staff costs             | 876,835          | 761,126        |
| Other project staff costs       | 30,290           | 45,717         |
| Project promotion and publicity | 5,271            | 15,271         |
| Project resources               | 108,358          | 45,989         |
| Project volunteer costs         | 4,403            | 4,622          |
| Project delivery costs          | 47,662           | 91,142         |
| Project management              | -                | 4,500          |
|                                 | <u>1,072,819</u> | <u>968,367</u> |

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

## **NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025**

### **9. SUPPORT COSTS**

|                       | Support<br>costs<br>£ | Governance<br>costs<br>£ | Totals<br>£    |
|-----------------------|-----------------------|--------------------------|----------------|
| Charitable activities | <u>285,693</u>        | <u>6,548</u>             | <u>292,241</u> |

Support costs, included in the above, are as follows:

|                           | 2025<br>Charitable<br>activities<br>£ | 2024<br>Total<br>activities<br>£ |
|---------------------------|---------------------------------------|----------------------------------|
| Wages                     | 112,598                               | 91,603                           |
| Social security           | 11,147                                | 8,461                            |
| Pensions                  | 8,052                                 | 3,068                            |
| Other staff costs         | 15,286                                | 4,268                            |
| Premises costs            | 57,651                                | 48,373                           |
| Office costs              | 46,335                                | 27,963                           |
| Central publicity         | -                                     | 1,608                            |
| Professional fees         | 34,624                                | 39,017                           |
| Bad debt write off/(back) | -                                     | 1,305                            |
| Auditors' remuneration    | 4,260                                 | 2,820                            |
| Trustees meeting costs    | <u>2,288</u>                          | <u>5,280</u>                     |
|                           | <u>292,241</u>                        | <u>233,766</u>                   |

### **10. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

|           | 2025<br>£    | 2024<br>£    |
|-----------|--------------|--------------|
| Audit fee | <u>4,260</u> | <u>2,820</u> |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

#### 11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

##### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

#### 12. STAFF COSTS

|                       | 2025             | 2024           |
|-----------------------|------------------|----------------|
|                       | £                | £              |
| Wages and salaries    | 896,139          | 767,655        |
| Social security costs | 78,646           | 70,900         |
| Other pension costs   | <u>33,847</u>    | <u>25,703</u>  |
|                       | <u>1,008,632</u> | <u>864,258</u> |

The average monthly number of employees during the year was as follows:

|                | 2025      | 2024      |
|----------------|-----------|-----------|
| Project staff  | 27        | 24        |
| Management     | 3         | 3         |
| Administration | <u>3</u>  | <u>3</u>  |
|                | <u>33</u> | <u>30</u> |

No employees received emoluments in excess of £60,000.

The key management personnel of the charity, comprise the Trustees, CEO and the deputy CEO. The total employee benefits of the key management personnel of the charity were £112,799 (2024: £116,534).

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

### 13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

|                                    | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>£   |
|------------------------------------|----------------------------|--------------------------|-----------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                            |                          |                       |
| Donations and legacies             | 12,559                     | -                        | 12,559                |
| <b>Charitable activities</b>       |                            |                          |                       |
| Charitable activities              | 131,802                    | 1,097,660                | 1,229,462             |
| Other trading activities           | 21,377                     | -                        | 21,377                |
| Investment income                  | <u>8,338</u>               | <u>-</u>                 | <u>8,338</u>          |
| <b>Total</b>                       | <u>174,076</u>             | <u>1,097,660</u>         | <u>1,271,736</u>      |
| <b>EXPENDITURE ON</b>              |                            |                          |                       |
| Raising funds                      | 5,398                      | -                        | 5,398                 |
| <b>Charitable activities</b>       |                            |                          |                       |
| Charitable activities              | <u>249,972</u>             | <u>952,161</u>           | <u>1,202,133</u>      |
| <b>Total</b>                       | <u>255,370</u>             | <u>952,161</u>           | <u>1,207,531</u>      |
| Net gains on investments           | <u>7,530</u>               | <u>-</u>                 | <u>7,530</u>          |
| <b>NET INCOME/(EXPENDITURE)</b>    | (73,764)                   | 145,499                  | 71,735                |
| Transfers between funds            | <u>89,483</u>              | <u>(89,483)</u>          | <u>-</u>              |
| <b>Net movement in funds</b>       | 15,719                     | 56,016                   | 71,735                |
| <b>RECONCILIATION OF FUNDS</b>     |                            |                          |                       |
| Total funds brought forward        | <u>547,622</u>             | <u>116,145</u>           | <u>663,767</u>        |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u><u>563,341</u></u>      | <u><u>172,161</u></u>    | <u><u>735,502</u></u> |

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

## **NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025**

### **14. TANGIBLE FIXED ASSETS**

|                                   | Plant and<br>machinery<br>£ | Fixtures<br>and<br>fittings<br>£ | Totals<br>£   |
|-----------------------------------|-----------------------------|----------------------------------|---------------|
| <b>COST</b>                       |                             |                                  |               |
| At 1 April 2024 and 31 March 2025 | <u>31,220</u>               | <u>5,299</u>                     | <u>36,519</u> |
| <b>DEPRECIATION</b>               |                             |                                  |               |
| At 1 April 2024 and 31 March 2025 | <u>31,220</u>               | <u>5,299</u>                     | <u>36,519</u> |
| <b>NET BOOK VALUE</b>             |                             |                                  |               |
| At 31 March 2025                  | <u>-</u>                    | <u>-</u>                         | <u>-</u>      |
| At 31 March 2024                  | <u>-</u>                    | <u>-</u>                         | <u>-</u>      |

### **15. FIXED ASSET INVESTMENTS**

|                   | 2025<br>£     | 2024<br>£     |
|-------------------|---------------|---------------|
| Other investments | <u>69,914</u> | <u>72,697</u> |

There were no investment assets outside the UK.

Investments (neither listed nor unlisted) were as follows:

|                    | 2025<br>£      | 2024<br>£     |
|--------------------|----------------|---------------|
| Cost/valuation b/f | 72,697         | 66,337        |
| Disposals          | (276)          | (1,170)       |
| Revaluations       | <u>(2,507)</u> | <u>7,530</u>  |
|                    | <u>69,914</u>  | <u>72,697</u> |

### **16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                                | 2025<br>£     | 2024<br>£     |
|--------------------------------|---------------|---------------|
| Trade debtors                  | 1,636         | 68,300        |
| Other debtors                  | -             | 3,804         |
| Prepayments and accrued income | <u>26,327</u> | <u>23,213</u> |
|                                | <u>27,963</u> | <u>95,317</u> |

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

### 17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                 | 2025           | 2024           |
|---------------------------------|----------------|----------------|
|                                 | £              | £              |
| Trade creditors                 | 20,995         | 10,567         |
| Social security and other taxes | 19,901         | 20,631         |
| Other creditors                 | 7,316          | 3,850          |
| Accruals and deferred income    | <u>287,906</u> | <u>173,439</u> |
|                                 | <u>336,118</u> | <u>208,487</u> |

Included within Accruals and Deferred Income are the following amounts comprising income received in advance of delivery of the related services or expenditure incurred.

|                                               | £              |
|-----------------------------------------------|----------------|
| Balance at 1 April 2024                       | 164,011        |
| Released to income from charitable activities | (164,011)      |
| Amount deferred in year                       | <u>274,907</u> |
|                                               | <u>274,907</u> |

### 18. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

|                            | 2025          | 2024          |
|----------------------------|---------------|---------------|
|                            | £             | £             |
| Within one year            | 27,883        | 31,184        |
| Between one and five years | <u>-</u>      | <u>27,883</u> |
|                            | <u>27,883</u> | <u>59,067</u> |

### 19. ANALYSIS OF NET ASSETS BETWEEN FUNDS

|                     | Unrestricted funds | Restricted funds | 2025 Total funds | 2024 Total funds |
|---------------------|--------------------|------------------|------------------|------------------|
|                     | £                  | £                | £                | £                |
| Investments         | 69,914             | -                | 69,914           | 72,697           |
| Current assets      | 566,057            | 371,669          | 937,726          | 871,292          |
| Current liabilities | <u>(72,461)</u>    | <u>(263,657)</u> | <u>(336,118)</u> | <u>(208,487)</u> |
|                     | <u>563,510</u>     | <u>108,012</u>   | <u>671,522</u>   | <u>735,502</u>   |

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

### 20. MOVEMENT IN FUNDS

|                                        | At 1/4/24<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31/3/25<br>£ |
|----------------------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b>              |                |                                  |                                    |                    |
| General unrestricted fund              | 62,125         | 9,633                            | 218,254                            | 290,012            |
| General designated fund                | 396,338        | (9,649)                          | (386,689)                          | -                  |
| Dilapidation & property sinking fund   | 15,000         | -                                | -                                  | 15,000             |
| Projects: Anti racism work             | 15,000         | -                                | (15,000)                           | -                  |
| Projects: Group work, ISVA & volunteer | 31,288         | (110)                            | 26,599                             | 57,777             |
| Projects: Innovation fund              | 36,470         | -                                | (623)                              | 35,847             |
| Projects: Shout up promotion work      | 7,120          | -                                | (7,120)                            | -                  |
| Staff contingency and liabilities fund | -              | -                                | 164,874                            | 164,874            |
|                                        | 563,341        | (126)                            | 295                                | 563,510            |
| <b>Restricted funds</b>                |                |                                  |                                    |                    |
| Tyneside Counselling                   | 82,884         | (16,551)                         | -                                  | 66,333             |
| Community Engagement                   | 5,399          | -                                | -                                  | 5,399              |
| Northumberland                         | 18,154         | (9,007)                          | -                                  | 9,147              |
| Volunteer Coordinator                  | 25,583         | (22,313)                         | -                                  | 3,270              |
| Marginalised Access Fund               | 7,732          | -                                | -                                  | 7,732              |
| Lloyds Bank                            | 7,614          | (7,157)                          | (457)                              | -                  |
| PCC                                    | -              | (974)                            | 974                                | -                  |
| Shout Up                               | 4,759          | (3,576)                          | -                                  | 1,183              |
| Public Awareness Raising               | 5,194          | 3,406                            | -                                  | 8,600              |
| Tyneside Group work                    | 7,242          | (6,430)                          | (812)                              | -                  |
| Henry Smith                            | 7,600          | (1,252)                          | -                                  | 6,348              |
|                                        | 172,161        | (63,854)                         | (295)                              | 108,012            |
| <b>TOTAL FUNDS</b>                     | <u>735,502</u> | <u>(63,980)</u>                  | <u>-</u>                           | <u>671,522</u>     |

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

### 20. MOVEMENT IN FUNDS - continued

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

|                                        | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Gains and<br>losses<br>£ | Movement<br>in funds<br>£ |
|----------------------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| <b>Unrestricted funds</b>              |                            |                            |                          |                           |
| General unrestricted fund              | 167,505                    | (155,365)                  | (2,507)                  | 9,633                     |
| General designated fund                | -                          | (9,649)                    | -                        | (9,649)                   |
| Projects: Group work, ISVA & volunteer | -                          | (110)                      | -                        | (110)                     |
|                                        | 167,505                    | (165,124)                  | (2,507)                  | (126)                     |
| <b>Restricted funds</b>                |                            |                            |                          |                           |
| Tyneside Counselling                   | 425,082                    | (441,633)                  | -                        | (16,551)                  |
| Northumberland                         | 177,610                    | (186,617)                  | -                        | (9,007)                   |
| Volunteer Coordinator                  | 33,752                     | (56,065)                   | -                        | (22,313)                  |
| Lloyds Bank                            | 13,293                     | (20,450)                   | -                        | (7,157)                   |
| PCC                                    | 361,750                    | (362,724)                  | -                        | (974)                     |
| Shout Up                               | 28,563                     | (32,139)                   | -                        | (3,576)                   |
| Public Awareness Raising               | 24,103                     | (20,697)                   | -                        | 3,406                     |
| Tyneside Group work                    | 49,423                     | (55,853)                   | -                        | (6,430)                   |
| Henry Smith                            | 24,303                     | (25,555)                   | -                        | (1,252)                   |
|                                        | 1,137,879                  | (1,201,733)                | -                        | (63,854)                  |
| <b>TOTAL FUNDS</b>                     | <u>1,305,384</u>           | <u>(1,366,857)</u>         | <u>(2,507)</u>           | <u>(63,980)</u>           |

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

### 20. MOVEMENT IN FUNDS - continued

#### Comparatives for movement in funds

|                                        | At 1/4/23<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31/3/24<br>£ |
|----------------------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b>              |                |                                  |                                    |                    |
| General unrestricted fund              | 14,471         | (73,764)                         | 121,418                            | 62,125             |
| General designated fund                | 453,368        | -                                | (57,030)                           | 396,338            |
| Dilapidation & property sinking fund   | -              | -                                | 15,000                             | 15,000             |
| Projects: marketing and refuge         | 29,067         | -                                | (29,067)                           | -                  |
| Projects: Anti racism work             | -              | -                                | 15,000                             | 15,000             |
| Projects: Group work, ISVA & volunteer | -              | -                                | 31,288                             | 31,288             |
| Projects: Innovation fund              | -              | -                                | 36,470                             | 36,470             |
| Projects: Shout up promotion work      | -              | -                                | 7,120                              | 7,120              |
| Northern Rock Foundation               | 14,000         | -                                | (14,000)                           | -                  |
| University Counselling                 | 26,216         | -                                | (26,216)                           | -                  |
| Legacy Fund                            | 10,000         | -                                | (10,000)                           | -                  |
| Volunteering                           | 500            | -                                | (500)                              | -                  |
|                                        | 547,622        | (73,764)                         | 89,483                             | 563,341            |
| <b>Restricted funds</b>                |                |                                  |                                    |                    |
| Tyneside Counselling                   | 56,479         | 54,398                           | (27,993)                           | 82,884             |
| Community Engagement                   | 5,399          | -                                | -                                  | 5,399              |
| Northumberland                         | 15,488         | 7,420                            | (4,754)                            | 18,154             |
| Volunteer Coordinator                  | 14,446         | 11,137                           | -                                  | 25,583             |
| Marginalised Access Fund               | 7,732          | -                                | -                                  | 7,732              |
| Lloyds Bank                            | (1,411)        | (3,443)                          | 12,468                             | 7,614              |
| PCC                                    | 3,110          | 45,466                           | (48,576)                           | -                  |
| Shout Up                               | 1,632          | 8,268                            | (5,141)                            | 4,759              |
| Public Awareness Raising               | 3,077          | 6,884                            | (4,767)                            | 5,194              |
| Tyneside Group work                    | 8,460          | 5,722                            | (6,940)                            | 7,242              |
| Henry Smith                            | 1,733          | 9,647                            | (3,780)                            | 7,600              |
|                                        | 116,145        | 145,499                          | (89,483)                           | 172,161            |
| <b>TOTAL FUNDS</b>                     | <u>663,767</u> | <u>71,735</u>                    | <u>-</u>                           | <u>735,502</u>     |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

#### 20. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Gains and<br>losses<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                          |                           |
| General unrestricted fund | 174,076                    | (255,370)                  | 7,530                    | (73,764)                  |
| <b>Restricted funds</b>   |                            |                            |                          |                           |
| Tyneside Counselling      | 337,526                    | (283,128)                  | -                        | 54,398                    |
| Northumberland            | 174,943                    | (167,523)                  | -                        | 7,420                     |
| Volunteer Coordinator     | 61,354                     | (50,217)                   | -                        | 11,137                    |
| Lloyds Bank               | 25,595                     | (29,038)                   | -                        | (3,443)                   |
| PCC                       | 353,899                    | (308,433)                  | -                        | 45,466                    |
| Shout Up                  | 34,075                     | (25,807)                   | -                        | 8,268                     |
| Public Awareness Raising  | 32,208                     | (25,324)                   | -                        | 6,884                     |
| Tyneside Group work       | 49,200                     | (43,478)                   | -                        | 5,722                     |
| Henry Smith               | 28,860                     | (19,213)                   | -                        | 9,647                     |
|                           | <u>1,097,660</u>           | <u>(952,161)</u>           | <u>-</u>                 | <u>145,499</u>            |
| <b>TOTAL FUNDS</b>        | <u><u>1,271,736</u></u>    | <u><u>(1,207,531)</u></u>  | <u><u>7,530</u></u>      | <u><u>71,735</u></u>      |

#### Purpose of unrestricted funds

|                                        |                                                                                                                                                |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| General unrestricted fund              | The 'free reserves' after allowing for designated funds.                                                                                       |
| Dilapidation & property sinking fund   | To fund repairs to property.                                                                                                                   |
| Project contributions                  | Designated for project delivery and to address project shortfalls within budgets to enable delivery across the full financial year in 2025/25. |
| Staff contingency and liabilities fund | Replacing the general designed funds, this ensures the charity can meet its future staffing and other liabilities as they fall due.            |

#### Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

|                          |                                                                          |
|--------------------------|--------------------------------------------------------------------------|
| Tyneside Counselling     | To support the Tyneside Counselling Service.                             |
| Community Engagement     | To support under 25s community engagement work.                          |
| Northumberland           | To support delivery within Northumberland.                               |
| Volunteer Coordinator    | To support volunteering costs and the volunteer coordinator.             |
| Marginalised Access Fund | Funding to support discretionary client travel and one off client costs. |
| Lloyds Bank              | Funding to support the Communications and Marketing post.                |
| PCC                      | To support the delivery of the practical and emotional service.          |
| Shout Up                 | To support the delivery of the Shout up project work.                    |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

#### 20. MOVEMENT IN FUNDS - continued

|                          |                                                                         |
|--------------------------|-------------------------------------------------------------------------|
| Public Awareness Raising | To support the delivery of public awareness work.                       |
| Tyneside Group work      | To support the delivery of group work programmes.                       |
| Henry Smith              | To support the delivery of the practical and emotional support service. |

#### 21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

#### 22. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

|                                                                                                         | 2025<br>£             | 2024<br>£              |
|---------------------------------------------------------------------------------------------------------|-----------------------|------------------------|
| <b>Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)</b> | (63,980)              | 71,735                 |
| <b>Adjustments for:</b>                                                                                 |                       |                        |
| Losses/(gain) on investments                                                                            | 2,507                 | (7,530)                |
| Interest received                                                                                       | (13,080)              | (8,338)                |
| Decrease/(increase) in debtors                                                                          | 67,354                | (39,088)               |
| Increase/(decrease) in creditors                                                                        | <u>127,631</u>        | <u>(36,890)</u>        |
| <b>Net cash provided by/(used in) operations</b>                                                        | <u><u>120,432</u></u> | <u><u>(20,111)</u></u> |

#### 23. ANALYSIS OF CHANGES IN NET FUNDS

|                          | At 1/4/24<br>£        | Cash flow<br>£        | At 31/3/25<br>£       |
|--------------------------|-----------------------|-----------------------|-----------------------|
| <b>Net cash</b>          |                       |                       |                       |
| Cash at bank and in hand | <u>775,975</u>        | <u>133,788</u>        | <u>909,763</u>        |
|                          | <u>775,975</u>        | <u>133,788</u>        | <u>909,763</u>        |
| <b>Total</b>             | <u><u>775,975</u></u> | <u><u>133,788</u></u> | <u><u>909,763</u></u> |

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025**

#### **24. LEGAL STATUS**

Rape Crisis Tyneside and Northumberland is a company limited by guarantee, registered in England and Wales and has no share capital. The company's registered number and registered office address can be found within Reference and Administrative Details.

The liability of members is limited. Every member promises, if the charity is dissolved while she remains a member or within one year after she ceases to be a member, to pay up to £1 towards payment of those debts and liabilities of the charity incurred before she ceased to be a member, payment of the costs, charges and expenses of winding up, and the adjustment of rights of contributors among themselves.

---

# Accounts

---

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

**A company limited by guarantee**

**TRUSTEES' REPORT AND AUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2024**

**Charity number 1138149**

**Company number 07285969**

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

| <b>Contents</b>                                                              | <b>Page</b> |
|------------------------------------------------------------------------------|-------------|
| Trustees' annual report                                                      | 1 – 32      |
| Independent auditor's report                                                 | 33 – 36     |
| Statement of financial activities (including income and expenditure account) | 37          |
| Balance sheet                                                                | 38          |
| Cash flow statement                                                          | 39          |
| Notes to the financial statements                                            | 40 – 50     |

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

The trustees are pleased to present their annual Directors' report together with financial statements of the charity for the year ending 31 March 2024 which are also prepared to meet the requirements for a Directors' report and accounts for Companies Act purposes. These financial statements comply with the Charities Act 2011, the Companies Act 2006, RCTN's Memorandum and Articles of Association; and the document 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)'.

### **Chair's Report**

It is my privilege to introduce the 2023/24 annual report. This has been a year of stabilisation after a period of growth for Rape Crisis Tyneside & Northumberland. We have successfully attracted resources to maintain our face-to-face and Helpline & Email Support Services and exceed expectations on numbers of women worked with.

This year, we worked with 1308 women and girls, 33% more compared to 22-23. We saw a 9% increase in referrals compared to 22-23 too, with 100% of the women and girls satisfied with our services. Our biggest increase in referrals came for counselling, up 16%, and Helpline and Email Support, up 26%.

We have put in place the vital invisible scaffolding that enables us to function well. We have expanded our administration team to help deal with the increase in finance and office-based duties. We have also successfully recruited for a Clinical Case Manager and Counselling Operations Managers for our Counselling Service. We have also recruited many more volunteers to help ensure the Helpline & Email Support Service can always go ahead with peer support available on every shift.

Our community fundraising team have instrumental in raising levels of unrestricted income that can be used to fund our vital services. This dedicated group of women volunteers have arranged various fundraising events from DJ events to the Three Peaks Challenge!

This year, we made a commitment to working towards being an anti-racist organisation. We started by signing an anti-racism charter, developing an anti-racism statement for our website and have plans to undertake an organisation review to support an anti-racism action plan. We know how vital it is that all our activities support, include and reflect diversity, if we are truly to represent the needs of all women and girls.

Our influencing work remains a crucial pillar of our work and has paid off this year! We worked with sister organisations to shine a light on the inappropriate use of women's private counselling notes in sexual violence cases by police and the criminal justice system as a whole. The new Victims and Prisoners Bill will now raise the legal threshold for police requests for rape survivors' counselling notes. We have put policy into practice too, by leading on the design and regional roll out of a new 'third party information request' template for police to use when making requests for sensitive information. These policy and practice changes are a step

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

in the right direction towards dismantling the criminal justice system's focus on investigating victims' perceived credibility rather than the actions of the suspect.

Another highlight in 23-24, is our successful challenge of public attitudes towards sexual harassment in public spaces. #ItAllAddsUp was launched in September 2023, documenting the wide-ranging impact of sexual harassment on women and girls from a range of backgrounds and experiences. The campaign, developed in collaboration with women and girls, our RCTN activists and Northumbria Police and Crime Commissioners Office, reached 50,000 people. Watch out for the next phase of this campaign and other campaigns plans we have for 24-25!

Once again, we have achieved much this year, despite a challenging environment that we work in: court delays, waiting lists and dealing with a broken criminal justice system. As we look ahead to 24-25, we are preparing for the uncertainty that comes with a general election, when much of our key government funding comes to an end. There has never been a more important time to influence policy makers of the importance of women only sexual violence services so we continue to be there for women and girls.

Thank you to the skills, knowledge and dedication of our volunteer and staff team, and Board of Trustees. We know how much you do, sometimes in very challenging circumstances.

Anne Fry, Chair of the Board of Trustees.

### **Objectives and Activities Purpose**

- To relieve the emotional, psychological and/or physical distress of women and girls who have experienced sexual violence.
- To educate the public on the nature of sexual violence and its impact on women and girls.

### **Vision**

- That women and girls can live their lives free from the impact and the threat of sexual violence.

### **Mission**

- Provide women and girls with high quality specialist support.
- Change society's understanding of the nature and impact of sexual violence.
- Demand that the rights of women and girls who have experienced sexual violence are respected and their needs are met.
- End sexual violence.

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

**Objectives**

- To provide all women and girls that survive sexual violence in Tyneside and Northumberland with access to comprehensive, sustainable, effective and timely support and services
- To raise awareness of the nature, impact and prevalence of sexual violence with the general public.
- To influence and shape policy the policies and services that are provided to women and girls who survive sexual violence
- To increase RCTN's financial sustainability.

**Direct Services Activity**

**Our Services**

Our services are for women and girls over 13 who have experienced any form of **sexual violence** at any time in their lives. We are completely independent of the criminal justice system including the police. We offer confidential counselling, advocacy, helpline, email support, group work and specialist advice and guidance. We are here for all women including, but not limited to, women who identify as Lesbian, Bi, Trans and/or Questioning; Black and Minoritised women, Refugee women; and disabled women. Our definition of women-only includes Trans-women and non-binary people who identify that women's services are right for them.

**Counselling**

Rape Crisis Tyneside & Northumberland (RCTN) currently employs 13 counsellors and over 8.5 full time equivalents. All counsellors are BACP accredited or working towards it. RCTN also holds British Accreditation for Counselling and Psychotherapy (BACP) organisational accreditation, which is reviewed on an annual basis. We also adhere to Rape Crisis National Service Standards. We work across all six local authorities spanning the Northumbria Police and Crime Commissioner area including, Sunderland, South Tyneside, Gateshead, Newcastle, North Tyneside and Northumberland. Our counsellors work in over twelve outreach bases, and at our central base in Newcastle, offering: face-to-face, on-line and via telephone one-to-one sessions.

Our counselling service offers survivors up to twenty trauma-informed therapeutic sexual violence counselling sessions, including pre-trial therapy and Eye Movement Desensitization and Reprocessing (EMDR). EMDR helps individual's process traumatic memories and reduce their emotional intensity. This can lead to a significant reduction in symptoms such as intrusive thoughts, nightmares, and flashbacks. EMDR can be integrated into other therapeutic models or used as a complementary approach alongside therapies. This flexibility allows therapists to tailor treatment to the unique needs of each individual, ensuring a comprehensive and personalised model of therapy. We currently have five counsellors practising's EMDR therapy.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

Pre-trial therapy works to help woman and girls maintain engagement in the criminal justice process while still using person centred and trauma-informed therapeutic counselling.

We work with diverse communities including universities, women leaving prisons and within a refuge. RCTN works with interpreters and supports clients to access sessions with client access funding.

Many women who have accessed therapy tell us it helps them to take away the shame, stigma and self-blame they feel. They come to understand the way in which trauma-responses occur, giving some rationality to responses made at the time they experienced sexual violence.

Our approach recognizes and responds to the impact of trauma, whilst also focusing on the individual's strengths and addressing their unique needs. Trauma-informed process creates a safe and trusting therapeutic environment. A strengths-based approach focuses on identifying and building upon the individual's inherent strengths and capabilities. This can promote a sense of empowerment, helping them recognize their resilience and ability to navigate challenges.

Recognizing the diverse needs of our clients, we offer a range evening appointments, accommodating individuals with busy schedules or those who prefer sessions outside standard working hours. This flexibility has enhanced engagement and participation in the counselling process. As we continue to see the impact of cost of living crisis we have also ensured clients have access to resources to travel to their counselling appointments through taxi or public transport.

We continue to use our services outreach bases within communities, fostering a safe and familiar environment for survivors to seek support. By bringing counselling services closer to those in need, we've broken down barriers to access and strengthening community bonds and referral pathways. We also actively seek feedback from clients through evaluation forms, allowing us to tailor our services to their evolving needs and preferences. This commitment to client feedback ensures that our services remain effective and relevant.

Investing in our counsellors' professional development, we allocated a training budget to enhance their skills and expertise. By staying abreast of the latest therapeutic techniques and best practices, our counsellors are better equipped to provide comprehensive and effective support to survivors.

### **Challenges, Opportunities & Plans**

We have consistently maintained a large waiting list over the past 12 months. Although this varies slightly from local authority to local authority area, we know that there is still a big demand for our service. In order to support clients on the waiting list, we ensure women are contacted by a qualified counsellor within three months of waiting. The counsellors offer a thirty minute welfare check in at this point. Clients are also given an opportunity to update us

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

on any information we need to know and we can signpost them to other services if they have varied support needs.

As a service, we operate within larger systems of care, including healthcare, social services, law enforcement, and legal systems. As austerity continues to affect statutory services, the impact can be seen on our clients who present with more complex issues, due to additional social care and medical support needs that often go unmet. We support women to access a range of our services including signposting to our Practical and Emotional Support Service.

We now see clients face to face in our Sunderland outreach base weekly. This is an opportunity to strengthen connections in this community and spread our reach across Wearside.

We continue to develop and improve our data integrity to ensure we can demonstrate the impact our service makes. These improvements will also help us better analyse where any gaps in provisions may be and how we can best meet the need of the clients. An example of this, is our analysis of appointment time request and adjusting what we offer accordingly. In response, we recently advertised for post to include evening sessions as we know there is a demand for these appointment times.

**Counselling Case Study**

**Area lives in & Ward in known:** Gateshead

**Age:** 17

**How were they referred to service:** NHS Mental Health referral

**Client history:**

Significant Childhood Sexual Abuse from a family member and emotionally abusive family life. The client's family is religious. She feels ostracized because she does not believe few aspects of the religion. Her parents separated a year ago. The client and her sister lives with her mother and brother lives with his dad.

**Key presenting issues:** Anxiety, Shame, Guilt. Client stated feeling not safe and fearful all the time. Client stated that she finds it difficult to manage her feelings and feels overwhelmed most of the time.

**How often client accessed counselling:** Once a week

**Number of sessions during this period (of the case study):** 12

**Method of delivery:** Face to face and online

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

**Therapeutic Process involved:**

*I contacted the client via phone to offer her referral meeting in Gateshead. The client was accompanied by her mother for the referral meeting. Referral forms were completed and I explained the contract and confidentiality to the client. It was agreed that client will come every week after her school to Gateshead base.*

*During the referral meeting, the client stated that she was raped by a boy who two years older than her and stated was feeling anxious after that. In the second session, the client disclosed that she was raped by her brother on two occasions when she was 11 years old and he was 14 years old.*

*In the initial stage of the therapy, we explored the clients' feelings and her relationship with her family which included her parents, grandparents and cousins. The client came from a close knit family who follow Jehovah's Witnesses religion. The client stated she was very much a part of religious group growing up but in her teenage years, she started seeing contradictions in the behaviours of religious members of her family and decided she does not want to part of it. She was discriminated and ostracized by her grandparents and rest of the group members because of this. The client stated she was hurt by it.*

*Validation of difficult emotions, breathing techniques, and Mindful body scanning, creative methods were used. Reality check was done while challenging unhelpful script messages.*

**Key Outcomes:** The client stated feeling less anxious and happier within herself. She felt confident to end the therapeutic process all together, when options were offered to her for university. The client stated she does not feel guilty or shameful about the rape any more.

**Feedback from Client:** *"I can focus on my future now. I never thought I will feel different before having counselling with RCTN".*

**Practical & Emotional Support Service: (P & E Service)**

Clients referred to our P&E service receive holistic advocacy through a single point of contact, We comply with the Ministry of Justice's expectations of an Independent Sexual Violence Advisers (ISVA's) remit – see below. ISVA's are professionals who co-produce specialised support to people who have experienced sexual violence, regardless of whether they have reported or not. This includes practical and emotional assistance, liaising with the Criminal Justice System (CJS) and other professionals, offering impartial information on their rights and options to their clients who can then make informed choices. ISVA's play a crucial role in upholding a client's rights and/or accessing them.

Essential Elements as defined by the MOJ:

- Act as a single point of contact to support people who have experienced sexual violence cope and recover from their experiences, regardless of whether they decide to report or not.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

- Tailor support to the individual needs of the person, as support will vary from case to case, depending upon the requirements of the client and their circumstances.
- Provide accurate and impartial information on criminal justice processes so that people can make an informed choice on what is right for them.
- Provide emotional and practical support before, during and after criminal and civil court proceedings.
- Provide having their rights upheld as defined by the Victims Code, including appealing outcomes, submitting complaints and claiming CICA.

Operation Soteria identified that many ISVA services do not undertake all the essential elements unlike RCTN, which does.

### **Challenges, Opportunities & Plans**

We are committed to reducing barriers to access for marginalized communities, people experiencing complex issues and with intersecting needs. We show our commitment by employing specialist roles to meet the needs of the communities we serve, including:

- Specialist Rural ISVA
- Specialist Different Learning Needs ISVAs
- Specialist LGBTQIA+ ISVAs
- Specialist Young Person's ISVA
- Specialist complex and compound needs ISVA

We deliberately work with lower caseloads to ensure the quality of our work. Working in this way ensures more people, who may not have previously been able to access criminal justice or sexual violence support, get the help they need. The holistic support gives a higher chance of clients being able to cope and recover from their experiences. This is in stark contrast to some women's previous experiences of accessing help, where women have often been re-traumatised by the reporting process.

We have worked hard this year to continue to make the website and resources more accessible for people with hearing/visual impairments, neuro-diverse conditions, and literacy issues, including animations explaining rights and processes. Over a third of our referrals come from self-referrals this year, demonstrating our success in making our service accessible to clients.

We have seen a dramatic decrease in the amount of people on the waiting list due to the expansion of the team. We support people on the waiting list to ensure that any immediate needs they have and/or risks are addressed.

We have serious concerns that a light touch, high case load model that focusses only on retaining a survivor in an investigation, have a higher chance of being funded in the long term, despite the ultimate cost to taxpayers (as people require more statutory services for longer) and the devastating impact on survivors lives. We will continue to advocate the success of our model.

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

Our ISVA's are managing increasingly high levels of risk due to the complex nature of the issues clients bring. 'Positive' criminal justice system outcomes are extremely low, and our ISVA's are often the bearer of bad news. As a result of these elements, our ISVAs are at an extremely high risk of vicarious trauma and burn-out. RCTN has robust processes in place to support ISVA's including regular clinical supervision, line management supervision, 1-2-1's and case management support, as well as organisation and team away days and social events. We have also developed a Safeguarding Report that is shared with Board so we can understand and assess the organisation risks associated with clients with safeguarding concerns. In 24-25, we intend to create a Safeguarding Good Practice Group to support peer learning between staff and services at RCTN.

**Case Study**

**Rhiannon** (45) was referred to P&E by her GP. A survivor of Child Sexual Abuse, Rhiannon, now in her 40s, was experiencing trauma worse than before, as soon as she shut her eyes. She told us: "It was happening all over again". Rhiannon had been awarded £10K by CICA for the period of assault when she was 15 years old. Her ISVA recognised that Rhiannon had grounds to apply for a medical reopening of her CICA claim. With her ISVA's support, Rhiannon found a solicitor who is processing her CICA claim. Due to her poor physical and mental health, Rhiannon was in receipt of Personal Independence Payment (PIP). Her ISVA recognised that Rhiannon was on the wrong rate and advised her to initiate a PIP Review. Her ISVA supported Rhiannon with her PIP Review, and the Mandatory Reconsideration, which resulted in Rhiannon being awarded the highest level for daily living and mobility. Rhiannon received £1,500 in back payment and her weekly PIP award increased from £128.65 to £172.75. Rhiannon was experiencing harassment by her son due to his substance use. Her ISVA referred Rhiannon to the Centre for Domestic Violence and supported her through the process to obtain a Non-molestation Order against him.

**Group Work**

In 23-24, we have continued to employ a part-time Group Worker to deliver specialist eight-stranded group for women survivors of sexual violence including:

**Creatively with Trauma Peer Support Core Group:** This 8 week group focuses on relevant psychoeducation and group discussion. This includes common and group specific consequences of sexual violence. The consequences include flashbacks, different brain response to trauma and internalised sexual violence myths. The group aims to improve women survivors' wellbeing and tackle social isolation. A peer space, the group practice creative means of wellbeing including, art, craft, creative writing mindfulness and movement.

**Trauma-sensitive Mindfulness Group:** This 6 week group teaches a variety of Mindfulness techniques and skills to support clients. The group focuses on Self-Compassion, dealing with overwhelming emotions, connecting safely to our senses, improving mood, and body-mind connectedness. Mindfulness has a growing evidence base showing how it can improve wellbeing, reduce harmful coping strategies and manage pain. The group offers a peer supportive space to learn and develop a Mindfulness Practice that clients can use well after

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

the 6-week group is completed. This group has been co-designed by RCTN, Mindful Therapies and RCTN clients.

**Online Self-Care Group:** At the start of the pandemic, we quickly designed an Online Survivors Self-Care Group. This four-week group is held via zoom and has developed over the past three years. Some clients prefer online support, particularly those who have high levels of social isolation, feel very nervous about group or are housebound due to physical and/ or emotional abilities. The group is activity based so as to support those who have social anxiety to engage. We focus on self-compassion, challenging our inner-critic, boundaries as self-care, self-reflection and the future. We use creative methods to improve mood and create an opportunity for discussion. This can involve outside of session creative projects also.

**Somatic Trauma Informed Movement Group:** This four-week group offer a combination of psychoeducation and movement to support our client's process trauma and gain peer support. Sexual Violence is a physical trauma happening to our bodies. There is growing evidence that in addition to talking therapeutic interventions movement can support processing this trauma. In our Somatic (movement) group, we teach and practice how being connected to our bodies through movement can help us to regulate our nervous systems. This can support both physical and mental wellbeing. This group has been co-designed by RCTN and a Trauma Yoga Practitioner.

Before, during and after all of our groups clients are also supported in a 1-1 basis, women will recognise their own assets and abilities, and develop self-care tools and strategies to maintain health and wellbeing. This will involve up to 3 individual support sessions.

**Ongoing Monthly Peer Support Space:** This group has been running since 2015 and was a swift response from our growing feedback that an ongoing peer space is needed after a weekly group has been completed. This space offers peer relationships to grow in a safe, facilitated space. It responds to ongoing trigger and distressing life events for our clients and ensures there is a creative space for client to have ongoing discussions and support around the knowledge and skills learnt through our groups.

**Empowerment Workshops:** These workshops are designed to grow RCTN's reach and build stronger referral pathways between our communities and services. The workshops provide basis information on sexual violence and consent, as well as some wellbeing activities. In addition, we provide knowledge of RCTN and related services for women and relevant services staff.

**Day Retreats:** The group work service provides around three day retreats per year to all suitable RCTN clients. These retreats focuses on wellbeing and peer support. They have included. Mindfulness Retreats, Clay Work, Labyrinth Walks, and Arial Pilates.

**Training:** This offers skills and support for local practitioners who could use Mindfulness as a technique to support their clients. We also train RTCN volunteers to support our Group Work

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

Service. The volunteers will go on to become co-facilitators and work alongside the group worker. In 2023, our Group Worker was invited to present at the annual conference of Rape Crisis England and Wales (RCEW). RCEW represents thirty nine Rape Crisis Centres and this invitation to showcase our group work and train others rape crisis centres was a privilege and testament to our pioneering service.

**Case Study 1**

**Trauma Informed Mindfulness Day Retreat**

This event was the first of its kind for RTCN. It was open to all open RCTN clients with the support and referral of their 1-2-1 worker. It was great to see referrals from P&E Counselling and Group Work. There were 8 spaces for this event and it was fully booked. During the retreat clients were taught simple Mindfulness techniques based around the theme “Self Kindness through Connecting to Nature”. The techniques were very versatile to be standalone practices but were also designed to build upon the skills and practice of clients who were already using Mindfulness as part of their self-care. Nature was explored as a way to connect mindfully to the present. We also gave simple techniques and resources to use after the day. This event was a great opportunity for some clients to get a trauma informed and safe introduction to Mindfulness and also have an insight into our group work spaces.

Techniques from training were incorporated into the day such as Walking and Talking and Trauma Informed Mindfulness. Since this day, we have used the same format to hold other one off workshops for clients including two Ariel Pilates workshops. Here are some of the comments from the day;

*[The day] allowed me to gather my thoughts in a productive way and taught me ways to focus my thoughts to process simple things.*

*[it] allowed me to understand myself more.*

*I found the mindfulness walk helpful as it allowed me to take time to take in my surroundings and breathe.*

*I found it very relaxing and made a connection with our people there and generally had a really enjoyable time with the group.*

**Case Study 2: Group Work**

**Background to referral/presenting issues:** Willow was referred by Victims First Northumbria. She had reported rape by a stranger at a nightclub. The Crown Prosecution Service were able to prosecute but there was a non-guilty verdict delivered. During her pre-group appointment, Willow also disclosed she had experienced childhood sexual abuse from her uncle. Willow was very anxious and explained she had very few friends. Her sister and mother struggled to believe her account of rape. She was also recently diagnosed with fibromyalgia and was unable to work. Willow rarely left the house. She stated that she was expecting to be engaged soon and was concerned her partner was taking on too much and she couldn't offer what she wanted to in her relationship.

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

**Group Work:** Willow has attended group work support through 2023 and into 2024. She first attended our Trauma Informed Mindfulness Group. This gave her practical skills to improve her well-being particularly around her self-esteem and the overwhelming anger she is experiencing at the verdict to her most recent assault and her perceived failure to disclose her childhood abuse until years later. Willow has also attended a day retreat of Mindfulness where techniques were taught around mindful movement as a pain management strategy. Willow stated this was something that really benefited her. Willow has gone on to regularly attend our Monthly Ongoing Peer Support Group, where she has made strong connections with other women. In one particular session, she explored her feelings around the online Trolling she was experiencing and stated she felt significantly better about this experience as a result of her engagement with RCTN.

**Key outcomes:** Willow has explained she has grown in confidence since joining RCTN groups. She is now accessing pain management clinics and is exploring further support and volunteer roles in other services. She stated being validated in her experiences and feels reduced shame and guilt about not disclosing abuse sooner. Willow has stated her relationship is very joyful and she feels able to maintain this. Willow has decided to put in clearer boundaries with her mother and sister and has reduced guilt around her choosing no contact with her father. She has also stated that meeting other women who have similar life experiences has given her validation in choosing to be child-free.

**Helpline & Email Support Service**

Our local Helpline and Email Support service is free and confidential. The services are staffed by trained women volunteers who listen and support women and girls.

The primary purpose of the Helpline & Email Support service is to provide anonymous listening and emotional support for women and girls.

Through this service we also provide:

- An introduction and opportunity to build trust with us, sometimes as a first step to accessing other support.
- Information, on practical issues such as reporting.
- Information on and referrals to, local services provided by us and others.
- Emotional support for women and girls on waiting lists for other services, provided by us and others - often described as 'holding them'.

We usually offer up to 50 minutes of support to each caller. Our email support uses a specialist system that anonymises email addresses. This means women and girls have control over if and when they tell us who they are.

Our Helpline and Email Support services also provides support and information to supporters such as partners, relatives, friends, carers and other workers.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

We commissioned an External Evaluation of our Helpline in July 2023. The External Evaluation identified that:

“The Helpline has the lowest barriers to access of all local support” External Helpline Evaluation, July 2023.

The External Evaluation also identified that complexity has increased, with a “dramatic increase” in co-presenting need relating to mental health and suicide ideation. Our Helpline & Volunteer Coordinator continues to support our Helpline & Email Support Volunteer Team to respond to these complex needs.

Finally, the External Evaluation identified that our Helpline & Email Support “service is strong, with many examples of sector good practice in place.”

We plan to continue to offer our specialist sexual violence helpline for women and girls from the Tyne & Wear and Northumberland areas, the need is increasing:

- 45% increase in calls between 2021-2022 and 2023-2024
- 38% increase in people contacting between 2022-2023 and 2023-2024

#### **Case Study – Anonymous**

A woman in her 50s, used the Helpline and Email Support service for 6 months. The woman is White British, identified as Straight and has a Physical Disability. She shared with us that she had experienced rape over a year ago as well as other forms of sexual violence.

During her use of the Helpline Service, she accessed emotional support over the phone and via email.

She explored her ability to emotionally regulate, coping mechanisms and feelings of isolation.

As a result of using our Helpline & Email Support Service, we were able to identify a positive change for this woman in the following areas:

- Carrying out self-care practices
- Doing things she enjoys
- Feeling less isolated
- Ability to emotionally regulate

#### **Quotes – helpline & Email Support**

*“Sometimes I just need to get it all out, thank you for listening to my horrible stories.”*

*“Thank you for being there and hearing my voice when going through a flashback.”*

*“I trust you and everyone at RCTN.”*

*“I feel less overwhelmed and it feels nice to let things out.”*

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

*"Thank you, it's good to know you're there for support. Thank you for not being judgemental."*

*"You gave me space to be distressed without panicking, the helpline is a safe space for me to talk."*

*"Things feel less intense after talking to you."*

*"Talking and being present meant I managed to eat and not dissociate."*

*"Thank you for not freaking out when I talk about DID and listening."*

*"My brain feels more organised after speaking to you."*

*"Really appreciate your time and it's really helped to be believed."*

*"I feel less stressed now after talking to you."*

### **Volunteers**

Our volunteers are vital to what we are able to achieve. During 2023/24, 64 women volunteered their time across a range of activities, lots of women are active in multiple roles.

In addition to the 64 women who were active in our volunteer team, 11 women volunteered their time to support our work through being part of the Board of Trustees.

Our Helpline & Email Support Service is delivered by volunteers, 40 women have been active in this role this year. Our experienced Helpline and Email Support Volunteers are an important part of our team, they not only provide vital support to women and girls but also contribute to the induction training, support and mentoring new volunteers during the induction period.

We trained 15 new Helpline Volunteers this year, they have been an important part of enabling us to ensure consistent offer of Helpline & Email Support throughout the year.

Volunteers support with the delivery of our Group work, 6 women have been active in this role this year. Volunteers have supported in the delivery of a range of Groups, there is more information about our Group Work in the relevant section of this document.

Our Activists work together to raise awareness of our services for women and girls and offer messages of solidarity. They also aim to increase public knowledge of the nature and prevalence of sexual violence and challenge rape culture. Our Activists lead on a range of campaign development and delivery, 17 women have been involved in this role this year.

This year they secured funding from Rosa, Voices from the Frontline to enable to develop a new campaign. Our new campaign will run in 2024 and will aim to raise awareness of and challenge the hierarchy of victimhood and how it can impact survivors.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2024

---

We are confident in our Activists' ability to represent us in a range of settings. They ensure our presence at community events such as the Mela and Pride. Our Activists have been key in the successful development of our social media platforms, mentoring each other to ensure consistent messaging, and speaking with our collective voice.

We rely on statutory funders and charitable foundations but we also need to increase our income through public support, to provide vital services for women and girls in the local area. Our Community Fundraising Volunteers work together to generate public donations and organise fundraising initiatives and events.

This year we have organised and supported a wide range of fundraising activities, these have included; quiz nights, DJ events, a Swimathon, and our Power to the Women Conference. We had 8 women active in the Community Fundraising Role this year.

We would not be able to achieve all that we do without the support of our skilled, experienced and dedicated team of volunteers. Their commitment to women and girls and to our organisation is truly inspiring.

*"RCTN is an organisation I am very proud to be a part of. I feel that I am a valued and respected member of the team."*

*"I like the positive, transparent and caring culture that has been created within the volunteer team."*

*"I look forward every time to my volunteering slot as I know that I will have supportive staff around me and I will make my skills and what I learnt into use in helping women who call the helpline!"*

*"Volunteering with RCTN has made me feel incredibly accomplished and a continuing sense of empowerment."*

*"I always feel supported within my volunteer role and by doing this role I have been able to develop skills to further my professional career but also my own personal reflection."*

*"I use the skills I've developed on the helpline to hugely improve professionally and personally."*

*"I love RCTN, it is a privilege to volunteer and I am honoured to represent the organisation."*

### Analysing Public Benefit Purpose

**1: Relieving the emotional, psychological and/or physical distress of women and girls who have experienced sexual violence RCTN supports women and girls to deal with the impact of sexual violence.**

Sexual violence is a broad term which includes; rape, sexual assault by penetration, child sexual abuse, sexual assault, sexual harassment, sexual exploitation and image-based sexual violence.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2024

---

## Client Satisfaction in our Services

Women continue to be satisfied with our services.

| % Satisfied<br>23-24 | % Satisfied<br>22-23 | % Satisfied<br>21 -22 |
|----------------------|----------------------|-----------------------|
| 100%                 | 88%                  | 91%                   |

## Referrals

During 2023/24, RCTN received 895 unique referrals, an increase of 9% on last year's figures.

| No of Referrals<br>23-24 | No of Referrals<br>22-23 | No of Referrals<br>21-22 |
|--------------------------|--------------------------|--------------------------|
| 895                      | 818                      | 806                      |

## Sources of Referrals

Referrals are up 9% compared to the previous year. Professional referrals have increased by 15% and proxy referrals have increased by 27%. Self-referrals remain our second biggest referral type demonstrating how well we are embedded within the local communities we serve.

| Referral Source                | No of<br>Referrals<br>23-24 | No of<br>Referrals<br>22-23 | No of<br>Referrals<br>21-22 |
|--------------------------------|-----------------------------|-----------------------------|-----------------------------|
| Professional                   | 532                         | 461                         | 481                         |
| Proxy                          | 19                          | 15                          | 12                          |
| Self<br>Internal<br>Referrals* | 344<br>133                  | 342                         | 313                         |

*\*Internal referrals only started to be captured from 23/24.*

## Professional Referrals

Our top three referrals sources of professional referrals are: 1) Voluntary Sector 2) Police, Sexual Assault Referral Centres and Victim First Northumbria Third Sector and 3) Education & Health. This fairly consistent with the previous year.

Health referrals have gone up significantly from the previous year, by 43%, followed by local authority which is up by 31%, then education, up by 13%

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2024

| Referral Source  | No of Referrals<br>23-24 | No of Referrals<br>22-23 | No of Referrals<br>21-22 |
|------------------|--------------------------|--------------------------|--------------------------|
| Health           | 96                       | 67                       | 63                       |
| Education        | 95                       | 83                       | 83                       |
| Police/SARC/VFN  | 162                      | 144                      | 207                      |
| Voluntary Sector | 118                      | 108                      | 95                       |
| Local Authority  | 42                       | 32                       | 19                       |
| Other            | 19                       | 27                       | 14                       |
| <b>Total</b>     | <b>532</b>               | <b>461</b>               | <b>481</b>               |

Please note the number of referrals recorded is based on the number of unique individuals referred rather than including where a woman is referred to more than one service.

#### Referrals to Face to Face Services

Often a woman might be referred to more than one service.

Across our face-to face services, counselling has seen a 16% increase in referrals compared to previous year. P & E & Group work are down, -11% and -3% retrospectively.

#### Referrals to Other Services/Information

Helpline & Email Support seen a 26% increase in referrals compared to 22-23. Some of this might relate to the fact that the Helpline has been consistently open throughout the year. This was not the case in 22-23 due to operational challenges because of a vacancy for the Volunteer Co-ordinator role. There has been a -67% reduction in information and advice. We have made significant improvements to our website and have a strong social media presence, which have proved popular ways of knowing about our services. Our service user involvement group told us website was often the first source of information, advice and guidance.

|                              | 23/24            | 22/23       | 21/22       |
|------------------------------|------------------|-------------|-------------|
| <b>Face to Face Services</b> | <b>Referrals</b> |             |             |
| P & E                        | 286              | 323         | 345         |
| Counselling                  | 790              | 682         | 734         |
| Group Work                   | 145              | 149         | 111         |
| <b>Total</b>                 | <b>1221</b>      | <b>1154</b> | <b>1190</b> |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2024

---

|                                   | 23/24            | 22/23      | 21/22      |
|-----------------------------------|------------------|------------|------------|
| <b>Other Services</b>             | <b>Referrals</b> |            |            |
| Helpline & Email Support Services | 249              | 197        | 161        |
| Advice & Guidance                 | 43               | 129        | 137        |
| Other                             | 44               | 46         | 37         |
| <b>Total</b>                      | <b>336</b>       | <b>372</b> | <b>335</b> |

### No of Sessions Delivered

#### Counselling

We delivered 5905 sessions in 23-24. There has been a 22% increase in the number of sessions delivered to women and girls compared to last year. Face-to-face sees the biggest increase in sessions (+22%), followed by telephone (+19%), then online (+6%).

| <b>No of Sessions Attended</b> | <b>23/24</b> | <b>22/23</b> | <b>21/22</b> |
|--------------------------------|--------------|--------------|--------------|
| Face-to-face                   | 3488         | 2853         | 2046         |
| Online/video                   | 897          | 844          | 554          |
| Telephone                      | 1520         | 1275         | 1088         |
| <b>Total</b>                   | <b>5905</b>  | <b>4972</b>  | <b>3688</b>  |

#### P & E Service

We delivered 4351 sessions and other types of contact in 23-24. There has been a +38% increase in the number of sessions and other types of contact delivered to women and girls compared to last year. There has been an increase, in particular, for face-to-face (+58%), text/email (+35%) and down for online (-19%) for telephone contact (-3%), compared to last year.

| <b>No of Sessions Attended</b> | <b>23/24</b> | <b>22/23</b> | <b>21/22</b> |
|--------------------------------|--------------|--------------|--------------|
| Face-to-face                   | 243          | 154          | 107          |
| Online/video                   | 17           | 21           | 42           |
| Telephone                      | 1012         | 1046         | 944          |
| Text/Email                     | 2380         | 1767         | 1292         |
| Other                          | 699          | 193          | 290          |
| <b>Total</b>                   | <b>4351</b>  | <b>3181</b>  | <b>2675</b>  |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2024

---

#### Group Work Service

We delivered 43 group work and 269 1-2-1 sessions in 23-24. There has been a -28% decrease in the number of sessions delivered to women and girls compared to last year. We employed an additional worker for some of 22-23 which accounts for some of the difference between years. Group work is a valuable service and we are committed to its sustainability.

| No of Sessions Attended | 23/24 | 22/23 | 21/22 |
|-------------------------|-------|-------|-------|
| Total Group sessions    | 43    | 60    | 39    |
| Face-to-face            | 32    | 49    | 12    |
| Online/video            | 11    | 11    | 54    |
| Other – e.g. 1-2-1's    | 269   | 92    | 105   |

#### Helpline & Email Support Service

The number of calls and emails from women has up significantly (+80% and +55% respectively). We are proud to report that not a single helpline and email support session was cancelled which has enabled us to respond to the demand for the service.

| No of Calls/Emails Received                             | 23/24 | 22/23 | 21/22 |
|---------------------------------------------------------|-------|-------|-------|
| Number of calls received including silent & phone downs | 931   | 518   | 665   |
| Number of emails received from women                    | 654   | 421   | 790   |
| Number of emails received from women                    | 620   | 405   | 810   |

#### Numbers of Women We Worked With

We worked with of 1308 unique individual women this year, up 32%.

We also see an increase of number of women seen when looking at services individually. We see an increase of +13% Groups work, +29% Counselling and + 39% P & E Service. We worked with +21% more women on the Helpline. We have improved our data integrity, particularly for counselling to ensure accurate reporting.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2024

|                             | 23/24       | 22/23       | 21/22       |
|-----------------------------|-------------|-------------|-------------|
| Services (Tyneside & Grace) | No of Women | No of Women | No of Women |
| P & E                       | 368         | 265         | 250         |
| Counselling                 | 703         | 543         | 469         |
| Group Work                  | 70          | 62          | 41          |
| HESS - Phone & Emails       | 264         | 219         | 352         |
| <i>Total</i>                | 1405        | 1089        | 1112        |

Below shows the number of additional contacts we make with women or girls who get in touch with us. These include information, advice and guidance and pre-referrals, which is the first method of contact a woman has from RCTN. It is at this point that we offer choice to women in relation to the services they want to access, and obtain relevant information related to their needs and identities.

|                             | 23/24                        | 22/23                        | 21/22                        |
|-----------------------------|------------------------------|------------------------------|------------------------------|
| Services (Tyneside & Grace) | No of Other Types of Contact | No of Other Types of Contact | No of Other Types of Contact |
| Information & Guidance      | 70                           | 30                           | 44                           |
| Pre-referrals               | 643                          | 558                          | 547                          |

## Outcomes

### Face to Face Services

Of those women who completed our service impact questionnaires, we show, below, the number of women who felt they saw a % improvement, in particular outcome areas since working with us. We identify potential improvements in these areas by accessing women to complete a 'before' and 'after' questionnaire to help us assess the difference our services have made.

It is important to note that some women and girls do not have an identified issue related to certain outcome area and therefore may not identify an improvement in that area. An example of this is that a woman or girl may not show an improvement in "Feeling of safety", if she did not have any issues relating to feeling unsafe when she began working with us.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2024

Women told us we made the following difference to them:

| Outcome                     | % improvement<br>23-24 | % improvement<br>22-23 | % improvement<br>21-22 |
|-----------------------------|------------------------|------------------------|------------------------|
| Health & Wellbeing          | 79%                    | 81%                    | 28%                    |
| Informed & empowered to Act | 76%                    | 79%                    | 23%                    |
| Ability to cope             | 71%                    | 74%                    | 19%                    |
| Safety                      | 77%                    | 76%                    | 19%                    |
| Criminal Justice System     | 53%                    | 51%                    | 11%                    |

#### Helpline & Email Support Outcomes

Due to the anonymous nature of the Helpline and Email Support services it is difficult to capture client-identified outcomes. We used an online feedback survey to gauge the impact of services. To negate the low numbers of responses to surveys, practitioner-identified impact which involves practitioners completing a survey based on their observed understanding of changes clients have made positively or negatively.

Our Helpline & Email Support Service has identified the following positive impacts have been made on the lives of the women that have used the Helpline service. Because this service is anonymous, the outcomes are identified by volunteers who have answered calls or responded to emails from women.

| Outcome                     | % improvement<br>23-24 | % improvement<br>22-23 | % improvement<br>21-22 |
|-----------------------------|------------------------|------------------------|------------------------|
| Health & Wellbeing          | 52%                    | 62%                    | 35%                    |
| Informed & empowered to Act | 21%                    | 23%                    | 38%                    |
| Ability to cope             | 1%                     | 15%                    | 21%                    |
| Safety                      | 28%                    | 27%                    | 14%                    |

#### Purpose 2: Educating the public in the nature of sexual violence and its impact on women and girls Community Engagement and Public awareness raising.

We aim to raise awareness of our services and offer solidarity to women and girls who have experienced sexual violence. We also aim to communicate the true nature, impact, and prevalence of sexual violence to professionals and the public. We hope this will help create the transformational change in public attitudes that will bring about systemic change.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

#### **RCTN Campaigns: #ItAllAddsUp**

In 2023, we launched our joint campaign, #ItAllAddsUp, in partnership with the Northumbria Police and Crime Commissioner. We shared the lived experiences of women and girls in the Northeast who have experienced public sexual harassment. The aim of the campaign was to shine a light on the inner thoughts of women and girls and the impacts of sexual harassment.

This campaign was aimed at men and boys to show them how their actions can have significant impacts on the lives of women. The campaign launched in July 2023, and we know that over 500,000 people saw the campaign between July and September 2023 via several online channels, the news, and our newsletter.

The campaign was granted more funding by the Home Office in late 2023, allowing us to continue the project in 2024 and 2025. Currently, we are at the beginning stage of this new round of funding, but we are excited to see what we can do with this to extend the longevity of the project.

#### **RCTN Campaigns: Shout Up**

Shout Up! campaigns to make our pubs, clubs, bars and venues sexual harassment-free zones, training staff to recognise and respond to sexual harassment.

Shout Up! was conceived by Rape Crisis Tyneside and Northumberland and Crystallised. The development and ongoing roll-out of Shout Up! in Newcastle has been funded by Newcastle City Council since it was first launched in 2017.

Shout Up! requires venues to commit to:

- Managerial and supervisory staff receiving in-person Shout-Up! training.
- All other staff completing Shout-Up! online training course.
- Creating and implementing a Sexual Harassment Policy with help from our team.
- Public acknowledgement of their participation through marketing, social media, posters and promotional material.

Thanks to Newcastle Local Authority leading the way, we are now rolling out Shout-Up! nationally. Shout-Up! is delivered in Northamptonshire and Devon.

A key part of Shout Up! is our marketing and communications work. We must shout about the achievements of our venues and promote their commitment to creating Sexual Harassment-free zones. Through this work, we also communicate the venue and wider city's commitment to everyone's safety when accessing our night-time economy.

#### **Our National reach to date is 3,411,369 in 2023-2024**

Our reach represents the number of hits or likes we have had from our social media.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2024

---

The coverage has been in mainstream regional and national publications and direct to the public via social media. This year, we also saw additional coverage in trade publications for the hospitality sector.

In Newcastle, over 3,300 venue staff have completed Shout-Up! training. We currently have 48 Venues & 5 Promoters Shout-Up! certified in Newcastle.

#### Shout-Up! Venues Said

*"As a manager, it provided guidance on how to deal with situations and gave us the confidence on how to provide a safe environment for customers. I think if all bars took part in the course, then Newcastle would be a safer space to go out in."*

Jack Taylor, General Manager, **Cosy Joes**

*"Being part of Shout-up! is important to us because we want everyone to have a good time and nobody made to feel uncomfortable."*

Amy Fielding, Deputy Manager, **Flares**

*"Harry's Bar are extremely proud to be a part of the Shout up! Campaign. We believe a safe and inclusive space should be at the core of any Hospitality venue. Working with Shout up! we've developed our harassment policy and implemented training to all staff with the intent to ensure no one feels unsafe or unwelcome at Harry's."*

Graham Gibson, General Manager, **Harry's Bar**

*"Market Shaker has a zero-tolerance approach to sexual harassment in our venue. We encourage every venue to complete their Shout-Up training to support a working environment and venue culture which stops any unacceptable behaviour like this from occurring."*

Aaron McKenna, Assistant Manager, **Market Shaker**

In 2023-2024 we trained 930 members of staff in the UK's night-time economy, 783 of those were in Newcastle.

#### Learners Said:

*"Excellent communication. Laying out the bare bones of the key items of discussion, as well as delving into more detail when relevant. Very accessible."*

*"I'm better able to identify when and how to intervene in different situations."*

*"Changes in practice, making sexual harassment policy tailored to us."*

*"The trainers through years of experience show the utmost understanding. All situations and parties involved."*

*"Incredibly informative and insightful. Engaging and relaxed, despite the nature of the content."*

*"More confident in how to approach situations where I feel like I would second guess."*

*"I feel it greatly improved my knowledge of what sexual harassment looks like."*

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

**National Campaigns**

Throughout the year, we made sure to support several organisations in their campaign work to elevate the voices and lived experiences of women and girls. We supported Rape Crisis England and Wales in their 'Keep counselling confidential' campaign, which was addressing the criminal justice system trying to access private counselling notes as evidence in sexual violence cases. We supported the campaign on our social media and in our newsletter.

In 2023, we saw an increase in the number of women being prosecuted for taking abortion tablets and subsequently being imprisoned. We believe that abortion medication is healthcare and women have a right to choose what they do with their bodies. When the headlines broke about a mother being sent to prison for taking the medication during Covid-19, our activists wrote a letter template which people could send to their MPs to raise awareness about this issue. We shared the letter on our social media, supporting the 'Abortion is healthcare' campaign.

We have also supported campaigns such as Justice for Gaia and recently supported their additional campaign called the 'Gaia principle.' The Gaia principle wants to make sure that incidents of sexual violence are thoroughly investigated and that officers investigate previous allegations of sexual violence which the alleged perpetrator has been accused of. We supported this campaign by sharing it online with our followers and asking them to send a supporting letter to their local MP.

**Future Campaigns**

In 2024 and 2025 we have some exciting campaigns such as our Rosa funded Activist campaign exploring the impact that women's intersecting identities have on their ability to identify with the following terms; *survivor*, *trauma*, *healing* and *recovery*. We will also be working further on the #ItAllAddsUp campaign, in partnership with Northumbria Police and Crime Commissioner again.

**Community Fundraising**

Achieving our mission would not have been possible without our fundraising supporters and volunteers who have organised and attended events, chosen us as their company charity, and taken on challenges. These community fundraising events help raise the profile of our charity with the wider public as well as bringing in money to fund important work.

This year we have generated donations and fundraising income through a wide variety of community fundraising activities including; DJ Nights, regular quiz events, encouraging regular and ad hoc donations, a Swimathon, and the sale of merchandise at public events and online. We have also benefitted from people choosing us to raise funds for, one of those people is Charlie.

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

**Charlie's Story**

In 2023, Charlie ran the Great North Run, completed the National 3 Peaks Challenge and jumped out of a plane at 15,000ft, to raise money for us. We are completely blown away by Charlie and her friends for their dedication to our cause. Charlie raised over £10,000 and we are so grateful to her for her energy, dedication and commitment.

**Social Media**

Our volunteer activists and communications worker have used social media to raise awareness of our services, which has been particularly important. We shared messaging that we were still there for women and girls and how our services have been adapted. Our activists also actively promoted key events and issues related to our work, practice or values.

For example, we:

- Coordinated social media messaging on behalf of the local Violence Against Women's Sector's on 16 Days of Activism
- Engaged in promoting Reclaim the Night and White Ribbon

**Training**

We deliver a range of 'off the shelf' and bespoke training for professionals from a range of sectors. This year, this has included training on Trauma and Disclosure for Newcastle University through to an awareness-raising workshop on the Prevalence of Sexual Violence for North Tyneside Rotary Service.

**Networking, Representation and Forum work**

RCTN participated in a range of external partner forums in both Tyneside and Northumberland and panels to raise awareness of our services, contribute towards policy and improve best practice locally, regionally and nationally.

Our Northumberland service has joined with other agencies working with women and girls in Northumberland, this is called the Lighthouse Partnership.

RCTN continues to develop our critical friendship with the Northumbria Police and Crown Prosecution Service (North East). We were invited by the Police and Crime Commissioner to contribute to the stakeholder interview process for the new Chief Constable for Northumbria Police.

Our Independent Sexual Violence Advocates also attend regular Regional CPS ISVA forums to feed into the processes and improve the experiences of clients who have had their cases referred to the CPS. We also sit on the CPS Domestic Violence Scrutiny Panel and CPS VAWG scrutiny panel. This year RCTN was invited to be part of the Operation Sorteria team reviewing practice at Northumbria Police.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

Whilst we are a critical friend of criminal justice agencies, we also work closely with the Centre for Women's Justice to feed into legal challenges against the police and Crown Prosecution Service to fight against the numerous injustices women and girl survivors of sexual violence face. We attend regular National Independent Sexual Violence Advocate Service Lead meetings to contribute to and gain information on campaigns such as implementing robust consent forms for third party data disclosure when reporting crimes, to name one amongst many.

We also contribute to all the Home Office, Ministry Of Justice and Crown Prosecution Service consultations on new legislation and policies. We are conducting or supporting research that directly supports our clients (such as reasons why clients' cases are not progressed for reasons of credibility, specific issues facing clients with different learning needs and barriers women and girls in rural areas face accessing services) the finding of which will be shared throughout our national networks.

#### **Plans for the future**

In 2024/25, we will see RCTN continue our work to support women and girls to be free from the impact and threat of sexual violence. Because of the significant demand and increased waiting times, RCTN will be focusing efforts on how we can continue to respond to the demands for our services and maintain our resilience, in a competitive funding market.

In 2024/25, a key focus will be on: i) organisation development so our people, processes and systems are working most effectively and efficiently for the benefit of the women and girls we serve ii) financial resilience so our financial model, income generation strategies and resource development enables us to exist into the future. In particular, we will focus on:

- Exploring our staff structure to respond to further potential growth
- Better utilising data to inform strategic planning, service development, performance and continuous improvement.
- Experimenting with new means of self-generating income
- Our anti-racism work
- Increasing our capacity to respond to training.

#### **Reference and Administrative Details**

Registered Company number: 07285969 (England and Wales)

Registered Charity number: 1138149

Registered office: c/o Accounting for Good  
2 Geordie Ridley Place  
Upper Precinct, Wesley Court  
Blaydon-on-Tyne, NE1 5BT

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

#### **Directors and trustees**

The directors of the charitable company are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

#### **Trustees:**

|                       |                               |
|-----------------------|-------------------------------|
| 1. Ellena Rogerson    | Co-Treasurer                  |
| 2. Jayne Carrick      | Co-Treasurer                  |
| 3. Nikki Godden-Rasul | resigned 27/11/23             |
| 4. Rebecca Haynes     | resigned 25/05/23             |
| 5. Stephanie Remfry   |                               |
| 6. Roiya Hodgson      |                               |
| 7. Catherine Wheatley | Vice Chair, resigned 03/06/24 |
| 8. Anne Fry           | Chair                         |
| 9. Sara Chezari       | Appointed 22/05/23            |
| 10. Claire Dosdale    | Appointed 25/03/24            |

|         |                                 |                 |
|---------|---------------------------------|-----------------|
| Others: | Chief Executive Officer:        | Sue Pearce      |
|         | Deputy Chief Executive Officer: | Sam Jones       |
|         | Key Finance Officer:            | Safina Siddique |

|         |                                                                   |
|---------|-------------------------------------------------------------------|
| Auditor | Read, Milburn & Co<br>71 Howard Street<br>North Shields, NE30 1AF |
|---------|-------------------------------------------------------------------|

|                     |                                                                                                                                                             |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Investment advisors | Cascade Holdings<br>England and Wales<br>Company registration 09212233<br><br>St James's Place<br>1 Tetbury Road<br>Cirencester, Gloucestershire<br>GL7 1FP |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|

|          |                                                      |
|----------|------------------------------------------------------|
| Bankers: | National Westminster Bank Plc<br>Newcastle upon Tyne |
|----------|------------------------------------------------------|

#### **Structure, Governance and Management**

##### **Governing Document**

Rape Crisis Tyneside and Northumberland (RCTN) was set up as a charity on 17th November 1978 under the name of Tyneside Rape Crisis Centre, registration number 508177. The organisation is now a charity and a company limited by guarantee defined by the Companies

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

Act 2006. It was incorporated as a company and registered as a charity on 16th June 2010 and the changes were formally adopted by the organisation on 1st January 2011. The charity name was changed with the Charities Commission on 28th January 2013 and adopted from 1st April 2013. RCTN also uses the names Tyneside Rape Crisis Centre and Grace, Northumberland Rape Crisis.

RCTN operates under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up Members are required to contribute an amount not exceeding £1.

The organisation is governed by its trustees who are also the only Members of the organisation. Under the requirements of the Memorandum and Articles of Association, the Board may consist of between three and twelve trustees. This year there were ten trustees. All trustees are female. The Board meets around eleven times a year. A Finance sub-group consisting of the Co-Treasurers, staff and the external Accountant who meet quarterly to review the Management Accounts. The Board delegates day-to-day management of the organisation to the CEO and Deputy CEO. RCTN holds regular strategy days which trustees and staff attend.

#### **Appointment of trustees**

There is no limit to the time that a trustee may serve with the organisation; however one-third of the trustees must retire at each AGM with the longest-serving retiring first. All trustees give their time voluntarily and are not allowed to receive any material benefit from the charity. Trustees are however able to claim reasonable out of pocket expenses. The trustees are responsible for selecting a Chairperson, Secretary and Treasurer.

#### **Trustees' induction and training**

A recruitment, training and induction procedure is in place to support new trustees. When an expression of interest to join the Board is received, this is followed through by the CEO who arranges an informal pre-meeting. References are taken up and discussions/decisions about the nomination to the Board are discussed and approved at a quorate Board meeting.

All trustees receive an induction into the values and services of RCTN, sexual violence issues, their duties, roles, responsibilities and liabilities as a trustee and key policies. RCTN has a trustee induction checklist and each new trustee is allocated a mentor trustee to support them through the induction process. A trustee role description is issued to all new trustees outlining the duties, roles, responsibilities and liabilities each trustee faces. Role descriptions are in place for the Chair, Treasurer and Company Secretary.

All trustees are required to undertake training on a range of issues such as on equality and diversity issues; child and adult safeguarding; roles and responsibilities of trustees and sexual violence issues. Training opportunities are highlighted at Board meetings including opportunities to attend conferences/workshops. Trustees are also responsible for identifying their own training and development needs and for recording all training they attend.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

#### **Related parties and co-operation with other organisations**

RCTN is a member of Rape Crisis England and Wales (RCEW) and adheres to the RCEW National Service Standards. We participate in Rape Crisis North East regional meetings to share best practice and feedback via our local representative to the national body. We have a CIO in partnership with other North East Rape Crisis Centres.

#### **Pay policy for senior staff**

The trustees set the pay of the CEO and Deputy comparing against equivalent roles within the voluntary sector. The nationally recognised National Joint Council pay scales are used to set the pay of all staff. Inflationary pay awards are periodically approved in line with national NJC pay agreements. A remuneration committee meets as required.

#### **Risk management**

The trustees recognise that they hold a responsibility to identify risks to the organisation; to ensure that controls exist to limit the possibility of risks occurring; to limit the impact of any risks on the viability or security of the organisation; to manage any risks that do occur; and to regularly review whether new risks have been introduced into the organisation.

The trustees have implemented a risk review system and have built a risk register. They have reviewed all organisational risks focusing on the risks with the highest risk score. The trustees have implemented a system to review the risk register on a regular basis or following a critical incident.

#### **Financial Review**

#### **Funding Strategy**

We maintain a Funding Strategy and Fundraising plan to ensure that we raise all the funds that we require.

#### **Income and Principal Funding Sources**

We aim to maintain a diverse range of funders so that we minimise risk to the organisation's activities. Our total income this year was £ 1,253,220 which represents a 6% increase from last year. We received income from statutory bodies including:

Ministry of Justice Female Rape Support Fund; Police and Crime Commissioner for Northumbria; Local authorities (Gateshead, Newcastle upon Tyne, North Tyneside, Northumberland and South Tyneside) and the NHS North East and North Cumbria Integrated Care Board (Gateshead, Newcastle, North Tyneside and Northumberland).

The National Lottery Community Fund continued to support us.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

The Charitable Trusts and Foundations who supported us were:

Ballinger Trust, Brook Trust, EC Graham Belford, Community Foundation Tyne and Wear and Northumberland Hadrian Trust, Henry Smith Charity Lloyds Bank Foundation, Hospital of God at Greatham, Sir James Knott, William Leech,

We are extremely grateful to all our funders, statutory, private and voluntary, in helping to sustain our activities.

#### **Fundraising from the community**

We generated £21,377 from fundraising and £12,559 from donations. The sources of our self-generated income were monthly donors; one-off individual donations; sponsorship money from external fundraising events and from our own fundraising events.

#### **Income from training and sales**

We secured £3,952 from sales which included delivering training workshops.

#### **Expenditure**

Our total expenditure this year was £1,207,531 which represents a 11% increase since last year. We have seen a further growth in activities and service provision to meet demand.

##### Direct costs

- Project staff salaries increased compared to last year in light of securing additional funding which enabled us to expand our staff team.
- Other project staff costs decreased as we received specific training funds the year before reflecting higher spend compared to this year.
- Project resources have increased in line with the expansion of project activity.
- Project delivery costs are less, however some costs have been deferred until 24/25.
- Outreach venue hire costs increased due to additional project delivery and the increasing use of bases to reach clients.

##### Support costs

- Premises costs have increased due to additional rent and repairs/maintenance work.
- Professional fees increased due to some additional consultancy costs.

##### Governance costs

Trustee meetings costs increased due to additional face to face board and strategy days held.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2024

---

#### Investment Policy

We have a documented Investment Policy, the objective of which is to increase our income so we can achieve our charitable purpose and to enable us to hold sufficient reserves as required by the Reserves Policy. During the financial year, we have continued to invest in an ethical unit trust. We have worked with a cash management organisation to ensure that our remaining cash assets are spread across a range of financial organisations and held with varying notice periods to satisfy our liquidity requirements.

The trustees decide, where possible, to invest in ethical investments in the knowledge that they may not provide the best rate of return, but would protect the organisation's reputation. Only the trustees are able to make decisions on investments. The performance of investments are reviewed by the Board six monthly.

#### Reserves Policy

##### Rationale behind the Reserves Policy

- To demonstrate transparency, accountability and sound financial management the Reserves Policy clearly justifies the amount of reserves kept back each year.
- The Reserves Policy allows RCTN to take account of potential risks and contingencies that may arise. For example, the level of reserves allows the charity to manage any cash flow issues and to replace obsolete equipment.
- RCTN provides support to women survivors of all forms of sexual violence in Tyneside and Northumberland and one of our core services is long-term counselling. The Board of Trustees wishes to maintain sufficient level of Reserves to enable the counselling service to continue should a shortfall in income occur. RCTN believes that holding up to six month's reserves would allow RCTN the opportunity to ethically complete its programme of support to these vulnerable clients.

##### Level of reserve required by RCTN

RCTN has agreed to hold the following unrestricted reserves (£563,341):

| <b>Designated funds:</b>                          | <b>£</b>      |
|---------------------------------------------------|---------------|
| General designated funds (4 months running costs) | 396,338       |
| Anti-racism work                                  | 15,000        |
| Dilapidations and property sinking fund           | 15,000        |
| Projects: Groupwork, ISVA and Volunteers          | 31,288        |
| Projects: Innovation Fund                         | 36,470        |
| Projects: Shout up promotion work                 | 7,120         |
| <b>General Unrestricted funds</b>                 | <b>62,125</b> |

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

The **General designated funds** are based on four months running costs based on 2023/24 expenditure (£1,189,015). There are currently no plans to spend this as we consider the organisation to be a going concern.

**Other designated funds** We plan to use these funds to support project delivery costs during 2024/25 and to undertake some innovation and development work.

#### **Monitoring and reviewing the Reserves Policy**

The calculation of the required level of Reserves is an integral part of RCTN's planning, budget and forecast cycle and as such, the Trustees/Directors will consider the Business Plan, budget, financial projections and funding strategy each year and will review the Reserves policy annually in light of their findings.

#### **Going concern statement**

The trustees have reviewed and considered financial information and revised forecasts to take into account measures that they can take with the current financial resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

#### **Trustees responsibilities in relation to the financial statement**

The trustees (who are also the directors of Rape Crisis Tyneside and Northumberland for the purposes of company law) are responsible for the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2024

---

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware; and
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

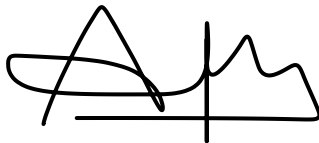
### **Auditors**

In accordance with section 485 of the Companies Act 2006, a resolution for the re-appointment of Read, Milburn & Co. as auditors of the charitable company is to be proposed at the forthcoming annual general meeting.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on .....12th December 2024..... and signed on its behalf by:

Anne Fry,

A handwritten signature in black ink, appearing to be 'Anne Fry', written over a horizontal line.

*Chair of the Board of Trustees*

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

---

### **Opinion**

We have audited the financial statements of Rape Crisis Tyneside and Northumberland (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for opinion**

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

### **Conclusions relating to going concern**

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

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

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

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

---

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

### **Opinions on other matters prescribed by the Companies Act 2006**

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

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

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

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

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

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

### **Responsibilities of trustees**

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

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

## REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

---

### **Our responsibilities for the audit of the financial statements**

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

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. In this regard, our procedures include the following:

- enquiry of management around actual and potential litigation and claims;
- reviewing minutes of meetings of those charged with governance;
- reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business;
- challenging assumptions and judgements made by management in their significant accounting estimates.

Because of the field in which the charity operates, we have identified the following areas as those most likely to have a material impact on the financial statements: Health and Safety; Employment Law; and compliance with the Companies and Charities Acts.

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

## REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

---

### Use of our report

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



Nicholas J Liley (Senior Statutory Auditor)  
for and on behalf of Read, Milburn & Co  
Chartered Accountants and Statutory Auditors  
71 Howard Street  
North Shields  
Tyne and Wear  
NE30 1AF

Date: 17 December 2024 .....

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2024

|                                                                  | Notes | Unrestricted   | Restricted       | Total                   | Total            |
|------------------------------------------------------------------|-------|----------------|------------------|-------------------------|------------------|
|                                                                  |       | £              | £                | £                       | £                |
| <b>Income from:</b>                                              |       |                |                  |                         |                  |
| Donations and legacies                                           | 6     | 12,559         | -                | <b>12,559</b>           | 25,374           |
| Charitable activities                                            |       |                |                  |                         |                  |
| Grants and contracts                                             | 7     | 131,802        | 1,097,660        | <b>1,229,462</b>        | 1,134,626        |
| Other trading activities                                         | 8     | 21,377         | -                | <b>21,377</b>           | 17,846           |
| Investments                                                      | 9     | 8,338          | -                | <b>8,338</b>            | 3,844            |
|                                                                  |       | <u>174,076</u> | <u>1,097,660</u> | <u><b>1,271,736</b></u> | <u>1,181,690</u> |
| <b>Expenditure on:</b>                                           |       |                |                  |                         |                  |
| Raising funds                                                    | 10    | 5,398          | -                | <b>5,398</b>            | 4,263            |
| Charitable activities                                            |       |                |                  |                         |                  |
| Operation of the charity                                         | 11    | 249,972        | 952,161          | <b>1,202,133</b>        | 1,079,998        |
| <b>Total expenditure</b>                                         |       | <u>255,370</u> | <u>952,161</u>   | <u><b>1,207,531</b></u> | <u>1,084,261</u> |
| <b>Net income/(expenditure) before investment gains/(losses)</b> |       | ( 81,294 )     | 145,499          | <b>64,205</b>           | 97,429           |
| Net gains/(losses) on investments                                |       | 7,530          | -                | <b>7,530</b>            | 2,512            |
| <b>Net income/(expenditure)</b>                                  |       | ( 73,764 )     | 145,499          | <b>71,735</b>           | 99,941           |
| Transfers between funds                                          |       | 89,483         | ( 89,483 )       | -                       | -                |
| <b>Net movement of funds</b>                                     |       | 15,719         | 56,016           | <b>71,735</b>           | 99,941           |
| <b>Reconciliation of funds</b>                                   |       |                |                  |                         | -                |
| Total funds brought forward                                      |       | 547,622        | 116,145          | <b>663,767</b>          | 563,826          |
| <b>Total funds carried forward</b>                               |       | <u>563,341</u> | <u>172,161</u>   | <u><b>735,502</b></u>   | <u>663,767</u>   |

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 40 to 50 form an integral part of these financial statements.

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

Charity Number 1138149

Company Number 07285969

**BALANCE SHEET**

As at 31 March 2024

|                                                       | Notes | 2024               | 2023               |
|-------------------------------------------------------|-------|--------------------|--------------------|
|                                                       |       | £                  | £                  |
| <b><u>Fixed assets</u></b>                            |       |                    |                    |
| Investments                                           | 18    | 72,697             | 66,337             |
| <b><i>Total fixed assets</i></b>                      |       | <b>72,697</b>      | <b>66,337</b>      |
| <b><u>Current assets</u></b>                          |       |                    |                    |
| Debtors                                               | 19    | 95,317             | 56,229             |
| Cash at bank and in hand                              | 20    | 775,975            | 786,578            |
| <b><i>Total current assets</i></b>                    |       | <b>871,292</b>     | <b>842,807</b>     |
| <b>Creditors: amounts falling due within one year</b> | 21    | <b>( 208,487 )</b> | <b>( 245,377 )</b> |
| <b><i>Net current assets</i></b>                      |       | <b>662,805</b>     | <b>597,430</b>     |
| <b><i>Total assets less current liabilities</i></b>   |       | <b>735,502</b>     | <b>663,767</b>     |
| <b><i>Total net assets or liabilities</i></b>         |       | <b>735,502</b>     | <b>663,767</b>     |
| <b><u>Funds of the charity</u></b>                    |       |                    |                    |
| Unrestricted income funds                             |       | 563,341            | 547,622            |
| Restricted income funds                               |       | 172,161            | 116,145            |
| <b><i>Total funds</i></b>                             |       | <b>735,502</b>     | <b>663,767</b>     |

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 40 to 50 form an integral part of these financial statements.

These financial statements were approved by the Board on: 12th December 2024

and are signed on its behalf by:

A Fry  
Chair



**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

Charity Number 1138149

Company Number 07285969

**STATEMENT OF CASH FLOWS**

For the year ended 31 March 2024

|                                                        | Notes | 2024<br>£                | 2023<br>£             |
|--------------------------------------------------------|-------|--------------------------|-----------------------|
| <b><u>Cash flows from operating activities</u></b>     |       |                          |                       |
| Net movement in funds                                  |       | 71,735                   | 99,941                |
| Deduct interest / income shown in investing activities |       | ( 15,868 )               | ( 5,219 )             |
| Increase in debtors                                    |       | ( 39,088 )               | 23,780                |
| Decrease in creditors                                  |       | ( 36,890 )               | ( 97,624 )            |
| <b><i>Net cash from operating activities</i></b>       |       | <b><u>( 20,111 )</u></b> | <b><u>20,878</u></b>  |
| <b><u>Cash flow from investing activities</u></b>      |       |                          |                       |
| Interest received                                      |       | 8,338                    | 3,844                 |
| Sale of fixed asset investments                        |       | 1,170                    | -                     |
| <b><i>Net cash from investing activities</i></b>       |       | <b><u>9,508</u></b>      | <b><u>3,844</u></b>   |
| <b>Decrease in cash and cash equivalents</b>           |       | <b>( 10,603 )</b>        | <b>24,722</b>         |
| <b>Cash and cash equivalents at start of year</b>      |       | <b>786,578</b>           | <b>761,856</b>        |
| <b>Cash and cash equivalents at end of year</b>        |       | <b><u>775,975</u></b>    | <b><u>786,578</u></b> |
| Cash and cash equivalents consist of:                  |       |                          |                       |
| Cash at bank and in hand                               |       | <b><u>775,975</u></b>    | <b><u>786,578</u></b> |

The notes on pages 40 to 50 form an integral part of these financial statements.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2024

---

### **1 Accounting policies**

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### **2 Basis of accounting**

#### **2.1 Basis of preparation**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with 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 October 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The presentation currency of the financial statements is the Pound Sterling (£).

Rape Crisis Tyneside and Northumberland meets the definition of a public benefit entity under FRS 102.

#### **2.2 Preparation of the accounts on a going concern basis**

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

### **3 Income**

#### **3.1 Recognition of income**

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

#### **3.2 Offsetting**

There has been no offsetting of assets and liabilities or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

#### **3.3 Grants and donations**

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance or provision of other specified services is deferred until the criteria of income recognition are met.

#### **3.4 Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

#### **3.5 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2024

---

#### **3.6 Debtors and prepayments**

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

#### **3.7 Financial instruments**

All financial assets and financial liabilities of the charity qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

#### **3.8 Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

#### **3.9 Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

### **4 Expenditure and liabilities**

#### **4.1 Liability recognition**

Liabilities are recognised when 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.

#### **4.2 Charitable activities**

Expenditure on charitable activities includes the costs of specialist sexual violence services and other activities undertaken to further the purposes of the charity and their associated support costs.

#### **4.3 Governance and support costs**

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly relate to the charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

#### **4.4 Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

#### **4.5 Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts due.

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2024

---

**5 Assets**

**5.1 Tangible fixed assets for use by the charity**

Individual fixed assets costing £1000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

|                       |                                |
|-----------------------|--------------------------------|
| Plant and machinery   | Straight line over three years |
| Fixtures and fittings | Straight line over four years  |

**5.2 Investments**

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments.

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2024

| <b>Analysis of income</b>                                                 | <b>Unrestricted<br/>Funds</b> | <b>Restricted<br/>Funds</b> | <b>Total<br/>2024</b>   | <b>Total<br/>2023</b> |
|---------------------------------------------------------------------------|-------------------------------|-----------------------------|-------------------------|-----------------------|
| <b>6 Donations and legacies</b>                                           |                               |                             |                         |                       |
| Donations and gifts                                                       | 12,559                        | -                           | <b>12,559</b>           | 25,374                |
|                                                                           | <u>12,559</u>                 | <u>-</u>                    | <u><b>12,559</b></u>    | <u>25,374</u>         |
| <b>7 Charitable activities</b>                                            |                               |                             |                         |                       |
| <u>Income from grants and contracts</u>                                   |                               |                             |                         |                       |
| Gateshead Council Public Health                                           | 4,800                         | 12,312                      | <b>17,112</b>           | 12,000                |
| Gateshead Newcastle ICB                                                   | 7,104                         | 11,103                      | <b>18,207</b>           | 17,885                |
| North Tyneside Council                                                    | 4,220                         | 6,330                       | <b>10,550</b>           | 10,630                |
| North Tyneside ICB                                                        | 2,592                         | 3,887                       | <b>6,479</b>            | 6,284                 |
| Newcastle City Council                                                    | 7,560                         | 70,455                      | <b>78,015</b>           | 117,190               |
| Newcastle Fund                                                            | -                             | -                           | -                       | 22,325                |
| South Tyneside Council                                                    | 4,000                         | 6,000                       | <b>10,000</b>           | 9,996                 |
| Ministry of Justice                                                       | 60,766                        | 279,525                     | <b>340,291</b>          | 392,710               |
| Police and Crime Commissioner for<br>Northumbria                          | -                             | 389,719                     | <b>389,719</b>          | 288,638               |
| Northumberland ICB                                                        | -                             | 12,653                      | <b>12,653</b>           | 12,344                |
| Northumberland County Council                                             | -                             | 16,660                      | <b>16,660</b>           | 16,500                |
| Community Foundation                                                      | 5,059                         | 22,797                      | <b>27,856</b>           | 9,992                 |
| The Joicey Trust                                                          | -                             | -                           | -                       | 3,300                 |
| Sir James Knott Trust                                                     | -                             | 2,499                       | <b>2,499</b>            | 5,004                 |
| Big Lottery Fund                                                          | -                             | 61,430                      | <b>61,430</b>           | -                     |
| Ballinger Trust                                                           | 3,750                         | -                           | <b>3,750</b>            | -                     |
| The National Lottery Community Fund (RC<br>North East and Cumbria region) | -                             | -                           | -                       | 50,003                |
| The John Horseman Trust                                                   | -                             | -                           | -                       | 5,400                 |
| Lloyds Bank Foundation                                                    | -                             | 27,845                      | <b>27,845</b>           | 11,112                |
| Low Newton Prison                                                         | -                             | 11,484                      | <b>11,484</b>           | -                     |
| The Hospital of God at<br>Greatham                                        | -                             | 3,000                       | <b>3,000</b>            | -                     |
| Changing Lives                                                            | -                             | 11,631                      | <b>11,631</b>           | -                     |
| Ragdoll Foundation                                                        | -                             | -                           | -                       | 1,280                 |
| William Leech                                                             | -                             | 5,000                       | <b>5,000</b>            | -                     |
| The Brook Trust                                                           | -                             | 12,501                      | <b>12,501</b>           | -                     |
| The Hadrian Trust                                                         | -                             | 1,000                       | <b>1,000</b>            | 1,000                 |
| E.C. Graham Belford Trust                                                 | -                             | 5,000                       | <b>5,000</b>            | -                     |
| Henry Smith                                                               | -                             | 73,100                      | <b>73,100</b>           | 64,611                |
| Newcastle University                                                      | -                             | 36,274                      | <b>36,274</b>           | -                     |
| Northamptonshire and Devon                                                | 22,993                        | 15,455                      | <b>38,448</b>           | 22,152                |
| Rape Crisis                                                               |                               |                             |                         |                       |
| Other income                                                              | 5,006                         | -                           | <b>5,006</b>            | 4,405                 |
| <u>Income from training / sales</u>                                       |                               |                             |                         |                       |
| Training income                                                           | 3,952                         | -                           | <b>3,952</b>            | 4,213                 |
| Other sales                                                               | -                             | -                           | -                       | 45,652                |
|                                                                           | <u>131,802</u>                | <u>1,097,660</u>            | <u><b>1,229,462</b></u> | <u>1,134,626</u>      |
| <b>8 Other trading activities</b>                                         |                               |                             |                         |                       |
| Fundraising events                                                        | 21,377                        | -                           | <b>21,377</b>           | 17,846                |
|                                                                           | <u>21,377</u>                 | <u>-</u>                    | <u><b>21,377</b></u>    | <u>17,846</u>         |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

| Analysis of income continued     | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>2024<br>£ | Total<br>2023<br>£ |
|----------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| 9 <b>Income from investments</b> |                            |                          |                    |                    |
| Bank interest                    | 8,338                      | -                        | 8,338              | 3,844              |
|                                  | <u>8,338</u>               | <u>-</u>                 | <u>8,338</u>       | <u>3,844</u>       |
| Total income                     | <u>174,076</u>             | <u>1,097,660</u>         | <u>1,271,736</u>   | <u>1,181,690</u>   |

Income was £1,271,736 (2023: £1,181,690) of which £174,076 was unrestricted or designated (2023: £183,726) and £1,097,660 was restricted (2023: £997,964)

#### Analysis of expenditure on charitable activities

|                             | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>2024<br>£ | Total<br>2023<br>£ |
|-----------------------------|----------------------------|--------------------------|--------------------|--------------------|
| 10 <b>Raising funds</b>     |                            |                          |                    |                    |
| Staging fundraising events  | 3,418                      | -                        | 3,418              | 3,126              |
| Investment management costs | 1,980                      | -                        | 1,980              | 1,137              |
|                             | <u>5,398</u>               | <u>-</u>                 | <u>5,398</u>       | <u>4,263</u>       |

#### 11 **Charitable activities**

##### Direct costs

|                                 |        |         |         |         |
|---------------------------------|--------|---------|---------|---------|
| Project staff salaries          | 11,583 | 749,543 | 761,126 | 626,138 |
| Other project staff costs       | 170    | 45,547  | 45,717  | 59,334  |
| Project promotion and publicity | -      | 15,271  | 15,271  | 17,288  |
| Project resources               | -      | 45,989  | 45,989  | 33,487  |
| Project volunteer costs         | -      | 4,622   | 4,622   | 5,284   |
| Project delivery costs          | -      | 91,142  | 91,142  | 109,985 |
| Project management              | 4,500  | -       | 4,500   | 4,750   |

##### Support costs

|                           |         |        |         |         |
|---------------------------|---------|--------|---------|---------|
| Staff salaries            | 103,132 | -      | 103,132 | 111,260 |
| Other staff costs         | 4,268   | -      | 4,268   | 3,983   |
| Premises costs            | 48,373  | -      | 48,373  | 43,797  |
| Office costs              | 27,963  | -      | 27,963  | 31,929  |
| Central publicity         | 1,608   | -      | 1,608   | 55      |
| Professional fees         | 38,946  | 71     | 39,017  | 26,831  |
| Bad debt write off/(back) | 1,329   | ( 24 ) | 1,305   | ( 302 ) |

##### Governance costs

|                        |                |                |                  |                  |
|------------------------|----------------|----------------|------------------|------------------|
| Audit fee              | 2,820          | -              | 2,820            | 2,760            |
| Trustees meeting costs | 5,280          | -              | 5,280            | 3,419            |
|                        | <u>249,972</u> | <u>952,161</u> | <u>1,202,133</u> | <u>1,079,998</u> |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

#### Analysis of expenditure on charitable activities continued

Expenditure on charitable activities was £1,207,531 (2023: £1,084,261) of which £255,370 was unrestricted or designated (2023: £229,190) and £952,161 was restricted (2023: £855,071)

#### 12 Auditors remuneration

|                            | 2024<br>£    | 2023<br>£    |
|----------------------------|--------------|--------------|
| Audit fee                  | 2,820        | 2,760        |
| Other accountancy services | -            | -            |
|                            | <u>2,820</u> | <u>2,760</u> |

#### 13 Analysis of staff costs, and the cost of key management personnel

|                                                   | 2024<br>£      | 2023<br>£      |
|---------------------------------------------------|----------------|----------------|
| Salaries and wages                                | 767,655        | 657,524        |
| Social security costs                             | 70,900         | 61,971         |
| Pension costs (defined contribution pension plan) | 25,703         | 22,903         |
|                                                   | <u>864,258</u> | <u>742,398</u> |

No employee received remuneration above £60,000 (2023: nil)

The key management personnel of the charity, comprise the Trustees, CEO and the deputy CEO. The total employee benefits of the key management personnel of the charity were £116,534 (2023: £114,658).

#### 14 Staff Numbers

The average monthly head count was 30 staff (2023: 26 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

|                                                      | 2024<br>Number | 2023<br>Number |
|------------------------------------------------------|----------------|----------------|
| The parts of the charity in which the employees work |                |                |
| Project staff                                        | 19.0           | 22.0           |
| Management                                           | 2.0            | 2.0            |
| Administration                                       | 2.1            | 2.0            |
|                                                      | <u>23.1</u>    | <u>26.0</u>    |

#### 15 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from employment with the charity or a related entity.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

---

#### 15 Transactions with trustees continued

##### Trustees' expenses

The following detail the expenses incurred by the trustees.

|        | 2024<br>£  | 2023<br>£ |
|--------|------------|-----------|
| Travel | 125        | 45        |
|        | <u>125</u> | <u>45</u> |

##### Transaction(s) with related parties

There have been no related party transactions in the reporting period.

#### 16 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £25,703 (2023: £22,903). There was £626 outstanding as at 31 March 2024 (2023: £0)

#### 17 Corporation Taxation

The charity is exempt from tax on income and gains falling within part 11 of the Corporation Taxes Act 2010 or section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

#### 18 Fixed asset investments

|                                                  | Listed<br>Investment<br>£ |
|--------------------------------------------------|---------------------------|
| Carrying (fair) value at the beginning of period | 66,337                    |
| Additions to investments during period           | -                         |
| Disposals at carrying value                      | -                         |
| Less impairments                                 | -                         |
| Transfer in/(out) in the period                  | -                         |
| Net gain/(loss) on revaluation                   | 7,530                     |
| Less investment management costs                 | ( 1,170 )                 |
| Carrying (fair) value at end of year             | <u>72,697</u>             |

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2024

**19 Debtors and prepayments (receivable within 1 year)**

|                        | <b>2024</b>   | 2023   |
|------------------------|---------------|--------|
|                        | <b>£</b>      | £      |
| Trade debtors          | 68,300        | 1,668  |
| Other debtors          | 8,278         | -      |
| Salary holding account | -             | 16,948 |
| Prepayments            | 14,935        | 31,576 |
| Accrued income         | -             | 2,233  |
| Partner funds          | 3,804         | 3,804  |
|                        | <b>95,317</b> | 56,229 |

**20 Cash at bank and in hand**

|                            | <b>2024</b>    | 2023    |
|----------------------------|----------------|---------|
|                            | <b>£</b>       | £       |
| Short term cash investment | 112,500        | 112,500 |
| Short term deposits        | 112,500        | 112,500 |
| Virgin Money               | 92,699         | 90,675  |
| Cash at bank and in hand   | 458,276        | 470,903 |
|                            | <b>775,975</b> | 786,578 |

**21 Creditors and accruals (payable within 1 year)**

|                         | <b>2024</b>    | 2023    |
|-------------------------|----------------|---------|
|                         | <b>£</b>       | £       |
| Trade creditors         | 10,567         | 32,688  |
| Tax and social security | 20,631         | -       |
| Accruals                | 6,608          | -       |
| Audit Fee               | 2,820          | 2,760   |
| Deferred income         | 164,011        | 206,345 |
| Other creditors         | 3,850          | 3,584   |
|                         | <b>208,487</b> | 245,377 |

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

### 22 Deferred income

|                                                             | 2024<br>£   |
|-------------------------------------------------------------|-------------|
| Balance brought forward                                     | 206,345     |
| Amount released to income earned from charitable activities | ( 206,345 ) |
| Amount deferred in year                                     | 164,011     |
| Balance carried forward                                     | 164,011     |

### 23 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

### 24 Analysis of charitable funds

|                                        | Fund<br>balances<br>brought<br>forward<br>£ | Income<br>resource<br>£ | Resources<br>expended<br>£ | Transfers<br>£ | Gains /<br>(losses)<br>£ | Fund<br>balances<br>carried<br>forward<br>£ |
|----------------------------------------|---------------------------------------------|-------------------------|----------------------------|----------------|--------------------------|---------------------------------------------|
| <b>Unrestricted funds</b>              |                                             |                         |                            |                |                          |                                             |
| General unrestricted fund              | 14,471                                      | 174,076                 | ( 255,370 )                | 121,418        | 7,530                    | 62,125                                      |
| Designated funds                       |                                             |                         |                            |                | -                        |                                             |
| General designated fund                | 453,368                                     | -                       | -                          | ( 57,030 )     | -                        | 396,338                                     |
| Dilapidation & property sinking fund   | -                                           | -                       | -                          | 15,000         | -                        | 15,000                                      |
| Projects: marketing and refuge         | 29,067                                      | -                       | -                          | ( 29,067 )     | -                        | -                                           |
| Projects: Anti racism work             | -                                           | -                       | -                          | 15,000         | -                        | 15,000                                      |
| Projects: Group work, ISVA & volunteer | -                                           | -                       | -                          | 31,288         | -                        | 31,288                                      |
| Projects: Innovation fund              | -                                           | -                       | -                          | 36,470         | -                        | 36,470                                      |
| Projects: Shout up promotion work      | -                                           | -                       | -                          | 7,120          | -                        | 7,120                                       |
| Northern Rock Foundation               | 14,000                                      | -                       | -                          | ( 14,000 )     | -                        | -                                           |
| University Counselling                 | 26,216                                      | -                       | -                          | ( 26,216 )     | -                        | -                                           |
| Legacy Fund                            | 10,000                                      | -                       | -                          | ( 10,000 )     | -                        | -                                           |
| Volunteering                           | 500                                         | -                       | -                          | ( 500 )        | -                        | -                                           |
|                                        | <u>547,622</u>                              | <u>174,076</u>          | <u>( 255,370 )</u>         | <u>89,483</u>  | <u>7,530</u>             | <u>563,341</u>                              |

#### Purpose of unrestricted funds

|                                      |                                                                                                                                               |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| General unrestricted fund            | The 'free reserves' after allowing for designated funds.                                                                                      |
| General designated fund              | Represents four months of running costs based on 2023/24 expenditure.                                                                         |
| Dilapidation & property sinking fund | To fund repairs to property                                                                                                                   |
| Project contributions                | Designated for project delivery and to address project shortfalls within budgets to enable delivery across the full financial year in 2024/25 |

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2024

### **24 Analysis of charitable funds** continued

| <b>Restricted funds</b>  | <b>Fund<br/>balances<br/>brought<br/>forward<br/>£</b> | <b>Income<br/>resource<br/>£</b> | <b>Resources<br/>expended<br/>£</b> | <b>Transfers<br/>£</b> | <b>Gains /<br/>(losses)<br/>£</b> | <b>Fund<br/>balances<br/>carried<br/>forward<br/>£</b> |
|--------------------------|--------------------------------------------------------|----------------------------------|-------------------------------------|------------------------|-----------------------------------|--------------------------------------------------------|
| Tyneside Counselling     | 56,479                                                 | 337,526                          | ( 283,128 )                         | ( 27,993 )             | -                                 | <b>82,884</b>                                          |
| Community Engagement     | 5,399                                                  | -                                | -                                   | -                      | -                                 | <b>5,399</b>                                           |
| Northumberland           | 15,488                                                 | 174,943                          | ( 167,523 )                         | ( 4,754 )              | -                                 | <b>18,154</b>                                          |
| Volunteer Coordinator    | 14,446                                                 | 61,354                           | ( 50,217 )                          | -                      | -                                 | <b>25,583</b>                                          |
| Marginalised Access Fund | 7,732                                                  | -                                | -                                   | -                      | -                                 | <b>7,732</b>                                           |
| Lloyds Bank              | ( 1,411 )                                              | 25,595                           | ( 29,038 )                          | 12,468                 | -                                 | <b>7,614</b>                                           |
| PCC                      | 3,110                                                  | 353,899                          | ( 308,433 )                         | ( 48,576 )             | -                                 | <b>-</b>                                               |
| Shout Up                 | 1,632                                                  | 34,075                           | ( 25,807 )                          | ( 5,141 )              | -                                 | <b>4,759</b>                                           |
| Public Awareness Raising | 3,077                                                  | 32,208                           | ( 25,324 )                          | ( 4,767 )              | -                                 | <b>5,194</b>                                           |
| Tyneside Group work      | 8,460                                                  | 49,200                           | ( 43,478 )                          | ( 6,940 )              | -                                 | <b>7,242</b>                                           |
| Henry Smith              | 1,733                                                  | 28,860                           | ( 19,213 )                          | ( 3,780 )              | -                                 | <b>7,600</b>                                           |
|                          | <u>116,145</u>                                         | <u>1,097,660</u>                 | <u>( 952,161 )</u>                  | <u>( 89,483 )</u>      | <u>-</u>                          | <u><b>172,161</b></u>                                  |

### **Purpose of restricted funds**

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

|                          |                                                                          |
|--------------------------|--------------------------------------------------------------------------|
| Tyneside Counselling     | To support the Tyneside Counselling Service.                             |
| Community Engagement     | To support under 25s community engagement work.                          |
| Northumberland           | To support delivery within Northumberland                                |
| Volunteer Coordinator    | To support volunteering costs and the volunteer coordinator              |
| Marginalised Access Fund | Funding to support discretionary client travel and one off client costs. |
| Lloyds Bank              | Funding to support the Communications and Marketing post.                |
| PCC                      | To support the delivery of the practical and emotional service.          |
| Shout Up                 | To support the delivery of the Shout up project work.                    |
| Public Awareness Raising | To support the delivery of public awareness work.                        |
| Tyneside Group work      | To support the delivery of group work programmes.                        |
| Henry Smith              | To support the delivery of the practical and emotional support service.  |

| <b>Transfers between funds</b>             | <b>Reason for transfer</b>                                                                     | <b>Amount<br/>£</b> |
|--------------------------------------------|------------------------------------------------------------------------------------------------|---------------------|
| Between unrestricted and restricted funds. | To cover the costs of overheads and to reflect the movements on designated unrestricted funds. | <b>89,483</b>       |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

#### 25 Capital commitments

As at 31 March 2024, the charity had no capital commitments (2023 -£nil).

#### 26 Analysis of net assets between funds

|                                        | Unrestricted<br>Funds<br>£ | Designated<br>Funds | Restricted<br>Funds<br>£ | Total<br>2024<br>£ | Total<br>2023<br>£ |
|----------------------------------------|----------------------------|---------------------|--------------------------|--------------------|--------------------|
| Investments                            | 72,697                     | -                   | -                        | 72,697             | 66,337             |
| Cash at bank and in hand               | 102,598                    | 501,216             | 172,161                  | 775,975            | 786,578            |
| Other net current assets/(liabilities) | ( 113,170 )                | -                   | -                        | ( 113,170 )        | ( 189,148 )        |
|                                        | <u>62,125</u>              | <u>501,216</u>      | <u>172,161</u>           | <u>735,502</u>     | <u>663,767</u>     |

#### 27 Operating leases

The future minimum lease payments under non-cancellable operating leases are as follows;

|                                                   | 2024<br>£     | 2023<br>£     |
|---------------------------------------------------|---------------|---------------|
| Not later than one year                           | 31,184        | 30,102        |
| Later than one year and not later than five years | 27,883        | 3,583         |
|                                                   | <u>59,067</u> | <u>33,685</u> |

---

# Accounts

---

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

A company limited by guarantee

**TRUSTEES REPORT AND AUDITED FINANCIAL STATEMENTS**

For the year ended 31 March 2023

Charity number 1138149

Company number 07285969

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **ANNUAL REPORT AND FINANCIAL STATEMENTS**

For the year ended 31 March 2023

---

| <b>Contents</b>                                                                 | <b>Page</b> |
|---------------------------------------------------------------------------------|-------------|
| Trustees annual report                                                          | 1 to 25     |
| Independent auditors report                                                     | 26 to 28    |
| Statement of Financial Activities (including<br>income and expenditure account) | 29          |
| Balance sheet                                                                   | 30          |
| Cash flow statement                                                             | 31          |
| Notes to the financial statements                                               | 32 to 42    |

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

The trustees are pleased to present their annual Directors' report together with financial statements of the charity for the year ending 31 March 2022 which are also prepared to meet the requirements for a Directors' report and accounts for Companies Act purposes. These financial statements comply with the Charities Act 2011, the Companies Act 2006, RCTN's Memorandum and Articles of Association; and the document 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)'.

### **Chair's Report**

It is my privilege to introduce the 2022/23 annual report. This has been another period of growth for Rape Crisis Tyneside & Northumberland – both in terms of income and expansion of core services we deliver. Our face-to-face services have delivered more sessions and we have worked with more women and girls than the previous year.

There continues to be a criminal justice backlog for rape and sexual offences getting to court, leaving a devastating impact on survivors who are left in limbo waiting years for a trial. We have worked with Rape Crisis England And Wales and sister organisations to voice the concerns of survivors through our influencing, including keeping counselling notes confidential and uncompromised by requests from police and prosecutors to use them.

We have worked hard this year to challenge society's understanding and impact of sexual harassment of women and girls in public spaces which involved research and focus groups to identify women's experiences of sexual harassment to inform a campaign later in 2023 on the issues.

Our activists continued to share important news about sexual violence and information about the sexualisation of girls' uniforms in schools through our campaign, Roll Down Your Skirt! We have also employed our very first Communications Worker to increase our social media presence and support our activities and campaign efforts.

There have been a number of operational challenges in this post-covid world, not least more complex trauma, recruitment issues and long waiting times. We have continued to work hard to resource our services so women and girls can be offered choice of where and when they get help, and as swiftly as possible.

This year we have been proactive once again in improving the experiences of women from diverse backgrounds and intersecting experiences and identities. Great strides were made with our website to ensure it is neuro-diverse and we have created animations and literature to support women from different backgrounds to access our services. We have also undertaken research to understand the barriers for women from rural communities in Northumberland.

We have also been planning for the future and ways to improve our operational functioning including more office support and case management and operational management of our counselling service as it continues to expand.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

An independent evaluation of our Helpline and Email Support Service will take place next year to understand the challenges and opportunities of running that service and how we can best meet the needs of women and girls who prefer anonymous services.

We are predicting further waiting list increases to come. There has never been a more important time to maintain our resilience for the challenges ahead so we continue to be there for women and girls.

Thank you. Anne Fry, Chair of the Board of Trustees.

### **Objectives and Activities Purpose**

- To relieve the emotional, psychological and/or physical distress of women and girls who have experienced sexual violence.
- To educate the public on the nature of sexual violence and its impact on women and girls.

### **Vision**

- That women and girls can live their lives free from the impact and the threat of sexual violence.

### **Mission**

- Provide women and girls with high quality specialist support.
- Change society's understanding of the nature and impact of sexual violence.
- Demand that the rights of women and girls who have experienced sexual violence are respected and their needs are met.
- End sexual violence.

### **Objectives**

- To provide all women and girls that survive sexual violence in Tyneside and Northumberland with access to comprehensive, sustainable, effective and timely support and services
- To raise awareness of the nature, impact and prevalence of sexual violence with the general public.
- To influence and shape policy the policies and services that are provided to women and girls who survive sexual violence
- To increase RCTN's financial sustainability.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

#### **Direct Services Activity**

##### **Our Services**

We offer a women only pathway to accessing help from us. This means that from the moment we might speak with a woman or girl on the phone to the last day she works with us, she will not come not speak or come into contact with a man. Our client satisfaction survey tells us women find this important to them. We work with women and girls, and those who identify as such, or identify our services are right for them.

##### **Counselling**

RCTN has continued to expand the counselling service and currently employs 13 counsellors and over 8.5 full time equivalents. All counsellors are BACP accredited or working towards it. RCTN also holds BACP organisational accreditation, which is reviewed on an annual basis. We also adhere to rape crisis national service standards. Our counselling service offers survivor up to twenty trauma-informed therapeutic sexual violence counselling sessions, including pre-trial therapy and EMDR. We work with diverse communities including universities, women leaving prisons and within a refuge. RCTN works with interpreters and supports clients to access sessions with client access funding.

Many women who have accessed therapy tell us it helps them to take away the shame, stigma and self-blame they feel. They come to understand the way in which trauma-responses occur, giving some rationality to responses made at the time they experienced sexual violence.

We work across all six local authorities spanning the Northumbria Police and Crime Commissioner area including, Sunderland, South Tyneside, Gateshead, Newcastle, North Tyneside and Northumberland. Our counsellors work in over twelve outreach bases, and at our central base in Newcastle, offering: face-to-face, on-line and via telephone one-to-one and group work sessions

##### **Counselling Case Study**

##### **Background to referral / presenting issues**

'Sabina' was referred by her GP practice. She reported experiencing childhood sexual abuse at the age of 9 to 10 years by her male cousin at her nana's house. 'Sabina' felt anxious and had low moods for last couple of years. She also stated feeling self-critical and hating herself. 'Sabina' was having flashbacks and nightmare about childhood sexual abuse. She also stated her mind was racing always and she found it difficult to stop.

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

**History**

'Sabina' reported experiencing childhood sexual abuse by her male cousin when she was 9 to 10 years old. She stated having a difficult childhood. While growing up, 'Sabina' and her twin sister were rejected by their mother who they did not have any contact with in their adult life. Their biological father was in prison for some time. They were raised by their nana. The abuse took place in her nana's house while she was sleeping in the bedroom. Her male cousin who was 13 years old penetrated her vagina with his finger. 'Sabina' was told by the perpetrator that no-one would believe her and so tried to forget about it. She describes herself as a hard worker and always worked in her life. However, 'Sabina' left her work two years ago due to a breakdown at work.

She finally gathered courage to disclose the childhood sexual abuse to a female cousin who was the sister of her perpetrator. After the disclosure, 'Sabina' was cut off from the family and family members who stopped inviting her to family events. She stated that her experience was exactly what male cousin said after the abuse that 'no one will believe her'.

**Key Outcomes**

'Sabina' stated being more self-aware and was able to catch herself and ground herself when she is dissociating. She felt validated and started working on her boundaries without feeling guilty. The client stated she does feel guilty anymore about what happened to her as a child and also for disclosing the abuse. She started sleeping better and flashbacks and nightmares have reduced significantly. She started experiencing joy in her life.

'Sabina' stated after twenty session she is aware that she still have lot of work to do on herself, but can now see herself going to work in near future. She said she would like to be referred to EMDR therapy as part of her next steps to recovery.

**Feedback from Client**

'Sabina' said that first time in her life she felt believed by some one and she felt assured that she was not going crazy. She was grateful for the counselling sessions without cost as she wouldn't be able to afford it otherwise.

**Practical & Emotional Support Service: (P & E Service)**

The P&E service has grown, and specialised significantly, in the past year, thanks to increase in funding from the Police and Crime Commissioner and Ministry of Justice. We have been able to reduce the P&E Coordinator's caseload to manage the service as it has grown to focus on strategic involvement in criminal justice processes and development of policies and procedures.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

The P&E Coordinator specialises in cases with complex and chronic needs. We also have a number of Independent Sexual Violence Advocate specialists in the team: Specialist different learning needs/neurodiversity ISVA, specialist Rural ISVA, Specialist young Women's ISVA, Specialist LGBTQ+. The ISVAs have all been on significant training and share their learning and experience with one another as many clients have multiple needs. The Young Women's ISVA has also introduced the C Card scheme that all practitioners at RCTN can utilise.

The RCTN ISVAs offer holistic advocacy via a single point of contact, reducing the distressing experience of a client having to repeatedly explain to new workers/services why they need support related to sexual violence and reducing the circle of confidentiality of people who are aware of their most traumatic experience/s. They co-produce support plans to work with clients to cope, and as far as is possible, to recover from their experiences, irrespective of what stage (if any) they are at in the Criminal Justice System.

The ISVA's engage in robust multi-agency working to enable clients to access other support services as necessary (e.g., benefits, housing etc.) ensuring that scarce local resources are being fully utilised and that clients benefit from more coordinated, comprehensive, and sustainable services.

#### **Case Study - Tyneside**

Kelly (16) has been accessing support since 2019. Kelly is care-experienced and experienced intra familial child sexual abuse whilst being placed with family members as a child. Kelly reported her abuse in 2019 and experienced significant delays. Kelly was cross examined via a Section 28 hearing in January 2022, with a trial listed for the same month. This was adjourned to July 2022; this was then further adjourned to October 2022. The trial took place with a guilty verdict returned and a sentencing in December 2022. In this time Kelly has been supported by her ISVA to enrol at a local college and to open her own bank account. Kelly is also being supported to explore Criminal Injuries Compensation. Kelly continues to access ISVA support, accessing face to face support on a regular basis. Kelly recently attended a support planning meeting with her ISVA to explore where she would like her support to focus following the end of the criminal justice system. She is now working with her ISVA to explore her understanding of safe and healthy relationships and managing her anxiety. She has accessed the Newcastle C Card service through RCTN and been provided with sexual health education, a C Card, and condoms. Kelly has also used RCTN to access period products which her family were unable to provide money for due to the cost-of-living crisis.

#### **Case Study – Northumberland**

Janet (58) was referred by her DV worker. She experienced CSA from the age of 7 by a relative. At age 14 Janet became pregnant because of the abuse. She was taken into care and made to have an abortion while the perpetrator remained in the family home. The police closed the investigation because it involved a "minor against a minor", even though the perpetrator was 5 years older. Janet reporting the abuse to the police again in her late-30s but did not know the outcome. With support from her ISVA, Janet reported the CSA to police again based on new memories of the abuse.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

---

The OIC informed Janet that the police could not reopen her investigation because her case had been NFAd by the CPS. Her ISVA asked the CPS about Janet's case through the CPS/ISVA mailbox. The CPS then decided that the case could be reviewed again by the OIC. Due to having mental and physical disabilities, Janet had been unable to work her whole life. Janet's ISVA enabled her to get the right level of PIP by supporting her with the PIP application, followed by a Mandatory Reconsideration and then applying to the PIP Tribunal. This resulted in Janet being awarded the maximum amount of PIP.

#### Group Work

In 2022/23, we delivered:

- 3 Peer Support Core Groups (8 weeks)
- 2 Online Self Care Groups (4 weeks)
- 1 Trauma Informed Mindfulness Groups (6 weeks)  
Monthly Peer Support Group.
- 4 wellbeing Day Workshops (these are for our current clients and have included lantern making, plant sowing and Mindfulness retreat)
- 6 Empowerment Workshops

We ran our Trauma-Informed Mindfulness for Professionals training events with twelve professionals, in addition to delivering a bespoke version of this training to Gateshead Domestic Violence Team. This was well received with comments around its helpfulness including: *"the training has given me practical skills to support clients"* and *"very interesting, something to use to start difficult meetings"*.

Group Work has continued to be active in extending our reach across our geographical area and have linked into FREEDOM programmes delivered in Blyth, Hexham and Cramlington and Berwick. We have made links with organisations supporting women in the Armed Forces.

The service supported our work around the campaign to end sexual harassment in public spaces and we are looking forward to developing our new Service User Voice Group to further incorporate the voices of those who access our services.

The Group work services volunteers have as always been a huge support to the service throughout the year. The service has supported the training of our new cohort of volunteers and hope to see some new faces supporting our groups soon.

#### 8 Week Group Work Case Study (Jan- March 2023)

Our last 8- week Core Group was truly an inspiration for our service. The group demonstrated our inclusivity and accessibility to people from a huge variety of backgrounds and experience. It was a full group (10) with all but 1 woman identifying with the neuro-diverse community. Support needs included actively managing hyper-vocal tendencies, sensitivity to light and sound and struggles with social situations and staying in our room for a prolonged time. The group model and surrounding support made it possible for this group of people to complete the group with very encouraging feedback.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

---

The group supported women who dissociated within the space and who suffered extreme fatigue. Two of our members identified as non-binary with a further member having a non-binary partner.

The group was stated by one as *"providing safety and support"*. One member described feeling *"less scared to dress up in a way that makes me feel good about myself"*. This was linked to the fear of sexual violence restricting their life significantly at the start of the group. Another said the group *"helped me consider things about myself that I hadn't considered before"*.

Boundaries around workplace pressures and assertiveness was a strong theme within this group with fear of sexual harassment and rights also discussed. The age range of our group was from 18- 60. We acknowledge our groups still have some work to do around being truly accessible for older women. The group was a privilege to hold space for.

#### Online Self-Care Group

Our Online Self-Care group this year has been a small one with just 4 participants. All of these women have described barriers to, not just RCTN groups and other services, but taking part in everyday life and social situations. These barriers included social anxiety, agoraphobia, chronic fatigue and pain. The 4 week group has provided a space to meet and reflect on self-care. We have discussed what this means for each individual, barriers to self-care, compassion, gratitude/appreciation, boundaries and hopes for the future. This group being smaller than usual have given these women a space to connect to a small number of others in a safe and manageable way.

Feedback has included: *"I haven't left the flat for some time and the meetings have been very helpful"*; *"I use the techniques every day, some more than others but I have enjoyed listening to them and others"*.

On our last session, we created a poem using the poem Sometimes by Sheenagh Pugh. This is a nod towards validating that things can be hard and unpleasant yet there are positives in our lives.

#### Sometimes - By our Self-Care Group

Sometimes my children don't cry when I leave

Sometimes work is a laugh

Sometimes my bus turns up on time

And Sometimes I remember to water the plants and they thrive

Sometimes I feel happy when I wake up

Sometimes my partner makes good tea

Sometimes I don't overthink

And sometimes I feel appreciated

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

---

Sometimes I do feel confident

Sometimes I drink enough water

Sometimes I make a nice dinner from scratch

Sometimes I do feel people are grateful for my presence

Sometimes there are decent people I meet

Sometimes I feel brave and calm

And sometimes I remember to do my grounding exercises when I need to

Sometimes people do understand and care

Sometimes there are good news stories that give me hope

Sometimes there is just good news

Sometimes people care

#### **Helpline & Email Support**

Our local Helpline & Email Support service is free and confidential. The services are staffed by trained women volunteers who listen and support women and girls. We usually offer up to 50 minutes of support to each caller. Our email support uses a specialist system that anonymises email address. This means women and girls have control over if and when they tell us who they are. Our Helpline & Email Support services also provides support and information to supporters such as partners, relatives, friends, carers and other workers.

#### **Volunteers**

Our volunteers are vital to what we are able to achieve. 33 women volunteered their time to help deliver Helpline, Email Support & Live Chat Services, our Activism or Community Fundraising activities, and to be part of the Board of Trustees. And some do a bit of everything! Our wonderful volunteers have been instrumental in organising, with the PCC and Student Union a regional event for Reclaim the Night.

#### **Quotes: RCTN Helpline & Email Support**

*'Thank you so much for listening to me, I feel like I've taken the first step in moving on'.*

*'Thank you for "saving my life last night'*

*'Thank you for all the times you have kept me alive'.*

*'Thank you for listening to me'.*

*'Thank you both so much for listening and hearing me tonight. I really do appreciate the support and I'm glad there is some support out there'.*

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

*'I am grateful to have someone to talk to. Had told you a lot of things that I didn't share with people usually. Might call again'.*

*'Thanks for hearing me .I can tell you're really well trained'.*

*'Thanks being a good listener & not judging and for being Trans and believing'.*

*'It helped to talk and share my trauma and I felt you had been gentle and helped'.*

*'Thanks for the help and support. I rang because she was having a 'wobble' and was able to be reassured'.*

*Thank you for listening to me and ringing the crisis team and being so support.*

*'It helped hearing a voice when I was having a flashback'.*

*'Thank you. I feel better for being able to talk all this through'.*

#### Analysing Public Benefit Purpose

**1: Relieving the emotional, psychological and/or physical distress of women and girls who have experienced sexual violence RCTN supports women and girls to deal with the impact of sexual violence.**

Sexual violence is a broad term which includes; rape, sexual assault by penetration, child sexual abuse, sexual assault, sexual harassment, sexual exploitation and image-based sexual violence.

#### Client Satisfaction in our Services

Women continue to be satisfied with our services.

| % Satisfied<br>21-22 | % Satisfied<br>20-21 |
|----------------------|----------------------|
| 88%                  | 91%                  |

#### Referrals

During 2022/23, RCTN received 818 unique referrals, a slight increase on last year's figures.

| No of Referrals<br>22-23 | No of Referrals<br>21-22 |
|--------------------------|--------------------------|
| 818                      | 806                      |

#### Sources of Referrals

Compared to the previous year, professional referrals have decreased by -7% but proxy referrals (+25%) and self-referrals (+8%) have gone up, demonstrating how well we are embedded within the local communities we serve.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

| Referral Source | No of Referrals<br>22-23 | No of Referrals<br>21-22 |
|-----------------|--------------------------|--------------------------|
| Professional    | 461                      | 481                      |
| Proxy           | 15                       | 12                       |
| Self            | 342                      | 313                      |

#### Professional Referrals

Our top three referrals sources of professional referrals are: 1) Police, Sexual Assault Referral Centres and Victim First Northumbria and 2) Third Sector and 3) Education. This is consistent with the previous year. However, the Police, Sexual Assault Referral Centres and Victim First Northumbria represent the only decrease in number of referrals, representing - 30% compared to previous year. All other professional referrals were up, the largest increases were by local authority (+68%) and Third Sector (+14%).

| Referral Source | No of Referrals<br>22-23 | No of Referrals<br>21-22 |
|-----------------|--------------------------|--------------------------|
| Health          | 67                       | 63                       |
| Education       | 83                       | 83                       |
| Police/SARC/VFN | 144                      | 207                      |
| Third Sector    | 108                      | 95                       |
| Local Authority | 32                       | 19                       |
| Other           | 27                       | 14                       |
| Total           | 461                      | 481                      |

Please note the number of referrals recorded is based on the number of unique individuals referred rather than including where a woman is referred to more than one service.

#### Referrals to Face to Face Services

Often a woman might be referred to more than one service.

Across our face-to face services, group work sees the biggest increase in referrals at 34% compared to previous year. P & E, Counselling and Helpline & Email Support see a slight down turn in referrals compared to 21-22, of between -6 – 7% and -18% for Helpline. However, due to operational issues, the Helpline didn't run as many sessions

|                       | 22/23     | 21/22 |
|-----------------------|-----------|-------|
| Face to Face Services | Referrals |       |
| P & E                 | 323       | 345   |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

|              |             |             |
|--------------|-------------|-------------|
| Counselling  | 682         | 734         |
| Group Work   | 149         | 111         |
| <b>Total</b> | <b>1154</b> | <b>1190</b> |

|                                   |                  |              |
|-----------------------------------|------------------|--------------|
|                                   | <b>22/23</b>     | <b>21/22</b> |
| <b>Other Services</b>             | <b>Referrals</b> |              |
| Helpline & Email Support Services | 132              | 161          |
| Advice & Guidance                 | 129              | 137          |
| Other                             | 46               | 37           |
| <b>Total</b>                      | <b>307</b>       | <b>335</b>   |

### No of Sessions Delivered

#### Counselling

We delivered 4972 sessions in 22-23. There has been a 35% increase in the number of sessions delivered to women and girls compared to last year.

Online/Video sees the biggest increase in sessions (+52%), followed by face-to-face (+39%), then telephone (+17%).

|                                |              |              |
|--------------------------------|--------------|--------------|
| <b>No of Sessions Attended</b> | <b>22/23</b> | <b>21/22</b> |
| Face-to-face                   | 2853         | 2046         |
| Online/video                   | 844          | 554          |
| Telephone                      | 1275         | 1088         |
| <b>Total</b>                   | <b>4972</b>  | <b>3688</b>  |

#### P & E Service

We delivered 3181 sessions and other types of contact in 22-23. There has been a 19% increase in the number of sessions and other types of contact delivered to women and girls compared to last year. There has been an overall +44% increase in the number of sessions and other contact delivered to women and girls. There has been an increase, in particular, for face-to-face (+44%), text/email (+37%) and for telephone contact (+11%), compared to last year.

|                                |              |              |
|--------------------------------|--------------|--------------|
| <b>No of Sessions Attended</b> | <b>22/23</b> | <b>21/22</b> |
| Face-to-face                   | 154          | 107          |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

---

|              |      |      |
|--------------|------|------|
| Online/video | 21   | 42   |
| Telephone    | 1046 | 944  |
| Text/Email   | 1767 | 1292 |
| Other        | 193  | 290  |
| <i>Total</i> | 3181 | 2675 |

#### Group Work Service

We delivered 152 group work and 1-2-1 sessions in 22-23. There has been a 45% increase in the number of sessions delivered to women and girls compared to last year. The biggest increased were in 1-2-1's (+70%), followed by face-to-face group work sessions (+26%),

| No of Sessions Attended | 22/23 | 21/22 |
|-------------------------|-------|-------|
| Face-to-face            | 49    | 39    |
| Online/video            | 11    | 12    |
| Other – e.g. 1-2-1's    | 92    | 54    |
| <i>Total</i>            | 152   | 105   |

#### Helpline & Email Support Service

The number of calls and emails has gone down (-22% and -47% respectively).

| No of Calls/Emails Received                             | 22/23 | 21/22 |
|---------------------------------------------------------|-------|-------|
| Number of calls received including silent & phone downs | 518   | 665   |
| Number of emails received from women                    | 421   | 790   |
| Number of emails received from women                    | 405   | 810   |

#### No of Women We Worked With

We worked with of 989 women unique individual women via our face-to-face services and specialist sexual violence helpline and email support service. This is slightly less (-4%) compared to the previous year.

However, when looking at services individually, we see an increase of +51% Groups work, +16% Counselling and + 6% P & E Service. We worked with -38%% less women on the Helpline, due to closures to the service for operational reasons.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

---

|                            | 22/23       | 21/22       |
|----------------------------|-------------|-------------|
| Services (Tyneside & Grace | No of Women | No of Women |
| P & E                      | 265         | 250         |
| Counselling                | 543         | 469         |
| Group Work                 | 62          | 41          |
| HESS - Phone & Emails      | 219         | 352         |
| <i>Total</i>               | 1089        | 1112        |

Below shows the number of additional contacts we make with women or girls who get in touch with us. These include information, advice and guidance and pre-referrals, which is the first method of contact a woman has from RCTN. It is at this point that we offer choice to women in relation to the services they want to access, and obtain relevant information related to their needs and identities.

|                            | 22/23                        | 21/22                        |
|----------------------------|------------------------------|------------------------------|
| Services (Tyneside & Grace | No of Other Types of Contact | No of Other Types of Contact |
| Information & Guidance     | 30                           | 44                           |
| Pre-referrals              | 558                          | 547                          |
| <i>Total</i>               | 588                          | 591                          |

### Outcomes

#### Face to Face Services

Of those women who completed our service impact questionnaires, we show, below, the number of women who felt they saw a % improvement, in particular outcome areas. It is important to note that some women and girls do not have an identified issue related to certain outcome area and therefore may not identify an improvement in that area. An example of this is that a woman or girl may not show an improvement in "Feeling of safety", if she did not have any issues relating to feeling unsafe when she began working with us.

Women told us we made the following difference to them. You can see there is a significant increase in the number of women who had positive outcomes in all five outcome areas compared to previous year, particularly related to health and well-being, being informed and empowered to act and ability to cope and feel safe.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

---

| Outcome                     | % improvement<br>22-23 | % improvement<br>21-22 |
|-----------------------------|------------------------|------------------------|
| Health & Wellbeing          | 81%                    | 28%                    |
| Informed & empowered to Act | 79%                    | 23%                    |
| Ability to cope             | 74%                    | 19%                    |
| Safety                      | 76%                    | 19%                    |
| Criminal Justice System     | 51%                    | 11%                    |

#### Helpline & Email Support Outcomes

Due to the anonymous nature of the Helpline and Email Support services it is difficult to capture client-identified outcomes. We used an online feedback survey to gauge the impact of services. To negate the low numbers of surveys we gathered practitioner-identified impact which involves practitioners completing a survey based on their observed understanding of changes clients have made positively or negatively.

Our Helpline & Email Support Service has identified the following positive impacts, demonstrating that practitioners identified more improvements in four out of the five outcome areas compared to the previous year.

| Outcome                     | % improvement<br>22-23 | % improvement<br>21-22 |
|-----------------------------|------------------------|------------------------|
| Health & Wellbeing          | 62%                    | 35%                    |
| Informed & empowered to Act | 23%                    | 38%                    |
| Ability to cope             | 15%                    | 21%                    |
| Safety                      | 27%                    | 14%                    |

#### Purpose 2: Educating the public in the nature of sexual violence and its impact on women and girls Community Engagement and Public awareness raising.

We aim to raise awareness of our services and offer solidarity to women and girls who have experienced sexual violence. We also aim to communicate the true nature, impact, and prevalence of sexual violence to professionals and the public. We hope this will help create the transformational change in public attitudes that will bring about systemic change.

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

**Focus groups, Research and Campaigning**

Rape Crisis Tyneside & Northumberland and the Northumbria Police and Crime Commissioners Office worked with key stakeholders and subcontractors to develop and deliver a campaign aimed at supporting women's safety in public spaces. The campaign has been rooted in research, and was a response to the needs of women and girls who have experienced sexual harassment in public spaces and professionals working in the Violence against Women & Girls space. The campaign will launch on 14th July 2023 and will be evaluated in September 2023 in line with the project end date. The campaign is a feature of a broader Safer Streets programme, funded by the Northumbria Police and Crime Commissioners Office via the Home Office.

The campaign is a social media video campaign which consists of four videos, which are a minute and a half long, depicting women's experiences of sexual harassment and how the everyday actions of men can be humiliating and traumatising for women.

**Who has been involved**

Rape Crisis Tyneside and Northumberland and the Northumbria Police and Crime Commissioners Office are incredibly grateful to the women who have been involved in the focus groups, as their experience and expertise have been vital to this campaign. Several organisations have been involved and are thanked, such as Harbour, Women's Workshop, It Happens Here Newcastle, researchers from Northumbria University, Rape Crisis Tyneside and Northumberland staff, volunteers, and clients and volunteers at Women's Street Watch.

**Key quotes**

- *'All I kept thinking was they can't do anything worse to me than what has already happened'.*
- *'I kept myself busy when I was on the bus, so he didn't talk to me. I was scared that when I got off the bus, he would get off the bus and follow me'.*
- *'In Blyth, a man in a van asked for my number in traffic, and all the cars around were then looking at me.' 'I felt so embarrassed; I felt so shameful'.*
- *'When men do this, I don't bother telling people as it is so common'.*
- *'Harassers know they're in a position of power, and that is why they keep pushing'.*
- *'If you wear something a little bit tighter or short, men believe that you have done that for their attention, not because you like it'.*
- *'I was sexually harassed in my school uniform'.*
- *'Men sexually harass plus-size women because they think they're easy'.*
- *'I miss the innocence I had'.*
- *'I am left with a choice. Conform and not have to live like this anymore or stand my ground and be put down'.*
- *'Women feel incredibly unsafe, and it is so scary to think that women do not trust the police and won't go to the police due to fear'.*

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

---

- *'When I am with my kids in the dark, I make us run when no one is around in case anything happens'.*
- *'It is going to take more murders of women for this to be taken seriously.'*
- *'The wolf whistle is planting the seed for further sexually violent crimes.'*
- *'It makes them (Women) reduce themselves, and women have to double check everything that they are doing'.*
- *'If something were to happen, then the first question would be, why were you out of the house that late?'*
- *'Men who don't commit sexual violence are glorified'.*

#### Key stats

In the UN Women UK report 'Prevalence and reporting of sexual harassment in UK public spaces' 2021

They found the following:

71% of women of all ages in the UK have experienced some form of sexual harassment in a public space. This number rises to 86% among 18-24-year-olds, and only 3% of 18-24-year-olds reported having not experienced any of the types of harassment listed.

The report also found that the most common form of sexual harassment was catcalling/wolf whistling at 51%, being stared at 44% and unwanted touching or groping 37%. (All ages)

Women ages 18-24 reported that catcalling was the most prolific, with 72% reporting that they had experienced it.

#### Social Media

Our volunteer activists and communications worker have used social media to raise awareness of our services, which has been particularly important. We shared messaging that we were still there for women and girls and how our services have been adapted.

Our activists also actively promoted key events and issues related to our work, practice or values.

For example, we:

- Coordinated social media messaging on behalf of the local Violence Against Women's Sector's on 16 Days of Activism
- Engaged in promoting Reclaim the Night and White Ribbon

#### Training

We have some developed training, rooted in the voices of older women, around sexual violence and older women. We have successfully rolled out the training to a range of older women third sector organisations and it has also been purchased by Newcastle City Council.

Bespoke training has also been developed in response to requests from organisations including the police and universities related to pre-trial therapy note taking and dealing with trauma as a first response to reporting.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

#### **Networking, Representation and Forum work**

RCTN participated in a range of external partner forums in both Tyneside and Northumberland and panels to raise awareness of our services, contribute towards policy and improve best practice locally, regionally and nationally.

Grace Northumberland Rape Crisis have joined with other agencies working with women and girls in Northumberland, this is called the lighthouse partnership.

RCTN continues to develop our critical friendship with the Northumbria Police and Crown Prosecution Service (North East). We were invited by the Police and Crime Commissioner to contribute to the stakeholder interview process for the new Chief Constable for Northumbria Police. We also spoke at the Sexual Offence Liaison Officer conference, training ninety Sexual Offence Liaison Officers, as well as new Rape Detectives in the specific trauma responses of sexual violence survivors.

Our Independent Sexual Violence Advocates also attend regular Regional CPS ISVA forums to feed into the processes and improve the experiences of clients who have had their cases referred to the CPS. We also sit on the CPS Domestic Violence Scrutiny Panel and CPS VAWG scrutiny panel. This year RCTN was invited to be part of the Operation Sorteria team reviewing practice at Northumbria Police.

Whilst we are a critical friend of criminal justice agencies, we also work closely with the Centre for Women's Justice to feed into legal challenges against the police and Crown Prosecution Service to fight against the numerous injustices women and girl survivors of sexual violence face. We attend regular National Independent Sexual Violence Advocate Service Lead meetings to contribute to and gain information on campaigns such as implementing robust consent forms for third party data disclosure when reporting crimes, to name one amongst many.

We also contribute to all the Home Office, Ministry Of Justice and Crown Prosecution Service consultations on new legislation and policies. We are also conducting or supporting research that directly supports our clients (such as reasons why clients cases are not progressed for reasons of credibility, specific issues facing clients with different learning needs and barriers women and girls in rural areas face accessing services) the finding of which will be shared throughout our national networks

#### **Plans for the future**

In 2023/24, we will see RCTN continue our work to support women and girls to be free from the impact and threat of sexual violence. Because of the significant demand and increase waiting times, RCTN will be focusing efforts on how we can continue to respond to the demands for our services and maintain our resilience, in a competitive funding market.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

---

In 2022/23, a key focus will be on: i) organisation development so our people, processes and systems are working most effectively and efficiently for the benefit of the women and girls we serve ii) financial resilience so our financial model, income generation strategies and resource development enables us to exist into the future. Organisation development will particularly focus on:

- Exploring the development of staff capacity so we can function well organisationally
- Better utilising the data to inform strategic planning, service development, performance and continuous improvement.
- Experimenting with new means of self-generating income

#### Reference and Administrative Details

Registered Company number: 07285969 (England and Wales)

Registered Charity number: 1138149

Registered office: c/o Connected Voice  
1 Strawberry Lane  
Newcastle upon Tyne NE1 4BX

#### Directors and trustees

The directors of the charitable company are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

#### Trustees:

- |                             |                   |
|-----------------------------|-------------------|
| 1. Emma Crowther            | resigned 4/4/22)  |
| 2. Jayne Carrick            | Co Treasurer      |
| 3. Nikki Godden-Rasul       |                   |
| 4. Susan Griffiths          | resigned 26/9/22) |
| 5. Rebecca Haynes           | Co Treasurer      |
| 6. Stephanie Remfry         |                   |
| 7. Lisa Clark               | resigned 6/9/22   |
| 8. Catherine Wheatley       |                   |
| 9. Anne Fry                 | Chair             |
| 10. Roiya Hodgson           | joined 30/01/23   |
| 11. Ellen Franklyn Rogerson | joined 27/03/23   |
| 12. Sara Chezari            | joined 21/06/23   |

|         |                          |                 |
|---------|--------------------------|-----------------|
| Others: | Chief Executive Officer: | Sue Pearce      |
|         | Deputy                   | Sam Jones       |
|         | Key Finance Officer:     | Safina Siddique |

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

|                     |                                                                                                                                                                                       |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Auditor             | Read, Milburn & Co                                                                                                                                                                    |
| Investment advisors | Cascade Holdings<br>England and Wales<br>Company registration 09212233<br><br>St James's Place<br>St James Place house<br>1 Telbury Road<br>Cirencester<br>Gloucestershire<br>GL7 1FP |
| Bankers:            | National Westminster Bank Plc<br>Newcastle upon Tyne                                                                                                                                  |

### **Structure, Governance and Management**

#### **Governing Document**

Rape Crisis Tyneside and Northumberland (RCTN) was set up as a charity on 17th November 1978 under the name of Tyneside Rape Crisis Centre, registration number 508177. The organisation is now a charity (registration number 1138149) and a company limited by guarantee (registration number 07285969) defined by the Companies Act 2006. It was incorporated as a company and registered as a charity on 16th June 2010 and the changes were formally adopted by the organisation on 1st January 2011. The charity name was changed with the Charities Commission on 28th January 2013 and adopted from 1st April 2013. RCTN also uses the names Tyneside Rape Crisis Centre and Grace, Northumberland Rape Crisis.

RCTN operates under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up Members are required to contribute an amount not exceeding £1.

The organisation is governed by its trustees who are also the only Members of the organisation. Under the requirements of the Memorandum and Articles of Association, the Board may consist of between three and twelve trustees. This year there were ten trustees. All trustees are female.

The Board meets around eleven times a year. A Finance sub-group consisting of the Co-Treasurers, staff and the external Accountant who meet quarterly to review the Management Accounts.

The Board delegates day-to-day management of the organisation to the CEO and Deputy CEO. RCTN holds regular strategy days which trustees and staff attend.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

#### **Appointment of trustees**

There is no limit to the time that a trustee may serve with the organisation; however one-third of the trustees must retire at each AGM with the longest-serving retiring first. All trustees give their time voluntarily and are not allowed to receive any material benefit from the charity. Trustees are however able to claim reasonable out of pocket expenses. The trustees are responsible for selecting a Chairperson, Secretary and Treasurer.

#### **Trustees' induction and training**

A recruitment, training and induction procedure is in place to support new trustees. When an expression of interest to join the Board is received, this is followed through by the CEO who arranges an informal pre-meeting. References are taken up and discussions/decisions about the nomination to the Board are discussed and approved at a quorate Board meeting.

All trustees receive an induction into the values and services of RCTN, sexual violence issues, their duties, roles, responsibilities and liabilities as a trustee and key policies. RCTN has a trustee induction checklist and each new trustee is allocated a mentor trustee to support them through the induction process. A trustee role description is issued to all new trustees outlining the duties, roles, responsibilities and liabilities each trustee faces. Role descriptions are in place for the Chair, Treasurer and Company Secretary.

All trustees are required to undertake training on a range of issues such as on equality and diversity issues; child and adult safeguarding; roles and responsibilities of trustees and sexual violence issues. Training opportunities are highlighted at Board meetings including opportunities to attend conferences/workshops. Trustees are also responsible for identifying their own training and development needs and for recording all training they attend.

#### **Related parties and co-operation with other organisations**

RCTN is a member of Rape Crisis England and Wales (RCEW) and adheres to the RCEW National Service Standards. We participate in Rape Crisis North East regional meetings to share best practice and feedback via our local representative to the national body. We have a CIO in partnership with other North East Rape Crisis Centres.

#### **Pay policy for senior staff**

The trustees set the pay of the CEO and Deputy comparing against equivalent roles within the voluntary sector. The nationally recognised National Joint Council pay scales are used to set the pay of all staff. Inflationary pay awards are periodically approved in line with national NJC pay agreements. A remuneration committee meets as required.

#### **Risk management**

The trustees recognise that they hold a responsibility to identify risks to the organisation; to ensure that controls exist to limit the possibility of risks occurring; to limit the impact of any risks on the viability or security of the organisation; to manage any risks that do occur; and to regularly review whether new risks have been introduced into the organisation.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

The trustees have implemented a risk review system and have built a risk register. They have reviewed all organisational risks focusing on the risks with the highest risk score. The trustees have implemented a system to review the risk register on a regular basis or following a critical incident.

#### **Financial Review**

#### **Funding Strategy**

We maintain a Funding Strategy and Fundraising plan to ensure that we raise all the funds that we require.

#### **Income and Principal Funding Sources**

We aim to maintain a diverse range of funders so that we minimise risk to the organisation's activities. Our total income this year was £ 1,188,066 which represents a 26% increase from last year. We received income from statutory bodies including:

Ministry of Justice Female Rape Support Fund; Police and Crime Commissioner for Northumbria; Local authorities (Gateshead, Newcastle upon Tyne, North Tyneside, Northumberland and South Tyneside) Clinical Commissioning Groups (CCGs) Newcastle Gateshead CCG, Northumberland CCG and North Tyneside CCG, the latter came under the new body NHS North East and Cumbria from July 2023 onwards.

The Big Lottery Reaching Communities Fund continued to support us.

The Charitable Trusts and Foundations who supported us were:

Community Foundation, the Joicey Trust, Sir James Knott, the National Lottery Community Fund, the John Horseman Trust, Lloyds Bank Foundation, the Hadrian Trust and Henry Smith.

We are extremely grateful to all our funders, statutory, private and voluntary, in helping to sustain our activities.

#### **Fundraising from the community**

We generated £17,846 from fundraising and £15,374 donations. The sources of our self-generated income were monthly donors; one-off individual donations; sponsorship money from external fundraising events and from our own fundraising events.

#### **Income from training and sales**

We secured £49,865 from sales which included delivery training workshops, offering external clinical supervision, delivery of external counselling, merchandise sales and a contract with Newcastle University for counselling services.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

#### **Expenditure**

Our total expenditure this year was £1,088,084 which represents a 31% increase since last year. We have seen a further growth in activities and service provision to meet demand.

#### Direct costs

- Project staff salaries, travel, training and supervision increased compared last year in light of the expansion of project activities and more staff being in post.
- Other project delivery costs increased including for research, consultancy work and equality/diversity development work.
- Volunteer costs increased as more clinical supervision was provided to volunteers and more volunteers claimed travel expenses.
- Publications/subscriptions increased as we increased membership of external bodies
- Publicity and promotion costs increased given the additional spend on public and professional awareness.
- Outreach venue hire costs increased due to additional project delivery and the increasing use of bases to reach clients.

#### Support costs

- Insurance costs appear reduced as some funds are shown in prepayments.
- Office costs increased as the organisation expanded with more staff and as day to day office running costs increased post Covid.
- Telephone costs decreased partly due to some additional project contributions.
- Repairs and renewals increased partly due to additional funds secured to use on undertaking improvements.
- Other staff costs increased as more staff accessed training/organisational training.

#### Governance costs

Trustee meetings costs increased due to additional face to face board and strategy days held.

#### **Investment Policy**

We have a documented Investment Policy, the objective of which is to increase our income so we can achieve our charitable purpose and to enable us to hold sufficient reserves as required by the Reserves Policy. During the financial year, we have continued to invest in an ethical unit trust.

We have worked with a cash management organisation to ensure that our remaining cash assets are spread across a range of financial organisations and held with varying notice periods to satisfy our liquidity requirements.

The trustees decide, where possible, to invest in ethical investments in the knowledge that they may not provide the best rate of return, but would protect the organisation's reputation. Only the trustees are able to make decisions on investments. The performance of investments are reviewed by the Board six monthly.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

---

#### Reserves Policy

##### Rationale behind the Reserves Policy

- To demonstrate transparency, accountability and sound financial management the Reserves Policy clearly justifies the amount of reserves kept back each year.
- The Reserves Policy allows RCTN to take account of potential risks and contingencies that may arise. For example, the level of reserves allows the charity to manage any cash flow issues and to replace obsolete equipment.
- RCTN provides support to women survivors of all forms of sexual violence in Tyneside and Northumberland and one of our core services is long-term counselling. The Board of Trustees wishes to maintain sufficient level of Reserves to enable the counselling service to continue should a shortfall in income occur.
- RCTN believes that holding up to six month's reserves would allow RCTN the opportunity to ethically complete its programme of support to these vulnerable clients.

##### Level of reserve required by RCTN

RCTN has agreed to hold the following unrestricted reserves (£547,622):

|                                                   |               |
|---------------------------------------------------|---------------|
| <b>Designated funds:</b>                          |               |
| General designated funds (5 months running costs) | 453,368       |
| Legacy                                            | 10,000        |
| Projects: Marketing & Refuge                      | 29,067        |
| Projects: Volunteer funds                         | 500           |
| Northern Rock Foundation                          | 14,000        |
| University counselling (£26,216)                  | 26,216        |
| <b>General Unrestricted funds</b>                 | <b>14,471</b> |

The **General designated funds** are based on five months full months of running costs based on 2022/23 expenditure (£1088084).

There are currently no plans to spend this as we consider the organisation to be a going concern. We would like to increase this to six month's running costs. We are investigating options to do this including through social enterprise and through our Investments policy.

**General designated funds** We plan to use some of these funds to support additional staffing costs during 2023/24.

##### Monitoring and reviewing the Reserves Policy

The calculation of the required level of Reserves is an integral part of RCTN's planning, budget and forecast cycle and as such, the Trustees/Directors will consider the Business Plan,

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2023

---

budget, financial projections and funding strategy each year and will review the Reserves policy annually in light of their findings.

### **Going concern statement**

The trustees have reviewed and considered financial information and revised forecasts to take into account measures that they can take with the current financial resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

### **Trustees responsibilities in relation to the financial statement**

The trustees (who are also the directors of Rape Crisis Tyneside and Northumberland for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2023

---

#### Auditors

Read, Milburn & Co. were appointed auditor to the company on 13 June 2022, the charity was previously exempt from the requirement to have its financial statements audited by virtue of being below the thresholds specified in section 144 of the Charities Act 2011.

In accordance with section 485 of the Companies Act 2006, a resolution for the re-appointment of Read, Milburn & Co. as auditors of the charity is to be proposed at the forthcoming Annual General Meeting.

Anne Fry,

Chair of the Board of Trustees. ....



18/12/2023

Date: .....

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **Opinion**

We have audited the financial statements of Rape Crisis Tyneside and Northumberland (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for opinion**

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

### **Conclusions relating to going concern**

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

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

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

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

### **Opinions on other matters prescribed by the Companies Act 2006**

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

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

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

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

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

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

### **Responsibilities of trustees**

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

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

### **Our responsibilities for the audit of the financial statements**

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

Irregularities, including fraud, are instances of non compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. In this regard, our procedures include the following:

- enquiry of management around actual and potential litigation and claims;
- reviewing minutes of meetings of those charged with governance;
- reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business;
- challenging assumptions and judgements made by management in their significant accounting estimates.

Because of the field in which the charity operates, we have identified the following areas as those most likely to have a material impact on the financial statements: Health and Safety; Employment Law; and compliance with the Companies and Charities Acts.

## REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

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

### **Use of our report**

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



Nicholas J Liley (Senior Statutory Auditor)  
for and on behalf of Read, Milburn & Co  
Chartered Accountants and Registered Auditor  
71 Howard Street  
North Shields  
Tyne and Wear  
NE30 1AF

Date: 20 December 2023 .....

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2023

|                                                                  | Notes | Unrestricted   | Restricted     | Total                   | Total          |
|------------------------------------------------------------------|-------|----------------|----------------|-------------------------|----------------|
|                                                                  |       | £              | £              | £                       | £              |
| <b>Income from:</b>                                              |       |                |                |                         |                |
| Donations and legacies                                           | 6     | 12,374         | 13,000         | <b>25,374</b>           | 17,700         |
| Charitable activities                                            |       |                |                |                         |                |
| Grants and contracts                                             | 7     | 149,662        | 984,964        | <b>1,134,626</b>        | 911,126        |
| Other trading activities                                         | 8     | 17,846         | -              | <b>17,846</b>           | 15,832         |
| Investments                                                      | 9     | 3,844          | -              | <b>3,844</b>            | 1,009          |
|                                                                  |       | <u>183,726</u> | <u>997,964</u> | <u><b>1,181,690</b></u> | <u>945,667</u> |
| <b>Expenditure on:</b>                                           |       |                |                |                         |                |
| Raising funds                                                    | 10    | 4,263          | -              | <b>4,263</b>            | 3,363          |
| Charitable activities                                            |       |                |                |                         |                |
| Operation of the charity                                         | 11    | 224,927        | 855,071        | <b>1,079,998</b>        | 828,949        |
| <b>Total expenditure</b>                                         |       | <u>229,190</u> | <u>855,071</u> | <u><b>1,084,261</b></u> | <u>832,312</u> |
| <b>Net income/(expenditure) before investment gains/(losses)</b> |       | ( 45,464 )     | 142,893        | <b>97,429</b>           | 113,355        |
| Net gains/(losses) on investments                                |       | 2,512          | -              | <b>2,512</b>            | 5,367          |
| <b>Net income/(expenditure)</b>                                  |       | ( 42,952 )     | 142,893        | <b>99,941</b>           | 118,722        |
| Transfers between funds                                          |       | 105,711        | ( 105,711 )    | -                       | -              |
| <b>Net movement of funds</b>                                     |       | 62,759         | 37,182         | <b>99,941</b>           | 118,722        |
| <b>Reconciliation of funds</b>                                   |       |                |                |                         |                |
| Total funds brought forward                                      |       | 484,863        | 78,963         | <b>563,826</b>          | 445,104        |
| <b>Total funds carried forward</b>                               |       | <u>547,622</u> | <u>116,145</u> | <u><b>663,767</b></u>   | <u>563,826</u> |

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 32 to 42 form an integral part of these accounts.

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**  
(A company limited by guarantee)

Charity Number 1138149  
Company Number 07285969

**BALANCE SHEET**

As at 31 March 2023

|                                                       | Notes | £                  | 2023<br>£      | £                  | 2022<br>£      |
|-------------------------------------------------------|-------|--------------------|----------------|--------------------|----------------|
| <b><u>Fixed assets</u></b>                            |       |                    |                |                    |                |
| Investments                                           | 19    |                    | 66,337         |                    | 64,962         |
| <b>Total fixed assets</b>                             |       |                    | <b>66,337</b>  |                    | <b>64,962</b>  |
| <b><u>Current assets</u></b>                          |       |                    |                |                    |                |
| Debtors                                               | 20    | 56,229             |                | 80,009             |                |
| Cash at bank and in hand                              | 21    | 786,578            |                | 761,856            |                |
| <b>Total current assets</b>                           |       | <b>842,807</b>     |                | <b>841,865</b>     |                |
| <b>Creditors: amounts falling due within one year</b> | 22    | <b>( 245,378 )</b> |                | <b>( 343,001 )</b> |                |
| <b>Net current assets</b>                             |       |                    | <b>597,430</b> |                    | <b>498,864</b> |
| <b>Total assets less current liabilities</b>          |       |                    | <b>663,767</b> |                    | <b>563,826</b> |
| <b>Total net assets or liabilities</b>                |       |                    | <b>663,767</b> |                    | <b>563,826</b> |
| <b><u>Funds of the charity</u></b>                    |       |                    |                |                    |                |
| Unrestricted income funds                             |       |                    | 547,622        |                    | 484,863        |
| Restricted income funds                               |       |                    | 116,145        |                    | 78,963         |
| <b>Total funds</b>                                    |       |                    | <b>663,767</b> |                    | <b>563,826</b> |

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 32 to 42 form an integral part of these accounts.

These financial statements were approved by the Board 18/12/2023

and are signed on its behalf by:

A Fry  
Chair



**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

Charity Number 1138149

Company Number 07285969

**STATEMENT OF CASH FLOWS**

For the year ended 31 March 2023

|                                                        | Notes | 2023<br>£             | 2022<br>£             |
|--------------------------------------------------------|-------|-----------------------|-----------------------|
| <b><u>Cash flows from operating activities</u></b>     |       |                       |                       |
| Net movement in funds                                  |       | 99,941                | 118,722               |
| Depreciation                                           |       | -                     | -                     |
| Deduct interest / income shown in investing activities |       | ( 5,218 )             | ( 5,223 )             |
| Decrease in debtors                                    |       | 23,780                | ( 54,299 )            |
|                                                        |       | ( 97,624 )            | 244,754               |
| <b><i>Net cash from operating activities</i></b>       |       | <b><u>20,879</u></b>  | <b><u>303,954</u></b> |
| <b><u>Cash flow from investing activities</u></b>      |       |                       |                       |
| Interest received                                      |       | 3,844                 | 1,009                 |
| <b><i>Net cash used in investing activities</i></b>    |       | <b><u>3,844</u></b>   | <b><u>1,009</u></b>   |
| <b><i>General unrestricted fund</i></b>                |       |                       |                       |
| <b>Increase in cash and cash equivalents</b>           |       | <b>24,722</b>         | <b>304,963</b>        |
| <b>Cash and cash equivalents at start of year</b>      |       | <b>761,856</b>        | <b>456,893</b>        |
| <b>Cash and cash equivalents at end of year</b>        |       | <b><u>786,578</u></b> | <b><u>761,856</u></b> |
| Cash and cash equivalents consist of:                  |       |                       |                       |
| Cash at bank and in hand                               |       | <b><u>786,578</u></b> | <b><u>761,856</u></b> |

The notes on pages 32 to 40 form an integral part of these accounts.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2023

---

### **1 Accounting policies**

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### **2 Basis of accounting**

#### **2.1 Basis of preparation**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with 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 October 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Rape Crisis Tyneside and Northumberland meets the definition of a public benefit entity under FRS 102.

#### **2.2 Preparation of the accounts on a going concern basis**

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

### **3 Income**

#### **3.1 Recognition of income**

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

There has been no offsetting of assets and liabilities or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

#### **3.3 Grants and donations**

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance or provision of other specified services is deferred until the criteria of income

#### **3.4 Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

#### **3.5 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2023

---

#### **3.6 Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

#### **3.7 Debtors and prepayments**

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

#### **3.8 Financial instruments**

All financial assets and financial liabilities of the charity qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

#### **3.8 Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

#### **3.9 Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charities' work or for specific projects being undertaken by the charity.

### **4 Expenditure and liabilities**

#### **4.1 Liability recognition**

Liabilities are recognised when 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.

#### **4.2 Charitable activities**

Expenditure on charitable activities includes the costs of specialist sexual violence services and other activities undertaken to further the purposes of the charity and their associated support costs.

#### **4.3 Governance and support costs**

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly relate to the charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

#### **4.4 Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2023

---

#### **4.5 Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts due.

#### **4.6 Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

### **5 Assets**

#### **5.1 Tangible fixed assets for use by the charity**

Individual fixed assets costing £1000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

|                       |                                |
|-----------------------|--------------------------------|
| Plant and machinery   | Straight line over three years |
| Fixtures and fittings | Straight line over four years  |

#### **5.2 Investments**

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments.

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

| Analysis of income                                                     | Unrestricted Funds | Restricted Funds | Total 2023              | Total 2022     |
|------------------------------------------------------------------------|--------------------|------------------|-------------------------|----------------|
| <b>6 Donations and legacies</b>                                        |                    |                  |                         |                |
| Donations and gifts                                                    | 12,374             | 13,000           | <b>25,374</b>           | 7,700          |
| LGA Foundation                                                         | -                  | -                | -                       | 10,000         |
|                                                                        | <u>12,374</u>      | <u>13,000</u>    | <u><b>25,374</b></u>    | <u>17,700</u>  |
| <b>7 Charitable activities</b>                                         |                    |                  |                         |                |
| <u>Income from grants and contracts</u>                                |                    |                  |                         |                |
| Gateshead Council Public Health                                        | 3,000              | 9,000            | <b>12,000</b>           | 12,000         |
| Gateshead Newcastle CCG                                                | 7,108              | 10,777           | <b>17,885</b>           | 17,464         |
|                                                                        | 4,224              | 6,406            | <b>10,630</b>           | 10,550         |
| North Tyneside Council                                                 |                    |                  |                         |                |
| North Tyneside CCG                                                     | 2,540              | 3,744            | <b>6,284</b>            | 6,214          |
| Newcastle City Council                                                 | 14,310             | 102,880          | <b>117,190</b>          | 39,751         |
| Newcastle Fund                                                         | -                  | 22,325           | <b>22,325</b>           | 23,201         |
| South Tyneside Council                                                 | 2,496              | 7,500            | <b>9,996</b>            | 10,000         |
| Ministry of Justice                                                    | 98,562             | 294,148          | <b>392,710</b>          | 325,154        |
| Police and Crime Commissioner for Northumbria                          | -                  | 288,638          | <b>288,638</b>          | 247,144        |
| Northumberland CCG                                                     | -                  | 12,344           | <b>12,344</b>           | 12,136         |
| Northumberland County Council                                          | -                  | 16,500           | <b>16,500</b>           | 16,500         |
| Community Foundation                                                   | -                  | 9,992            | <b>9,992</b>            | 11,200         |
| The Joicey Trust                                                       | -                  | 3,300            | <b>3,300</b>            | 3,000          |
| Sir James Knott Trust                                                  | -                  | 5,004            | <b>5,004</b>            | 5,000          |
| Big Lottery Fund                                                       | -                  | -                | -                       | 25,835         |
| Awards for All                                                         | -                  | -                | -                       | 10,000         |
| The National Lottery Community Fund (RC North East and Cumbria region) | -                  | 50,003           | <b>50,003</b>           | 9,865          |
| The John Horseman Trust                                                | -                  | 5,400            | <b>5,400</b>            | -              |
| Lloyds Bank Foundation                                                 | -                  | 11,112           | <b>11,112</b>           | -              |
| The Pilgrim Trust                                                      | -                  | -                | -                       | 3,500          |
| Ragdoll Foundation                                                     | -                  | 1,280            | <b>1,280</b>            | 5,360          |
| The Brook Trust                                                        | -                  | -                | -                       | 25,000         |
| The Hadrian Trust                                                      | -                  | 1,000            | <b>1,000</b>            | -              |
| Northern Rock Foundation                                               | -                  | -                | -                       | 19,000         |
| General unrestricted fund                                              | -                  | -                | -                       | 5,000          |
| Henry Smith                                                            | -                  | 64,611           | <b>64,611</b>           | 12,745         |
| Newcastle University                                                   | -                  | -                | -                       | 30,000         |
| Northamptonshire Rape Crisis                                           | 6,504              | 15,648           | <b>22,152</b>           | -              |
| Other income                                                           | 4,406              | -                | <b>4,406</b>            | -              |
| <u>Income from training / sales</u>                                    |                    |                  |                         |                |
| Training income                                                        | 4,213              | -                | <b>4,213</b>            | 4,106          |
| Live chat sales                                                        | -                  | -                | -                       | 11,730         |
| Other sales                                                            | 2,299              | 43,353           | <b>45,652</b>           | 9,671          |
|                                                                        | <u>149,662</u>     | <u>984,964</u>   | <u><b>1,134,626</b></u> | <u>911,126</u> |
| <b>8 Other trading activities</b>                                      |                    |                  |                         |                |
| Fundraising events                                                     | 17,846             | -                | <b>17,846</b>           | 15,832         |
|                                                                        | <u>17,846</u>      | <u>-</u>         | <u><b>17,846</b></u>    | <u>15,832</u>  |

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

| Analysis of income continued     | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>2023<br>£ | Total<br>2022<br>£ |
|----------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>9 Income from investments</b> |                            |                          |                    |                    |
| Bank interest                    | 3,844                      | -                        | 3,844              | 1,009              |
|                                  | <u>3,844</u>               | <u>-</u>                 | <u>3,844</u>       | <u>1,009</u>       |
| Total income                     | <u>183,726</u>             | <u>( 25,370 )</u>        | <u>1,181,690</u>   | <u>945,667</u>     |

Income was £1,181,690 (2022: £945,667) of which £183,726 was unrestricted or designated (2022: £224,984) and £997,964 was restricted (2022: £720,683)

## Analysis of expenditure on charitable activities

|                             | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>2023<br>£ | Total<br>2022<br>£ |
|-----------------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>10 Raising funds</b>     |                            |                          |                    |                    |
| Staging fundraising events  | 3,126                      | -                        | 3,126              | 2,210              |
| Investment management costs | 1,137                      | -                        | 1,137              | 1,153              |
|                             | <u>4,263</u>               | <u>-</u>                 | <u>4,263</u>       | <u>3,363</u>       |

## 11 Charitable activities

### Direct costs

|                                |       |         |         |         |
|--------------------------------|-------|---------|---------|---------|
| Project staff salaries         | -     | 626,138 | 626,138 | 463,055 |
| Project staff travel           | 59    | 9,793   | 9,852   | 4,008   |
| Project staff training         | 1,349 | 26,520  | 27,869  | 23,246  |
| Supervision and counselling    | 400   | 15,241  | 15,641  | 10,690  |
| Volunteer costs                | -     | 5,284   | 5,284   | 2,880   |
| Other project costs            | 60    | 104,055 | 104,115 | 63,595  |
| Publications and subscriptions | -     | 6,081   | 6,081   | 5,136   |
| Publicity and promotion        | 2,621 | 17,662  | 20,283  | 30,645  |
| Recruitment                    | 200   | 4,117   | 4,317   | 1,613   |
| Outreach venue hire            | -     | 35,411  | 35,411  | 20,963  |
|                                | -     | -       | -       | -       |

### Support costs

|                                   |         |       |         |         |
|-----------------------------------|---------|-------|---------|---------|
| Staff salaries                    | 111,261 | -     | 111,261 | 111,574 |
| Facility costs                    | 36,082  | -     | 36,082  | 35,402  |
| Insurance                         | 2,975   | -     | 2,975   | 5,352   |
| Office costs                      | 16,144  | -     | 16,144  | 10,116  |
| Telephone                         | 9,519   | 20    | 9,539   | 8,133   |
| Sundries                          | 2,465   | -     | 2,465   | 1,490   |
| Repairs and renewals              | 8,021   | -     | 8,021   | 2,898   |
| Other staff costs                 | 3,129   | -     | 3,129   | 1,134   |
| Professional fees                 | 24,461  | -     | 24,461  | 24,427  |
| Project contribution to OH (Rent) | -       | 4,750 | 4,750   | -       |

### Governance costs

|                             |                |                |                  |                |
|-----------------------------|----------------|----------------|------------------|----------------|
| Independent examiner's fees | -              | -              | -                | 2,112          |
| Audit fee                   | 2,760          | -              | 2,760            | -              |
| Trustees meeting costs      | 3,419          | -              | 3,419            | 478            |
|                             | <u>224,927</u> | <u>855,071</u> | <u>1,079,998</u> | <u>828,949</u> |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

#### Analysis of expenditure on charitable activities continued

Expenditure on charitable activities was £1,084,261 (2022: £832,312) of which £229,190 was unrestricted or designated (2022: £142,412) and £855,071 was restricted (2022: £689,900)

#### 12 Fees for examination of the accounts

|                                                           | 2023<br>£    | 2022<br>£     |
|-----------------------------------------------------------|--------------|---------------|
| Independent examiner's fees for reporting on the accounts | -            | 2,112         |
| Audit fee                                                 | 2,760        | -             |
| Other accountancy services                                | -            | 10,449        |
|                                                           | <u>2,760</u> | <u>12,561</u> |

#### 13 Analysis of staff costs, and the cost of key management personnel

|                                                   | 2023<br>£      | 2022<br>£      |
|---------------------------------------------------|----------------|----------------|
| Salaries and wages                                | 657,524        | 515,206        |
| Social security costs                             | 61,971         | 41,234         |
| Pension costs (defined contribution pension plan) | 22,903         | 18,189         |
|                                                   | <u>742,398</u> | <u>574,629</u> |

No employee received remuneration above £60,000 (2022: nil)

The key management personnel of the charity, comprise the Trustees, Deputy CEO and the CEO. The total employee benefits of the key management personnel of the charity were £99,175 (2022: £79,181).

#### 14 Staff Numbers

The average monthly head count was 26 staff (2022: 23 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

|                                                      | 2023<br>Number | 2022<br>Number |
|------------------------------------------------------|----------------|----------------|
| The parts of the charity in which the employees work |                |                |
| Project staff                                        | 22.0           | 14.5           |
| Management                                           | 2.0            | 2.0            |
| Administration                                       | 2.0            | 2.0            |
|                                                      | <u>26.0</u>    | <u>18.5</u>    |

#### 15 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from employment with the charity or a related entity.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

#### 15 Transactions with trustees continued

##### Trustees' expenses

The following detail the expenses incurred by the trustees.

|        | 2023<br>£ | 2022<br>£ |
|--------|-----------|-----------|
| Travel | 45        | 39        |
|        | <b>45</b> | <b>39</b> |

##### Transaction(s) with related parties

There have been no related party transactions in the reporting period.

#### 16 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £22,903 (2022: £18,189). There was £0 outstanding as at 31 March 2023 (2022: £3,935)

#### 17 Corporation Taxation

The charity is exempt from tax on income and gains falling within part 11 of the Corporation Taxes Act 2010 or section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

#### 18 Tangible fixed assets

|                                | Plant and<br>machinery | Fixtures<br>and fittings | Total         |
|--------------------------------|------------------------|--------------------------|---------------|
|                                | £                      | £                        | £             |
| <b>Cost</b>                    |                        |                          |               |
| Balance brought forward        | 31,220                 | 5,359                    | <b>36,579</b> |
| Additions                      | -                      | -                        | -             |
| Disposals                      | -                      | -                        | -             |
| <b>Balance carried forward</b> | <b>31,220</b>          | <b>5,359</b>             | <b>36,579</b> |
| <b>Depreciation</b>            |                        |                          |               |
| Basis                          | SL                     | SL                       |               |
| Rate                           | 33%                    | 25%                      |               |
| Balance brought forward        | 31,220                 | 5,359                    | <b>36,579</b> |
| Depreciation charge for year   | -                      | -                        | -             |
| Disposals                      | -                      | -                        | -             |
| <b>Balance carried forward</b> | <b>31,220</b>          | <b>5,359</b>             | <b>36,579</b> |
| <b>Net book value</b>          |                        |                          |               |
| Brought forward                | -                      | -                        | -             |
| Carried forward                | -                      | -                        | -             |

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2023

**19 Fixed asset investments**

|                                                  | <b>Listed<br/>Investment<br/>£</b> |
|--------------------------------------------------|------------------------------------|
| Carrying (fair) value at the beginning of period | <b>64,962</b>                      |
| Additions to investments during period           | -                                  |
| Disposals at carrying value                      | -                                  |
| Less impairments                                 | -                                  |
| Transfer in/(out) in the period                  | -                                  |
| Net gain/(loss) on revaluation                   | <b>2,512</b>                       |
| Less investment management costs                 | <b>( 1,137 )</b>                   |
| Carrying (fair) value at end of year             | <b>66,337</b>                      |

**20 Debtors and prepayments (receivable within 1 year)**

|                        | <b>2023<br/>£</b> | <b>2022<br/>£</b> |
|------------------------|-------------------|-------------------|
| Salary holding account | -                 | -                 |
| Trade debtors          | 1,668             | 32,008            |
| Partner funds          | 3,804             | 38,141            |
| Salary holding account | 16,948            | -                 |
| Prepayments            | 31,576            | 6,690             |
| Accrued income         | 2,233             | 3,169             |
|                        | <b>56,229</b>     | <b>80,009</b>     |

**21 Cash at bank and in hand**

|                            | <b>2023<br/>£</b> | <b>2022<br/>£</b> |
|----------------------------|-------------------|-------------------|
| Short term cash investment | 112,500           | 112,443           |
| Short term deposits        | 112,500           | 113,888           |
| Virgin Money               | 90,675            | -                 |
| Cash at bank and in hand   | 470,903           | 535,525           |
|                            | <b>786,578</b>    | <b>761,856</b>    |

**22 Creditors and accruals (payable within 1 year)**

|                                     | <b>2023<br/>£</b> | <b>2022<br/>£</b> |
|-------------------------------------|-------------------|-------------------|
| Trade creditors                     | 32,689            | 125,981           |
| Salary holding account              | -                 | 38,495            |
| Accruals                            |                   |                   |
| Independent examination of accounts | -                 | 2,112             |
| Audit Fee                           | 2,760             | -                 |
| Deferred income                     | 206,345           | 167,636           |
| Other creditors                     | 3,584             | 8,777             |
|                                     | <b>245,378</b>    | <b>343,001</b>    |

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

### 23 Deferred income

|                                                                | 2023<br>£   |
|----------------------------------------------------------------|-------------|
| Balance brought forward                                        | 167,636     |
| Amount released to income earned<br>from charitable activities | ( 167,636 ) |
| Amount deferred in year                                        | 206,345     |
| Balance carried forward                                        | 206,345     |

### 24 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

### 25 Analysis of charitable funds

| Unrestricted funds                              | Fund<br>balances<br>brought<br>forward<br>£ | Income<br>resource<br>£ | Resources<br>expended<br>£ | Transfers<br>£ | Gains /<br>(losses)<br>£ | Fund<br>balances<br>carried<br>forward<br>£ |
|-------------------------------------------------|---------------------------------------------|-------------------------|----------------------------|----------------|--------------------------|---------------------------------------------|
| General unrestricted fund                       | 41,541                                      | 173,726                 | ( 229,190 )                | 25,882         | 2,512                    | 14,471                                      |
| Designated funds                                |                                             |                         |                            |                |                          |                                             |
| General designated fund                         | 354,025                                     | -                       | -                          | 99,343         | -                        | 453,368                                     |
| Cost of living                                  | 11,479                                      | -                       | -                          | ( 11,479 )     | -                        | -                                           |
| Pay review contribution                         | 23,502                                      | -                       | -                          | ( 23,502 )     | -                        | -                                           |
| Project contributions<br>(marketing and refuge) | 11,600                                      | -                       | -                          | 17,467         | -                        | 29,067                                      |
| Northern Rock Foundation                        | 14,000                                      | -                       | -                          | -              | -                        | 14,000                                      |
| University Counselling                          | 26,216                                      | -                       | -                          | -              | -                        | 26,216                                      |
| Legacy Fund                                     | -                                           | 10,000                  | -                          | -              | -                        | 10,000                                      |
| Volunteering                                    | 2,500                                       | -                       | -                          | ( 2,000 )      | -                        | 500                                         |
|                                                 | <u>484,863</u>                              | <u>183,726</u>          | <u>( 229,190 )</u>         | <u>105,711</u> | <u>2,512</u>             | <u>547,622</u>                              |

#### Purpose of unrestricted funds

|                                                 |                                                                                                                                                                     |
|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| General unrestricted fund                       | The 'free reserves' after allowing for designated funds.                                                                                                            |
| General designated fund                         | Represents five months of running costs based on 2023/24 expenditure.                                                                                               |
| Cost of living                                  | Designated towards cost of living staff payments.                                                                                                                   |
| Pay review contribution                         | Designated towards additional costs due to pay benchmarking.                                                                                                        |
| Project contributions<br>(marketing and refuge) | Designated for project delivery and to address project shortfalls within budgets to enable delivery across the full financial year in 2023/24                       |
| Norther Rock Foundation                         | Designated for project delivery including counselling work.                                                                                                         |
| University Counselling                          | Designated for counselling work.                                                                                                                                    |
| Legacy Fund                                     | Created to ensure use of funds that were donated to the charity are being used in 2023/24 towards central salary costs to maintain the running of the organisation. |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

#### 25 Analysis of charitable funds continued

| Restricted funds         | Fund<br>balances<br>brought<br>forward<br>£ | Income<br>resource<br>£ | Resources<br>expended<br>£ | Transfers<br>£     | Gains /<br>(losses)<br>£ | Fund<br>balances<br>carried<br>forward<br>£ |
|--------------------------|---------------------------------------------|-------------------------|----------------------------|--------------------|--------------------------|---------------------------------------------|
| Tyneside Counselling     | 26,763                                      | 337,546                 | ( 270,421 )                | ( 37,408 )         | -                        | 56,480                                      |
| Community Engagement     | 4,119                                       | 1,280                   | -                          | -                  | -                        | 5,399                                       |
| Northumberland           | 11,747                                      | 194,644                 | ( 177,786 )                | ( 13,118 )         | -                        | 15,487                                      |
| Volunteer Coordinator    | 15,961                                      | 34,066                  | ( 32,301 )                 | ( 3,280 )          | -                        | 14,446                                      |
| Marginalised Access Fund | 8,177                                       | -                       | ( 445 )                    | -                  | -                        | 7,732                                       |
| Lloyds Bank              | -                                           | 11,108                  | ( 12,519 )                 | -                  | -                        | ( 1,411 )                                   |
| PCC                      | -                                           | 277,806                 | ( 239,261 )                | ( 35,435 )         | -                        | 3,109                                       |
| Shout Up                 | 706                                         | 29,396                  | ( 25,370 )                 | ( 3,100 )          | -                        | 1,632                                       |
| Public Awareness Raising | -                                           | 20,184                  | ( 17,107 )                 | -                  | -                        | 3,077                                       |
| Tyneside Group work      | 11,490                                      | 54,740                  | ( 50,080 )                 | ( 7,690 )          | -                        | 8,461                                       |
| Henry Smith              | -                                           | 37,195                  | ( 29,782 )                 | ( 5,680 )          | -                        | 1,733                                       |
|                          | <u>78,963</u>                               | <u>997,964</u>          | <u>( 855,071 )</u>         | <u>( 105,711 )</u> | <u>-</u>                 | <u>116,145</u>                              |

#### Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

|                          |                                                                                       |
|--------------------------|---------------------------------------------------------------------------------------|
| Tyneside Counselling     | This funding supported the Tyneside counselling service.                              |
| Community Engagement     | This funding supported under 25s community engagement work.                           |
| Northumberland           | This funding supported the Northumberland service.                                    |
| Volunteer Coordinator    | This funding supported volunteering costs and the Volunteer Coordinator.<br>626,138   |
| Marginalised Access Fund | This funding is held to support discretionary client travel and one off client costs. |
| Lloyds Bank              | This funding supported the Communications and Marketing post                          |
| PCC                      | This funding supported the delivery of the practical and emotional service.           |
| Shout Up                 | This funding supported the delivery of the Shout up project work.                     |
| Public Awareness Raising | This funding supported the delivery of public awareness work.                         |
| Tyneside Group work      | This funding supported the delivery of group work programmes.                         |
| Henry Smith              | This funding supported to the practical and emotional support service.                |

| Transfers between funds                                        | Reason for transfer                                                | Amount<br>£ |
|----------------------------------------------------------------|--------------------------------------------------------------------|-------------|
| Between general undesignated fund and general designated fund. | Increase in general designated fund to align with Reserves Policy. | 99,343      |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

#### 26 Capital commitments

As at 31 March 2023, the charity had no capital commitments (2022 -£nil).

#### 27 Analysis of net assets between funds

|                                        | Unrestricted<br>Funds<br>£ | Designated<br>Funds | Restricted<br>Funds<br>£ | Total<br>2023<br>£    | Total<br>2022<br>£ |
|----------------------------------------|----------------------------|---------------------|--------------------------|-----------------------|--------------------|
| Investments                            | 66,337                     | -                   | -                        | <b>66,337</b>         | 64,962             |
| Cash at bank and in hand               | 217,065                    | 453,368             | 116,145                  | <b>786,578</b>        | 761,856            |
| Other net current assets/(liabilities) | ( 189,148 )                | -                   | -                        | <b>( 189,148 )</b>    | ( 262,992 )        |
|                                        | <u>94,254</u>              | <u>453,368</u>      | <u>116,145</u>           | <u><b>663,767</b></u> | <u>563,826</u>     |

#### 28 Operating leases

The future minimum lease payments under non-cancellable operating leases are as follows;

|                                                   | 2023<br>£            |
|---------------------------------------------------|----------------------|
| Not later than one year                           | <b>33,685</b>        |
| Later than one year and not later than five years | -                    |
|                                                   | <u><b>33,685</b></u> |

---

# Accounts

---

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

**A company limited by guarantee**

**REPORT AND FINANCIAL STATEMENTS**

**For the year ended 31 March 2022**

**Charity number 1138149**

**Company number 07285969**

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

The Trustees are pleased to present their annual Directors' report together with financial statements of the charity for the year ending 31 March 2022 which are also prepared to meet the requirements for a Directors' report and accounts for Companies Act purposes. These financial statements comply with the Charities Act 2011, the Companies Act 2006, RCTN's Memorandum and Articles of Association; and the document 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)'.

### **Chair's Report**

It is my privilege to introduce the 2021/22 annual report. This has been another period of growth for Rape Crisis Tyneside & Northumberland – both in terms of income and expansion of core services we deliver. Our face-to-face services have delivered more sessions and worked with more women and girls than the previous year.

There is a greater awareness of sexual violence, rape culture and the unacceptable justice gap of sexual violence survivors. We have worked hard this year to challenge society's understanding of the nature and prevalence of sexual violence too. We increased our campaigning efforts, particularly around women's safety in parks, the night-time economy and public transport. Through our Fun Without Fear campaign alone, we have reached 292,415 people via a range of digital and social media platforms.

We also co-produced a series of short films with young people in North Tyneside, educating the young people we worked with about unhealthy sexual relationships, and consent. Our activists continued to share important news about sexual violence and information about the sexualisation of girls' uniforms in schools through our campaign, Roll Down Your Skirt!

However, increased awareness of sexual violence against women and girls has brought dramatic increases in referrals to our face-to-face services. Our waiting lists across all services remain very high. The waiting lists are also impacted by chronic shortages in police and Criminal Prosecution Service resources, meaning women who report have a significantly longer Criminal Justice System journey (between two – seven years). As a result, our staff are working with clients, some of whom have more complex and chronic needs, for significantly longer periods of time.

This year, we have undertaken strategic roles as experts in the field, educating and training service providers and influencing policy and practice so fewer women are failed by the justice gap.

Our Practical & Emotional Service has been a vital life line to women and girls, particularly those who were left waiting for courts to open up or for support services to resume during the pandemic. We delivered 71% more sessions to support women, and worked with 79% more women, compared with the previous year.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

Our Counselling Service increased the number of women worked with by 12% and number of sessions by 23%. Our Group Work Service increased the number of women worked with by 5% and number of sessions by 11%.

We have also been planning for the future and ways to improve our operational functioning, including through the employment of a Communications worker.

I know I speak on behalf of the Board when I say how proud we are of the staff and volunteers in navigating the on-going challenges and in continuing to deliver services to women and girls and raise awareness of the injustices they face. Our staff and volunteers have found innovative ways to deliver services, including the development of Independent Sexual Violence Advocates focused on working in rural areas and working with those with additional learning needs. We have ran Mindfulness Day Retreats, Aerial Pilates Workshops, a Walking and Talking event and delivered workshops with partners to encourage referrals and act on our Equality and Diversity plan.

We are predicting further waiting list increases to come. There has never been a more important time to maintain our resilience for the challenges ahead so we continue to be there for women and girls.

Thank you. Anne Fry, Chair of the Board of Trustees.

### **Objectives and Activities Purpose**

- To relieve the emotional, psychological and/or physical distress of women and girls who have experienced sexual violence.
- To educate the public on the nature of sexual violence and its impact on women and girls.

### **Vision**

- That women and girls can live their lives free from the impact and the threat of sexual violence.

### **Mission**

- Provide women and girls with high quality specialist support.
- Change society's understanding of the nature and impact of sexual violence.
- Demand that the rights of women and girls who have experienced sexual violence are respected and their needs are met.
- End sexual violence.

### **Objectives**

- To provide all women and girls that survive sexual violence in Tyneside and Northumberland with access to comprehensive, sustainable, effective and timely support and services

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

- To raise awareness of the nature, impact and prevalence of sexual violence with the general public.
- To influence and shape policy the policies and services that are provided to women and girls who survive sexual violence
- To increase RCTN's financial sustainability.

### Direct Services Activity

#### Our Services

We offer a women only pathway to accessing help from us. This means that from the moment we might speak with a woman or girl on the phone to the last day she works with us, she will not come not speak or come into contact with a man. Our client satisfaction survey tells us women find this important to them. We work with women and girls, and those who identify as such, or identify our services are right for them.

#### Counselling

RCTN has continued to expand the counselling service and currently employs 13 counsellors. In 2020 due to lockdowns, we transferred the counselling service to work remotely. All counsellors were trained by 'Counselling Tutor' and gained 80hours of CPD in 'Online and Telephone Counselling'. This allowed us to continue to reach our clients and provide a service at a difficult time; recognising the demand for online and telephone counselling, RCTN employed a counsellor to work mainly with this medium.

However some of our clients were unable to access counselling in this way due to various reasons and the demand for face to face remained high. In 2021/2022, we were able to return to face to face work, continuing to cover Northumberland, Newcastle and Gateshead outreach bases. Counsellors continue to work with and offer clients all forms of counselling.

In addition to this, three counsellors started their training in EMDR therapy in 2021. This course was completed in February 2022 by all three counsellors who are now offering EMDR therapy via face to face sessions and online.

We have increased the number of women and sessions they receive across Tyneside and Northumberland compared to 20-21. Up 11% for number of women seen in Tyneside and 14% for women seen in Northumberland since the previous year. We have delivered more significantly more sessions too, particularly in Northumberland. Some of this is due to the increased staff capacity and the length of time women want to spend with our counsellors, reflecting the level of complexity of issues they share with us.

| Area           | No of Women<br>21-22 | No of Women<br>20 -21 | % between<br>years |
|----------------|----------------------|-----------------------|--------------------|
| Tyneside       | 367                  | 330                   | 11%                |
| Northumberland | 99                   | 87                    | 14%                |
| Total          | 466                  | 417                   | 12%                |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

---

| Area           | No of Sessions<br>21-22 | No of Sessions<br>20 -21 | % between<br>years |
|----------------|-------------------------|--------------------------|--------------------|
| Tyneside       | 2886                    | 2418                     | 19%                |
| Northumberland | 813                     | 587                      | 39%                |
| Total          | 3699                    | 3005                     | 23%                |

#### Counselling Case Study

**Month/year worked with:** April to November 2021

**Background to referral / presenting issues:** Sarah was struggling with anxiety and at time was dissociating; Sarah wanted to understand herself better and move past her issues.

**Method of Contact:** Self-referral

**History:** Significant Childhood Sexual Abuse from a family member and a physically and emotionally abusive family life.

**Therapeutic Process involved:** Due to lockdown the therapeutic process was interrupted and we had to stop and start a couple of times. Sarah did not feel able to continue via phone or video because there were children in the house. Initially we spent time exploring her family history. Sarah had been sexually abused by her father for years, there had been a court case years ago but her father had now disappeared and nobody knew where he was. Sarah also had to deal with a difficult family situation where she was physically and emotionally abused.

We spent time exploring Sarah's relationship with her younger self to help reduce the symptoms of anxiety and dissociation. We gave Sarah's younger self a voice and this allowed her to implement boundaries that were needed to keep herself safe. Sarah continued throughout our sessions to grow in awareness by engaging in understanding different perspectives and challenging negative thoughts. Towards the end of our sessions Sarah suffered a bereavement which caused a lot of legal issues for the family; Sarah struggled with dealing with this but found herself in a much stronger position than before her counselling to deal with the fall out.

**Key Outcomes:** Sarah feels empowered and is able to implement boundaries around her family members to make better choices for herself. Sarah has managed to reduce her symptoms around anxiety and does not dissociate anymore.

**Feedback from Client:** "I just want to thank you for all the help you have given me".

#### Practical & Emotional Support Service: (P & E Service)

This year, the team have secured significantly more funding for ISVAs than ever before, thanks to their diligence in collecting key local data of evidence of need, reflecting the national crisis

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

of the justice gap facing sexual violence survivors. We were also able to secure funding for training, as we were able to demonstrate that gaps in provision of the ISVA service in Northumbria. All ISVAs are now accredited and embarking on specific courses that result in qualifications (Additional Learning Needs, Autism, CSA & LGBTQ+). Once their courses are completed, and they pass, they will provide presentations and resources to cascade learning to the rest of the P&E team, so that all ISVAs can be upskilled to work with a greater variety of survivors (all RCTN staff are invited to attend as well).

Our rural ISVA has made incredible progress in Northumberland, through grass roots work with existing women & girls' organisations. We have built trust with closed communities and increased referrals. Northumbria has a large travelling community, yet we had never received a referral from a traveller woman. Using a different approach, our Rural ISVA arranged a training session for all Northumbria Violence against Women and Girls departments delivered by members of the Travelling community, which has since been picked up by Newcastle and rolled out. We intend to build on these relationships with the women who delivered the training to undertake the long term work required for women and girls from this community to be able to receive support for sexual violence.

We have increased the number of women we have worked with and sessions they receive across Tyneside and Northumberland, compared to 20-21. Over all, we have worked with 79% more women than the previous year, with a staggering 153% increase in women worked with in Northumberland. We have been able to increase our staff capacity to meet the needs of women in rural areas, which has helped us to respond to demand.

Across Tyneside and Northumberland, we have delivered 71% more sessions which reflects the needs of women who work with us for longer due to delays in the criminal justice system and due to expanding the team to respond to demand.

| Area           | No of Women<br>21-22 | No of Women<br>20 -21 | % between<br>years |
|----------------|----------------------|-----------------------|--------------------|
| Tyneside       | 164                  | 106                   | 55%                |
| Northumberland | 86                   | 34                    | 153%               |
| Total          | 250                  | 140                   | 79%                |

| Area           | No of Sessions<br>21-22 | No of Sessions<br>20 -21 | % between<br>years |
|----------------|-------------------------|--------------------------|--------------------|
| Tyneside       | 1207                    | 934                      | 29%                |
| Northumberland | 750                     | 213                      | 252%               |
| Total          | 1957                    | 1147                     | 71%                |

#### Case Study in the words of a young woman who accessed P & E Service

"It was scary ... all of it ... and confusing. The people asking questions about things that you really don't want to talk about. Horrible things that have happened to you. The police doesn't mean to be scary, but I was still scared. Scared that I'll say the wrong thing or that maybe it

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

was me that was in trouble. People assumes stuff because you have a learning disability ... but what it means for me is that I need help being organized or I need you to say simple words.

My ISVA Jo\* sometimes help me with that. Jo made sure I understand, didn't confuse me, even sorted a comfortable safe place for me to have my interview with the police and help me prepare. Because of my disability Jo made sure I've got an intermediary, which is someone who works with people with different learning needs when they need to give evidence to the police. That's hard that bit, but really important if you're going to get somebody that's done something to you charged.

Being in court sometimes felt like it's the worst part. It's not like on TV. It's really strict and scary ... and all it takes a lot longer than you think it will. Jo was with me making sure I know what is happening ... and helping when I get stressed out. We did a visit to the court the day before, so that I know what it was like. That helped me calm down a bit. In the court you don't have to see the person who hurt you. For me they let me do a video call, so I wasn't even in the same room. But you can also do it behind a screen if you like. You have a lawyer and so does the person who hurt you. It sometimes feels like their lawyer is trying to trip you up with long words ... and it's horrible to have to talk about it all over again. But Jo is there to make sure you can understand.

When the trial finishes you feel really lonely. Everyone else goes back to normal but I think about what happened every day and sometimes I don't want to go out the house. Jo doesn't disappear though, they are still helping me. They got me some counselling and we've talked about flashbacks. That's when you feel like you're being hurt again. Knowing why they happen can help you to cope. The counselling is a safe place to talk. I've started to trust people again. Jo is helping me to sort out moving house too.

If something happens to you, I just wanted to tell you that you don't have to be on your own. You don't forget about what happened but you still got a life to live. Jo helped put me back together."

### **Group Work**

In 2021/22, our group work service delivered 239 sessions. These sessions encompassed; 2 x 8 week Peer Support Core Groups, 2 x Online Self Care Groups, 1 x Trauma Informed Mindfulness Groups and our Monthly Peer Support Group. Over 100, 1-2-1 sessions were offered during this period including pre mid-way and post group support sessions. We also ran two Trauma Informed Mindfulness for Professionals training events with 24 professionals in practical self-care and resilience skills for survivors of sexual violence. These training events have had excellent feedback.

During 21/22, we have really developed the range and reach of our day workshops. We have been listening to feedback from clients around movement been important to them and we have extended our workshops to suitable RCTN clients being supported by other services. We have ran Mindfulness Day Retreats, Arial Pilates Workshops, a Walking and

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

Talking event and delivered our usual workshops with other groups of women using other services to encourage referrals and act on our Equality and Diversity plan.

Again we have seen a big increase in the number of women accessing our group work service in Tyneside, compared to previous year, with less women accessing our service in Northumberland, largely due to funding remits related to geographical areas. Overall, there is a 5% increase in the numbers we have worked with across Tyneside and Northumberland.

| Area           | No of Women<br>21-22 | No of Women<br>20 -21 | % between<br>years |
|----------------|----------------------|-----------------------|--------------------|
| Tyneside       | 31                   | 9                     | 244%               |
| Northumberland | 8                    | 28                    | -71%               |
| Total          | 39                   | 37                    | 5%                 |

| Area           | No of Sessions<br>21-22 | No of Sessions<br>20 -21 | % between<br>years |
|----------------|-------------------------|--------------------------|--------------------|
| Tyneside       | 184                     | 168                      | 10%                |
| Northumberland | 55                      | 48                       | 15%                |
| Total          | 239                     | 216                      | 11%                |

#### Group Work Case Study: 8 Week Group Work Client

Olive attended an 8-week Peer Support Group, she waited 7 weeks on our waiting list. Olive is a 20 year old university student. She has experienced grooming by an older man during her teens and managed to make a break from this relationship after moving to Newcastle for study. Olive had been a young carer for her younger siblings as their mother was using substances and alcohol. Olive has had traumatising reactions to disclosures of abuse with “blame”, minimisation and “disbelief” from family members. Olive attended all sessions. Base line and Distance travelled health and wellbeing assessments were completed by Olive. Through this tools she reported significant improvements to her mental health and a reduction in self-blame. She also identified better coping mechanisms to support her own mental health. The sessions ran during the end of her first year studying and she reported that the sessions supported her to complete her year and make suitable plans for the summer holidays, considering her own needs as well as her family members. During the 1-2-1 post group session Olive highlighted feeling particularly supported by an older woman in her 60’s at the group who she felt was “kind” and “validating”. Fund were provided by RCTN for travel to and from the group as she identified as having limited finances to support her recovery. Olive finished group support and after an 11 week wait she has gone on to access 1-2-1 online counselling. During her wait for counselling she was offered monthly support sessions.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

---

#### Group Work Case Study - Trauma Informed Mindfulness Day Retreat

This event has been the first of its kind for RTCN. It was open to all open RCTN clients with the support and referral of their 1-2-1 worker (if not already involved with Group Work. This of course involved a risk assessment and was not suitable for client within the CJP. It was great to see referral from P&E Counselling and Group Work. The day focused on simple Mindfulness techniques using Nature as a way to connect mindfully to the present. The day had 8 spaces. Two women had to cancel on the day, one due to the unavoidable last minute venue change and the other due to cancel metro because of high winds. The day event was however fully booked. This event gave simple techniques to use after the day as well as proving a safe and women only space for peer connection. Here are some of the comments from the day;

- *[The day] allowed me to gather my thoughts in a productive way and taught me ways to focus my thought process simple things.*
- *[it] allowed me to understand myself more.*
- *I found the mindfulness walk helpful as it allowed me to take time to take in my surroundings and breathe*
- *I found it very relaxing and made a connection with our people there and generally had a really enjoyable time with the group*

#### Helpline & Email Support

Our local Helpline & Email Support service is free and confidential. The services are staffed by trained women volunteers who listen and support women and girls. We usually offer up to 50 minutes of support to each caller. Our email support uses a specialist system that anonymises email address. This means women and girls have control over if and when they tell us who they are. Our Helpline & Email Support services also provides support and information to supporters such as partners, relatives, friends, carers and other workers.

The number of women and sessions delivered for both phone and email support have gone down since 20-21. Since the easing of lockdown, there has been an increase in clients returning to face-to-face support. We have also seen a reduction in the number of volunteers available, partly due to the aftermath of pandemic, resulting in less sessions being delivered. We are reviewing the service to maximise impact where we can.

#### Telephone Support

| Area           | No of Women<br>21-22 | No of Women<br>20 -21 | % between<br>years |
|----------------|----------------------|-----------------------|--------------------|
| Tyneside       | 220                  | 232                   | -5%                |
| Northumberland | 42                   | 71                    | -41%               |
| Total          | 262                  | 303                   | -14%               |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

---

| Area           | No of Sessions<br>21-22 | No of Sessions<br>20 -21 | % between<br>years |
|----------------|-------------------------|--------------------------|--------------------|
| Tyneside       | 561                     | 775                      | -28%               |
| Northumberland | 106                     | 239                      | -56%               |
| Total          | 667                     | 1014                     | -34%               |

#### Emails

| Area           | No of Women<br>21-22 | No of Women<br>20 -21 | % between<br>years |
|----------------|----------------------|-----------------------|--------------------|
| Tyneside       | 55                   | 62                    | -11%               |
| Northumberland | 10                   | 19                    | -47%               |
| Total          | 65                   | 81                    | -20%               |

| Area           | No of Sessions<br>21-22 | No of Sessions<br>20 -21 | % between<br>years |
|----------------|-------------------------|--------------------------|--------------------|
| Tyneside       | 350                     | 448                      | -21%               |
| Northumberland | 67                      | 137                      | -51%               |
| Total          | 417                     | 585                      | -29%               |

#### Volunteers

Our volunteers are vital to what we are able to achieve. 33 women volunteered their time to help deliver Helpline, Email Support & Live Chat Services, our Activism or Community Fundraising activities, and to be part of the Board of Trustees. And some do a bit of everything!

#### Quotes: RCTN Helpline & Email Support

*"Thank you, I feel more positive, you have enabled me to talk about my children."*

*"It is good to talk to people who believe me."*

*"I feel heard and safe calling helpline, I feel able to talk freely without being judged."*

*"If it wasn't for you, picking up the phone without being judgmental...it helps me get through."*

*"It feels like you are some of the only people who care about my wellbeing."*

*"Thank you, you are the only organisation that I feel able to get support from, the only ones I trust".*

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

---

#### Client Satisfaction

| No of Women Satisfied 21-22 | No of Women Satisfied 20-21 | % between years |
|-----------------------------|-----------------------------|-----------------|
| 73                          | 67                          | 9%              |

#### Mixed Delivery Model

We continue to work online, via telephone and in person for a range of our services based on the choice of women and girls.

#### Analysing Public Benefit Purpose

**1: Relieving the emotional, psychological and/or physical distress of women and girls who have experienced sexual violence RCTN supports women and girls to deal with the impact of sexual violence.**

Sexual violence is a broad term which includes; rape, sexual assault by penetration, child sexual abuse, sexual assault, sexual harassment, sexual exploitation and image-based sexual violence.

During 2021/22, RCTN received 816 referrals. Of these, 802 were referrals into our specialist sexual violence face-to-face services for women and girls. This represents a 44% in referrals compared to 20/21.

| No of Referrals 21-22 | No of Referrals 20-21 | % between years |
|-----------------------|-----------------------|-----------------|
| 816                   | 725                   | 13%             |

| No of Referrals to Face-to-Face Services 21-22 | No of Referrals to Face-to-Face Services 20-21 | % between years |
|------------------------------------------------|------------------------------------------------|-----------------|
| 802                                            | 522                                            | 54%             |

Our top three referrals sources are: 1) Self 2) Police, Sexual Assault Referral Centres and Victim First Northumbria and 3) Third Sector. This is consistent with the previous year.

| Referral Source | No of Referrals 21-22 | No of Referrals 20-21 |
|-----------------|-----------------------|-----------------------|
| Health          | 57                    | 50                    |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

---

|                 |            |            |
|-----------------|------------|------------|
| Education       | 80         | 39         |
| Police/SARC/VFN | 196        | 108        |
| Third Sector    | 89         | 76         |
| Local Authority | 19         | 16         |
| Self            | 280        | 200        |
| Proxy           | 12         | 16         |
| Other           | 22         | 4          |
| Internal        | 47         | 13         |
| <b>Total</b>    | <b>802</b> | <b>522</b> |

Please note the number of referrals recorded is based on the number of unique individuals referred rather than including where a woman is referred to more than one service.

#### Demand for Our Services

|                 | 21/22            | 20/21      | %<br>between<br>years |
|-----------------|------------------|------------|-----------------------|
| <b>Services</b> | <b>Referrals</b> |            |                       |
| P & E           | 343              | 163        | 110%                  |
| Counselling     | 714              | 516        | 38%                   |
| Group Work      | 111              | 46         | 141%                  |
| <b>Total</b>    | <b>1168</b>      | <b>725</b> | <b>61%</b>            |

Often a woman might be referred to more than one service. We received 802 referrals across all our services.

Group work sees the biggest increase in referrals at 141%, followed by P& E which sees a 110% increase, with counselling receiving 38% increase in referrals.

#### Number of Sessions Delivered

We increased the amount of sessions delivered, by 1% from last year across all service delivery across Tyneside & Northumberland. However, if you look at just face-to-face services, we have increased significantly the amount of sessions delivered overall, with a 65% increase in P & E and a 9% increase in Group Work service sessions. We delivered 6022 sessions (or calls emails for HESS) throughout 21-22, broken down as:

| No of Sessions<br>Attended | 21/22 | 20/21 | %<br>between<br>years |
|----------------------------|-------|-------|-----------------------|
| Counselling                | 2807  | 3005  | -7%                   |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

---

|                       |      |      |      |
|-----------------------|------|------|------|
| P & E                 | 1895 | 1147 | 65%  |
| Group work            | 236  | 216  | 9%   |
| HESS sessions - phone | 667  | 1014 | -34% |
| HESS - emails         | 417  | 585  | -29% |
| <i>Total</i>          | 6022 | 5967 | 1%   |

### Sessions That Did Not Go Ahead

The number of sessions that were cancelled:

| Services     | No of DNAs<br>21/22 | No of DNAs<br>20/21 | % between<br>years |
|--------------|---------------------|---------------------|--------------------|
| Counselling  | 892                 | 724                 | 23%                |
| P & E        | 62                  | 138                 | -55%               |
| Group Work   | 3                   | 3                   | 0%                 |
| <i>Total</i> | 957                 | 865                 | 11%                |
|              |                     |                     |                    |

11% of face to face sessions offered did not go ahead. The biggest number of sessions cancelled were in counselling at 23%. P & E saw a reduction of a staggering -55% in the number of DNA's compared to last year. We continue to monitor and mitigate DNA's through case management, use of text reminder service, moving from face-to-face to online where last minute travel to appointments is difficult.

### Number of Women We Worked With

We worked with a total of 1025 women: 632 unique individual women via our face-to-face services and 352 women and girls contacted our specialist sexual violence helpline and email Support services. This is compared with 20-21 where we worked with 951 women: 567 unique individual women via our face-to-face services and 383 women and girls contacted our specialist sexual violence helpline and email Support services.

We have worked with 20% more women than last year across all services. We worked with 40% more women on the Helpline, thanks to the expansion of the service over more days.

P & E service worked with slightly more women (6% increase) from last year. We had an increase in staff capacity which helped with the increase in number of women seen. However, we worked with women for longer because of court case delays.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

Counselling numbers remain the same, which is quite an achievement, given local lockdowns impacting on women's engagement. There were, however, more women seen for counselling this year in Tyneside, with a reduction in numbers for Grace. The Grace reductions are largely due to the less women wanting to receive counselling remotely in rural areas.

We made up for the reductions in number of women we worked with in Group Work, through outreach workshops, where we reached women indirectly.

|                             | 21/22       | 20/21       | % between years |
|-----------------------------|-------------|-------------|-----------------|
| Services (Tyneside & Grace) | No of Women | No of Women |                 |
| P & E                       | 250         | 140         | 79%             |
| Counselling                 | 466         | 417         | 12%             |
| Group Work                  | 39          | 37          | 5%              |
| HESS - Phone & Emails       | 352         | 384         | 8%              |
| Total                       | 1107        | 978         | 13%             |

### Outcomes

#### Face to Face Services

The percentage of women and girls achieving an improvement is from the total number of women and girls who accessed our face-to-face services. It is important to note that some women and girls do not have an identified issue in that outcome area and therefore may not identify an improvement in that area. An example of this is that a woman or girl may not show an improvement in "Feeling of safety" if she did not have any issues relating to feeling unsafe when she began working with us.

Women told us we made the following difference to them.

| Outcome                     | % improvement 21-22 | % improvement 20-21 | % between years |
|-----------------------------|---------------------|---------------------|-----------------|
| Health & Wellbeing          | 105                 | 83                  | 27%             |
| Informed & empowered to Act | 66                  | 67                  | -1%             |
| Ability to cope             | 83                  | 70                  | 19%             |
| Safety                      | 74                  | 64                  | 16%             |
| CJS                         | 38                  | 47                  | -19%            |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

We also asked face-to-face practitioners to record any changes in the same areas from their observations of working with a woman. Both practitioners and women saw the most improvement in Health and Well-being, followed by Feeling Informed and Empowered to Act.

| Outcome                     | % improvement | % improvement | % between years |
|-----------------------------|---------------|---------------|-----------------|
|                             | 21-22         | 20-21         |                 |
| Health & Wellbeing          | 219           | 326           | -33%            |
| Informed & empowered to Act | 219           | 161           | 36%             |
| Ability to cope             | 186           | 116           | 60%             |
| Safety                      | 170           | 94            | 81%             |
| CJS                         | 141           | 39            | 262%            |

#### Helpline & Email Support Outcomes

Due to the anonymous nature of the Helpline and Email Support services it is difficult to capture client-identified outcomes. We used an online feedback survey to gauge the impact of services. To negate the low numbers of surveys we gathered practitioner-identified impact which involves practitioners completing a survey based on their observed understanding of changes clients have made positively or negatively.

Our Helpline & Email Support Service has identified the following positive impacts:

| Outcome                     | % improvement | % improvement | % between years |
|-----------------------------|---------------|---------------|-----------------|
|                             | 21-22         | 20-21         |                 |
| Health & Wellbeing          | 71%           | 91%           | -22%            |
| Informed & empowered to Act | 53%           | 38%           | 39%             |
| Ability to cope             | 21%           | 21%           | 0%              |
| Safety                      | 12%           | 14%           | -14%            |

#### Purpose 2: Educating the public in the nature of sexual violence and its impact on women and girls Community Engagement and Public awareness raising.

We aim to raise awareness of our services and offer solidarity to women and girls who have experienced sexual violence. We also aim to communicate the true nature, impact, and prevalence of sexual violence to professionals and the public. We hope this will help create the transformational change in public attitudes that will bring about systemic change.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

#### **Awareness-Raising in Schools, Colleges and Universities**

During 2020/21, Rape Crisis Tyneside & Northumberland (RCTN) worked with Helix Arts and young people in North Tyneside to co-produce 'Louder' - a creative peer education programme using theatre / drama to challenge assumptions around domestic/sexual violence relationships for young people aged 14 - 18.

Following partnership development and group engagement, this resulted in short films and resources being fully co-created by young people in North Shields and informed/guided by RCTN. Louder provided a unique opportunity for young people to share their lived experience and spark conversations around relationships and boundaries.

#### **Programme objectives**

- 1) To develop one new bespoke drama piece based on research and development with 20 young people working with professional creative practitioners and within a new partnership with Rape Crisis North Tyneside and Northumberland.
- 2) To train 20 young people between the ages of 14-18 years from North Tyneside to become workshop facilitators / peer performers by Summer/Autumn 2021, where well-being, confidence, motivation and skills is promoted and improved
- 3) To create an artistic outcome with participants which can be disseminated via a peer education model
- 4) To develop a tour of the work digitally and resources for youth groups and schools by March 2022 (Scope/ambition subject to additional funding)

#### **The journey**

Working with young people in North Shields, & Helix Arts devised a bespoke drama piece, devised using script-writing, storyboarding, creative conversation, creative writing, music, technology, social media and film to explore exploitation and abuse within relationships, especially since Covid-19.

Young people (youth participation groups, youth council) informed the shape of the programme and were part of the artist recruitment process.

We developed a partnership with staff and a young people's group at Phoenix Detached Youth Project who decided to invite new young people from Riverside and Chirton Wards to form a new group. We also engaged additional existing groups at YMCA North Tyneside.

They co-created with writer and director Liv Hunt and community development worker, Tess Hudson from RCTN. They researched and developed issues faced by young people around healthy relationships. This was with the support of dedicated Rape Crisis staff and volunteers.

The young people involved chose to disseminate their work via a number of thematic films; God complex vs inferiority / Madonna complex vs Guilt complex / Persecution complex vs

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

empath and Martyr complex/victim mentality vs empath / Superiority complex vs Inferiority complex. This followed from writing new works and music which was performed and recorded. They went into a full film production phase, taking full control and leadership of delivery with support of the Helix Arts team.

Audiences at Churchill Community College and John Spence informed the future materials for the film and future use of these films with young people.

#### **Becky Rowe, PDYP, Youth Worker – Feedback**

When first approached by Helix Arts & RCTN to get involved with the Louder project I was happy to agree as they have an ethos that echoes that of Phoenix Detached Youth Project, that the work is young person needs led and will benefit those involved and other young people by producing an informal education resource. I have always been passionate about discussing relationships and consent with young people so to be able to support young people to create a new resource to compliment the 'Respect factor' pack we had previously produced was exciting. I took a bit of a gamble by inviting 'pairs' of young people who didn't all know each other rather than an existing group, but this has paid off. I knew the young people I had invited would be committed and have a lot to offer but even I have been amazed at the level of enthusiasm and creativity. Initially I told young people it would be for three sessions, but to date there have been 6 sessions with at least a further 2 planned, due to the way in which their ideas have evolved. To work with Liv, Tess and Kay has been brilliant and I know the young people have benefitted from their involvement. Whilst the aim of the project is to produce an informal education resource on relationships and consent an added bonus for me is how much individuals have got out of being involved and that new friendships have been formed

#### **Social Media**

Our volunteer activists used social media to raise awareness of our services, which has been particularly important since the pandemic. We shared messaging that we were still there for women and girls and how our services have been adapted. We also shared an animation about online and telephone counselling to help reduce barrier to women coming forward for help.

Our activists also actively promoted key events and issues related to our work, practice or values. For example, we:

- Coordinated social media messaging on behalf of the local Violence Against Women's Sector's on 16 Days of Activism
- Engaged in promoting Reclaim the Night and White Ribbon
- Responding to news articles about sexual violence

#### **Campaigning**

##### ***Roll Down Your Skirt***

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

Roll Down Your Skirt campaign continues to focus on the sexualised ‘policing’ of young women and girls school uniforms in schools. The campaign was in response to the views of young women and girls and findings from research. The research and campaign was guided by a Young Women’s Steering group. The research established the impacts of policing of young women and girls’ uniforms in a sexist and/or sexualised way, namely:

- The impact on young women and girls’ education
- The impact on mental health and self-consciousness, in the short and long term
- The links to rape culture.

The Young Women’s Steering Group worked with RCTN Activists created animations to communicate key messages from the campaign. The campaign aimed to empower young women and girls whilst offering solidarity. The campaign also aimed to motivate school staff and governors to reflect upon practice within their schools and take steps to make change. To find out more, read the report and view the animations head to the campaigns & research section of our website.

Rape Crisis Tyneside & Northumberland (RCTN) would like to commission a design agency to create original art work, logo, assets and messaging for a campaign to support the safety of women and girls in the Night Time Economy. The campaign is a feature of a wider Safety of Women at Night programme, funded by Northumbria Police & Crime Commissioners Office, via the Home Office.

#### ***Fun Without Fear Programme & Campaign***

RCTN lead on the delivery of a programme which aimed to improve safety, and feelings of safety, of women, girls and marginalised groups in public spaces, particularly in the Night-Time Economy. The programme achieved this through 4 pillars of work:

1. Prevent: Interventions to lessen opportunities for Violence against Women and Girls (VAWG);
2. Support: Access to support where VAWG is perpetrated;
3. Behaviour change: Interventions to address offending behaviours.
4. Awareness: Raising awareness of VAWG.

The programme worked across Northumbria, in partnership with all six Local Authorities, Northumbria Police, Rape Crisis Tyneside & Northumberland, Changing Lives, Police & Crime Commissioner’s Violence Reduction Unit and Street Pastors across Northumbria. The programme ran from 1 November 2021 – March 31<sup>st</sup> 2022.

The range of interventions and activity we led on was as follows:

1. Prevent –
  - *Operation Cloak:*  
Increasing the number of plain-clothed police officers and patrols in Night Time Economies across Northumbria to look for, and intervene, where there may be

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

---

vulnerabilities or incidents where consent, for example, may not be clear. Originally Operation Cloak begun in 2019 in Newcastle, the programme expanded across to Sunderland, South Shields, North Shields, Tynemouth, Morpeth and Berwick

- *Street Pastors*  
Street Pastors across all 5 Local Authority areas supported women, girls and vulnerable groups on key busy, high harm areas. They gave women safe refuge, help them get home safely, hand out flip flops and water etc.

#### 2. Support -

Where an intervention has occurred, Operation Cloak Officers supported women to gain support from Rape Crisis Tyneside & Northumberland (RCTN). RCTN offered a call back service to women and girls who received an intervention by the police to help ensure their safety. The aim of the call backs were for RCTN to provide further advice, guidance, signposting or referral information, where required.

#### 3. Behaviour Change –

Changing Lives ran a Brief Intervention Potential Perpetrator programme. The programme took referrals from Operation Cloak officers. The programme was a voluntary, 90 minute, bespoke, 1-2-1 session aimed at changing attitudes and behaviours of potential perpetrators.

#### 4. Awareness Raising –

- *Vulnerability Training*  
Night-time economy stakeholders were offered vulnerability training delivered by Northumbria Police & Crime Commissioners Violence Reduction Unit, in partnership with Northumbria Police.
- *Campaign – See below*

### **Aim, Messaging & Audience for Campaign**

The audience for the campaign were:

- All women & girls who frequent the night time economy across all six local authority areas.

The aim of the campaign was:

- All women will be, and feel safer, in the night time economy.

Key messaging were

- A zero tolerance to unwanted sexual behaviour in the night time economy
- Women and girls being believed and supported if they experience any kind unwanted sexual behaviour

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

The messaging aimed to ensure:

- Women knew how and where to seek support
- Reassurance for women that things were being done to support their safety – including possible promotion of above interventions.

#### **Campaign Advertising Platforms & Assets**

The following platforms to advertise the campaign:

- Digital - Social Media: including facebook, instagram, twitter; Mobile Ad Messaging
- Media – Press
- Ambient – Beer Mats, Posters in women's toilets
- Out of Town – Digital Billboards, Digital Ad Vans.

#### **Campaign Reach**

- In total, we have reached 292,415 people via a range of digital and social media platforms, with deeper engagement of 11,362 people through clicks and scrolls on campaign adverts and articles.

#### **Networking, Representation and Forum work**

RCTN participated in a range of external partner forums and panels to raise awareness of our services, contribute towards policy and strategic development and improve best practice. This included local authority domestic violence and sexual violence multi agency panels.

#### **Plans for the future**

In 2022/23, we will see RCTN continue our work to support women and girls to be free from the impact and threat of sexual violence. Because of the significant changes in the external landscape brought about by the global pandemic, RCTN will be focusing efforts on how we can continue to respond to the demands for our services and maintain our resilience, in a competitive funding market.

In 2022/23, a key focus will be on: i) organisation development so our people, processes and systems are working most effectively and efficiently for the benefit of the women and girls we serve ii) financial resilience so our financial model, income generation strategies and resource development enables us to exist into the future. Organisation development will particularly focus on:

- Exploring the development of staff capacity so we can function well organisationally
- Better utilising the data to inform strategic planning, service development, performance and continuous improvement.
- Experimenting with new means of self-generating income

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

### **Reference and Administrative Details**

Registered Company number: 07285969 (England and Wales)

Registered Charity number: 1138149

Registered office: c/o Ellison Services Ltd  
3<sup>rd</sup> Floor Higham House  
Higham Place  
Newcastle upon Tyne NE1 8AF

### **Directors and Trustees**

The directors of the charitable company are its Trustees for the purpose of charity law. The Trustees and officers serving during the year and since the year-end were as follows:

#### **Trustees:**

|                              |                      |
|------------------------------|----------------------|
| Anne Fry (appointed 24/1/22) | Chair from 29/3/22   |
| Jayne Carrick                | Co-Treasurer         |
| Lisa Clark                   | Chair until 29/03/22 |
| Emma Crowther                | Company Secretary    |
| Nikki Godden-Rasul           |                      |
| Sue Griffiths                |                      |
| Rebecca Haynes               | Co-Treasurer         |
| Stephanie Remfry             |                      |
| Catherine Wheatley           |                      |

|         |                          |                 |
|---------|--------------------------|-----------------|
| Others: | Chief Executive Officer: | Sue Pearce      |
|         | Deputy                   | Sam Jones       |
|         | Key Finance Officer:     | Safina Siddique |

Independent examiner: Michelle Wright  
Connected Voice  
Third Floor Higham House  
Higham Place  
Newcastle upon Tyne NE1 8AF

Bankers: National Westminster Bank Plc  
Newcastle upon Tyne

### **Structure, Governance and Management**

#### **Governing Document**

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

Rape Crisis Tyneside and Northumberland (RCTN) was set up as a charity on 17th November 1978 under the name of Tyneside Rape Crisis Centre, registration number 508177. The organisation is now a charity and a company limited by guarantee defined by the Companies Act 2006. It was incorporated as a company and registered as a charity on 16th June 2010 and the changes were formally adopted by the organisation on 1st January 2011. The charity name was changed with the Charities Commission on 28th January 2013 and adopted from 1st April 2013. RCTN also uses the names Tyneside Rape Crisis Centre and Grace, Northumberland Rape Crisis.

RCTN operates under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up Members are required to contribute an amount not exceeding £1.

The organisation is governed by its Trustees who are also the only Members of the organisation. Under the requirements of the Memorandum and Articles of Association, the Board may consist of between three and twelve Trustees. This year there were ten Trustees. All Trustees are female. The Board meets around eleven times a year. A Finance sub-group consisting of the Co-Treasurers, staff and the external Accountant who meet quarterly to review the Management Accounts. The Board delegates day-to-day management of the organisation to the CEO and Deputy CEO. RCTN holds regular strategy days which Trustees and staff attend.

#### **Appointment of Trustees**

There is no limit to the time that a Trustee may serve with the organisation; however one-third of the Trustees must retire at each AGM with the longest-serving retiring first. All Trustees give their time voluntarily and are not allowed to receive any material benefit from the charity. Trustees are however able to claim reasonable out of pocket expenses. The Trustees are responsible for selecting a Chairperson, Secretary and Treasurer.

#### **Trustees' induction and training**

A recruitment, training and induction procedure is in place to support new Trustees. When an expression of interest to join the Board is received, this is followed through by the CEO who arranges an informal pre-meeting. References are taken up and discussions/decisions about the nomination to the Board are discussed and approved at a quorate Board meeting.

All Trustees receive an induction into the values and services of RCTN, sexual violence issues, their duties, roles, responsibilities and liabilities as a Trustee and key policies. RCTN has a Trustee induction checklist and each new Trustee is allocated a mentor Trustee to support them through the induction process. A Trustee role description is issued to all new Trustees outlining the duties, roles, responsibilities and liabilities each Trustee faces. Role descriptions are in place for the Chair, Treasurer and Company Secretary.

All Trustees are required to undertake training on a range of issues such as on equality and diversity issues; child and adult safeguarding; roles and responsibilities of Trustees and sexual violence issues. Training opportunities are highlighted at Board meetings including

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

opportunities to attend conferences/workshops. Trustees are also responsible for identifying their own training and development needs and for recording all training they attend.

#### **Related parties and co-operation with other organisations**

RCTN is a member of Rape Crisis England and Wales (RCEW) and adheres to the RCEW National Service Standards. We participate in Rape Crisis North East regional meetings to share best practice and feedback via our local representative to the national body. We have a CIO in partnership with other North East Rape Crisis Centres.

#### **Pay policy for senior staff**

The Trustees set the pay of the CEO and Deputy comparing against equivalent roles within the voluntary sector. The nationally recognised National Joint Council pay scales are used to set the pay of all staff. Inflationary pay awards are periodically approved in line with national NJC pay agreements. A remuneration committee meets as required.

#### **Risk management**

The Trustees recognise that they hold a responsibility to identify risks to the organisation; to ensure that controls exist to limit the possibility of risks occurring; to limit the impact of any risks on the viability or security of the organisation; to manage any risks that do occur; and to regularly review whether new risks have been introduced into the organisation.

The Trustees have implemented a risk review system and have built a risk register. They have reviewed all organisational risks focusing on the risks with the highest risk score. The Trustees have implemented a system to review the risk register on a regular basis or following a critical incident.

#### **Financial Review**

##### **Funding Strategy**

We maintain a Funding Strategy and Fundraising plan to ensure that we raise all the funds that we require.

##### **Income and Principal Funding Sources**

We aim to maintain a diverse range of funders so that we minimise risk to the organisation's activities. Our total income this year was £945,667. We received income from statutory bodies including:

Ministry of Justice Female Rape Support Fund; Police and Crime Commissioner for Northumbria; Local authorities (Gateshead, Newcastle upon Tyne, North Tyneside, Northumberland and South Tyneside) Clinical Commissioning Groups (CCGs) Newcastle Gateshead CCG, Northumberland CCG and North Tyneside CCG.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

The Big Lottery Reaching Communities Fund continued to support us and we also secured the National Lottery Community Fund (North East and Cumbria region).

The Charitable Trusts and Foundations who supported us included: Barbour, Brook Trust, Community Foundation Tyneside and Northumberland, Henry Smith Charity, Sir James Knott Trust, The Joicey Trust, The Pilgrim Trust and the Ragdoll Foundation.

We are extremely grateful to all our funders, statutory, private and voluntary, in helping to sustain our activities.

#### **Fundraising from the community**

We generated £15,832 from fundraising and £17,700 in donations. The sources of our self-generated income were monthly donors; one-off individual donations; sponsorship money from external fundraising events and from our own fundraising events.

#### **Income from training and sales**

We secured £25,507 from sales which included delivery training workshops, offering external clinical supervision, delivery of external counselling and merchandise sales.

#### **Expenditure**

Our total expenditure this year was £832,312. We have seen a further growth in activities and service provision to meet demand.

##### Direct costs

- Project staff salaries and travel increased compared last year in light of additional project delivery and more staff being recruited.
- Other project costs increased as we expanded the number of project we ran and incurred additional delivery costs.
- Volunteer costs increased as more clinical supervision was provided and more volunteers claimed travel expenses.
- Publications/subscriptions increased as we increased membership of external bodies
- Publicity and promotion costs increased given the additional spend on the Safer Streets project which aimed to raise public and professional awareness.
- Outreach venue hire costs increased due to the return to face to face delivery and the increasing use of bases to reach clients.

##### Support costs

- Staff salaries increased as we expanded back office support.
- Facility costs increased as our rent increased and we returned to face to face work and more related costs were incurred.
- Professional fees increased due to the use of more consultancy.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

---

#### Investment Policy

We have a documented Investment Policy, the objective of which is to increase our income so we can achieve our charitable purpose and to enable us to hold sufficient reserves as required by the Reserves Policy. During the financial year, we have continued to invest in an ethical unit trust. We have worked with a cash management organisation to ensure that our remaining cash assets are spread across a range of financial organisations and held with varying notice periods to satisfy our liquidity requirements.

The Trustees decide, where possible, to invest in ethical investments in the knowledge that they may not provide the best rate of return, but would protect the organisation's reputation. Only the Trustees are able to make decisions on investments. The performance of investments are reviewed by the Board six monthly.

#### Reserves Policy

##### Rationale behind the Reserves Policy

- To demonstrate transparency, accountability and sound financial management the Reserves Policy clearly justifies the amount of reserves kept back each year.
- The Reserves Policy allows RCTN to take account of potential risks and contingencies that may arise. For example, the level of reserves allows the charity to manage any cash flow issues and to replace obsolete equipment.
- RCTN provides support to women survivors of all forms of sexual violence in Tyneside and Northumberland and one of our core services is long-term counselling. The Board of Trustees wishes to maintain sufficient level of Reserves to enable the counselling service to continue should a shortfall in income occur.

##### Level of reserve required by RCTN

RCTN has agreed to hold the following unrestricted reserves (£484,863):

|                                                     |               |
|-----------------------------------------------------|---------------|
| <b>Designated funds:</b>                            |               |
| General designed funds                              | 354,025       |
| Cost of living 22/23 - agreed after budget was set  | 11,479        |
| Pay review contribution                             | 23,502        |
| Staff: Marketing worker new post                    | 10,100        |
| Projects: Refuge delivery funds and volunteer funds | 1,500         |
| Projects: Volunteer funds                           | 2,500         |
| Northern Rock Foundation                            | 14,000        |
| University counselling                              | 26,216        |
| <b>General Undesignated funds</b>                   | <b>41,541</b> |

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

The **General designated funds** are based on five months full months of running costs based on 2021/22 expenditure (£832,312).

There are currently no plans to spend this as we consider the organisation to be a going concern. We are investigating options to do this including through social enterprise and through our Investments policy.

**Undesignated funds** We plan to use some of these funds to support additional staffing costs during 2022/23.

#### **Monitoring and reviewing the Reserves Policy**

The calculation of the required level of Reserves is an integral part of RCTN's planning, budget and forecast cycle and as such, the Trustees/Directors will consider the Business Plan, budget, financial projections and funding strategy each year and will review the Reserves policy annually in light of their findings.

#### **Going concern statement**

In response to the COVID-19 pandemic, the Trustees have reviewed and considered financial information and revised forecasts to take into account measures that they can take with the current financial resources available to mitigate the impact of the current adverse conditions. The Trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

#### **Trustees responsibilities in relation to the financial statement**

The charity Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity Trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2022

---

responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

*Anne Fry*

*Chair of the Board of Trustees.* .....

Date: ..... 28/11/2022 .....

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES**

For the year ended 31 March 2022

---

I report on the financial statements of Rape Crisis Tyneside and Northumberland for the year ended 31 March 2022, which are set out on pages 28 to 41.

#### **Respective responsibilities of Trustees and Examiner**

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. 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.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a Member of the Association of Accounting Technicians.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

#### **Basis of independent examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

#### **Independent examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.

Michelle Wright  
Connected Voice Business Services Ltd  
Higham House  
Higham Place  
Newcastle upon Tyne  
NE1 8AF  
Date: 15/12/2022



# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2022

|                                                                      | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>2022<br>£ | Total<br>2021<br>£ |
|----------------------------------------------------------------------|-------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Income from:</b>                                                  |       |                            |                          |                    |                    |
| Donations and legacies                                               | 6     | 4,450                      | 13,250                   | 17,700             | 7,227              |
| Charitable activities                                                |       |                            |                          |                    |                    |
| Grants and contracts                                                 | 7     | 203,693                    | 707,433                  | 911,126            | 788,100            |
| Other trading activities                                             | 8     | 15,832                     | -                        | 15,832             | 7,183              |
| Investments                                                          | 9     | 1,009                      | -                        | 1,009              | 1,667              |
| <b>Total income</b>                                                  |       | <b>224,984</b>             | <b>720,683</b>           | <b>945,667</b>     | <b>804,177</b>     |
| <b>Expenditure on:</b>                                               |       |                            |                          |                    |                    |
| Raising funds                                                        | 10    | 3,284                      | 79                       | 3,363              | 1,056              |
| Charitable activities                                                |       |                            |                          |                    |                    |
| Operation of the charity                                             | 11    | 139,128                    | 689,821                  | 828,949            | 735,679            |
| <b>Total expenditure</b>                                             |       | <b>142,412</b>             | <b>689,900</b>           | <b>832,312</b>     | <b>736,735</b>     |
| <b>Net income/(expenditure) before<br/>investment gains/(losses)</b> |       | <b>82,572</b>              | <b>30,783</b>            | <b>113,355</b>     | <b>67,442</b>      |
| Net gains/(losses) on investments                                    |       | 5,367                      | -                        | 5,367              | 18,028             |
| <b>Net movement of funds</b>                                         |       | <b>87,939</b>              | <b>30,783</b>            | <b>118,722</b>     | <b>85,470</b>      |
| <b>Reconciliation of funds</b>                                       |       |                            |                          |                    |                    |
| Total funds brought forward                                          |       | 396,924                    | 48,180                   | 445,104            | 359,634            |
| <b>Total funds carried forward</b>                                   |       | <b>484,863</b>             | <b>78,963</b>            | <b>563,826</b>     | <b>445,104</b>     |

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 31 to 41 form an integral part of these accounts.

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

Charity Number 1138149

Company Number 07285969

**BALANCE SHEET**

As at 31 March 2022

|                                                       | Notes | £                  | Total<br>2022<br>£ | £                 | Total<br>2021<br>£ |
|-------------------------------------------------------|-------|--------------------|--------------------|-------------------|--------------------|
| <b><u>Fixed assets</u></b>                            |       |                    |                    |                   |                    |
| Investments                                           | 19    |                    | 64,962             |                   | 60,748             |
| <b>Total fixed assets</b>                             |       |                    | <b>64,962</b>      |                   | <b>60,748</b>      |
| <b><u>Current assets</u></b>                          |       |                    |                    |                   |                    |
| Debtors                                               | 20    | 80,009             |                    | 25,710            |                    |
| Cash at bank and in hand                              | 21    | 761,856            |                    | 456,893           |                    |
| <b>Total current assets</b>                           |       | <b>841,865</b>     |                    | <b>482,603</b>    |                    |
| <b>Creditors:</b> amounts falling due within one year | 22    | <b>( 343,001 )</b> |                    | <b>( 98,247 )</b> |                    |
| <b>Net current assets</b>                             |       |                    | <b>498,864</b>     |                   | <b>384,356</b>     |
| <b>Total assets less current liabilities</b>          |       |                    | <b>563,826</b>     |                   | <b>445,104</b>     |
| <b>Total net assets or liabilities</b>                |       |                    | <b>563,826</b>     |                   | <b>445,104</b>     |
| <b><u>Funds of the charity</u></b>                    |       |                    |                    |                   |                    |
| Unrestricted income funds                             |       |                    | 484,863            |                   | 396,924            |
| Restricted income funds                               |       |                    | 78,963             |                   | 48,180             |
| <b>Total funds</b>                                    |       |                    | <b>563,826</b>     |                   | <b>445,104</b>     |

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 31 to 41 form an integral part of these accounts.

These financial statements were approved by the Board on:

28/11/2022

and are signed on its behalf by:

Jayne Carrick  
Co Treasurer

Rebecca Haynes  
Co Treasurer

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

Charity Number 1138149

Company Number 07285969

**STATEMENT OF CASH FLOWS**

For the year ended 31 March 2022

|                                                        | Notes | <b>2022</b>           | <b>2021</b>           |
|--------------------------------------------------------|-------|-----------------------|-----------------------|
|                                                        |       | <b>£</b>              | <b>£</b>              |
| <b><u>Cash flows from operating activities</u></b>     |       |                       |                       |
| Net movement in funds                                  |       | 118,722               | 85,470                |
| Depreciation                                           |       | -                     | -                     |
| Deduct interest / income shown in investing activities |       | ( 5,223 )             | ( 18,854 )            |
| Increase in debtors                                    |       | ( 54,299 )            | ( 9,078 )             |
| Increase creditors                                     |       | 244,754               | ( 11,081 )            |
| <b><i>Net cash from operating activities</i></b>       |       | <b><u>303,954</u></b> | <b><u>46,457</u></b>  |
| <b><u>Cash flow from investing activities</u></b>      |       |                       |                       |
| Interest received                                      |       | 1,009                 | 1,666                 |
| <b><i>Net cash used in investing activities</i></b>    |       | <b><u>1,009</u></b>   | <b><u>1,666</u></b>   |
| <br><b>Increase in cash and cash equivalents</b>       |       | <br>304,963           | <br>48,123            |
| <b>Cash and cash equivalents at start of year</b>      |       | 456,893               | 408,770               |
| <b>Cash and cash equivalents at end of year</b>        |       | <b><u>761,856</u></b> | <b><u>456,893</u></b> |
| <br><b>Cash and cash equivalents consist of:</b>       |       |                       |                       |
| <b>Cash at bank and in hand</b>                        |       | <b><u>761,856</u></b> | <b><u>456,893</u></b> |

The notes on pages 31 to 41 form an integral part of these accounts.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2022

---

### **1 Accounting policies**

The principle accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### **2 Basis of accounting**

#### **2.1 Basis of preparation**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with 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) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Rape Crisis Tyneside and Northumberland meets the definition of a public benefit entity under FRS 102.

#### **2.2 Preparation of the accounts on a going concern basis**

The financial statements have been prepared on a going concern basis. In making their assessment the Trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic and its aftermath, the Trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The Trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

### **3 Income**

#### **3.1 Recognition of income**

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

#### **3.2 Offsetting**

There has been no offsetting of assets and liabilities or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

#### **3.3 Grants and donations**

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance or provision of other specified services is deferred until the criteria of income recognition are met.

#### **3.4 Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the Trustees' Annual Report.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2022

---

### **3.5 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

### **3.6 Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

### **3.7 Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

### **3.8 Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the Trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charities' work or for specific projects being undertaken by the charity.

## **4 Expenditure and liabilities**

### **4.1 Liability recognition**

Liabilities are recognised when 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.

### **4.2 Charitable activities**

Expenditure on charitable activities includes the costs of specialist sexual violence services and other activities undertaken to further the purposes of the charity and their associated support costs.

### **4.3 Governance and support costs**

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly relate to the charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

### **4.4 Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

### **4.5 Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts due.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2022

---

### **4.6 Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

## **5 Assets**

### **5.1 Tangible fixed assets for use by the charity**

Individual fixed assets costing 1000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

|                       |                                |
|-----------------------|--------------------------------|
| Plant and machinery   | Straight line over three years |
| Fixtures and fittings | Straight line over four years  |

### **5.2 Investments**

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments.

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

| <b>Analysis of income</b>                                              | <b>Unrestricted<br/>Funds<br/>£</b> | <b>Restricted<br/>Funds<br/>£</b> | <b>Total<br/>2022<br/>£</b> | <b>Total<br/>2021<br/>£</b> |
|------------------------------------------------------------------------|-------------------------------------|-----------------------------------|-----------------------------|-----------------------------|
| <b>6 Donations and legacies</b>                                        |                                     |                                   |                             |                             |
| Donations and gifts                                                    | 4,450                               | 3,250                             | <b>7,700</b>                | 4,227                       |
| LGA Foundation                                                         | -                                   | 10,000                            | <b>10,000</b>               | 3,000                       |
|                                                                        | <u>4,450</u>                        | <u>13,250</u>                     | <u><b>17,700</b></u>        | <u>7,227</u>                |
| <b>7 Charitable activities</b>                                         |                                     |                                   |                             |                             |
| <u>Income from grants and contracts</u>                                |                                     |                                   |                             |                             |
| Gateshead Council Public Health                                        | 3,000                               | 9,000                             | <b>12,000</b>               | 12,000                      |
| Gateshead Newcastle CCG                                                | 6,972                               | 10,492                            | <b>17,464</b>               | 17,429                      |
| North Tyneside Council                                                 | 4,220                               | 6,330                             | <b>10,550</b>               | 10,550                      |
| North Tyneside CCG                                                     | 2,481                               | 3,733                             | <b>6,214</b>                | 6,202                       |
| Newcastle City Council                                                 | 8,270                               | 31,481                            | <b>39,751</b>               | 23,073                      |
| Newcastle Fund                                                         | -                                   | 23,201                            | <b>23,201</b>               | 39,772                      |
| South Tyneside Council                                                 | 2,500                               | 7,500                             | <b>10,000</b>               | 17,759                      |
| Ministry of Justice                                                    | 84,902                              | 240,252                           | <b>325,154</b>              | 245,037                     |
| Police and Crime Commissioner for Northumbria                          | 25,105                              | 222,039                           | <b>247,144</b>              | 117,039                     |
| Northumberland CCG                                                     | -                                   | 12,136                            | <b>12,136</b>               | 12,112                      |
| Northumberland County Council                                          | -                                   | 16,500                            | <b>16,500</b>               | 17,000                      |
| Community Foundation                                                   | 2,000                               | 9,200                             | <b>11,200</b>               | 35,151                      |
| The Joicey Trust                                                       | -                                   | 3,000                             | <b>3,000</b>                | 3,000                       |
| Sir James Knott Trust                                                  | -                                   | 5,000                             | <b>5,000</b>                | -                           |
| Big Lottery Fund                                                       | -                                   | 25,835                            | <b>25,835</b>               | 109,718                     |
| Awards for All                                                         | -                                   | 10,000                            | <b>10,000</b>               | -                           |
| The National Lottery Community Fund (RC North East and Cumbria region) | -                                   | 9,865                             | <b>9,865</b>                | -                           |
| Rosa Fund                                                              | -                                   | -                                 | -                           | 3,000                       |
| Lloyds Bank Foundation                                                 | -                                   | -                                 | -                           | 3,000                       |
| The Pilgrim Trust                                                      | -                                   | 3,500                             | <b>3,500</b>                | 15,000                      |
| Comic Relief                                                           | -                                   | -                                 | -                           | 41,301                      |
| Ragdoll Foundation                                                     | -                                   | 5,360                             | <b>5,360</b>                | 4,640                       |
| CAF Resilience Fund                                                    | -                                   | -                                 | -                           | 3,000                       |
| The Brook Trust                                                        | -                                   | 25,000                            | <b>25,000</b>               | 12,500                      |
| The Hadrian Trust                                                      | -                                   | -                                 | -                           | 1,000                       |
| E.C. Graham Belford Trust                                              | -                                   | -                                 | -                           | 10,000                      |
| Northern Rock Foundation                                               | 14,000                              | 5,000                             | <b>19,000</b>               | -                           |
| The Barbour Trust                                                      | -                                   | 5,000                             | <b>5,000</b>                | -                           |
| Henry Smith                                                            | -                                   | 12,745                            | <b>12,745</b>               | -                           |
| Newcastle University                                                   | 30,000                              | -                                 | <b>30,000</b>               | -                           |
| <u>Income from training / sales</u>                                    |                                     |                                   |                             |                             |
| Training income                                                        | 3,562                               | 544                               | <b>4,106</b>                | 4,613                       |
| Live chat sales                                                        | 11,730                              | -                                 | <b>11,730</b>               | 8,609                       |
| Other sales                                                            | 4,951                               | 4,720                             | <b>9,671</b>                | 15,595                      |
|                                                                        | <u>203,693</u>                      | <u>707,433</u>                    | <u><b>911,126</b></u>       | <u>788,100</u>              |
| <b>8 Other trading activities</b>                                      |                                     |                                   |                             |                             |
| Fundraising events                                                     | 15,832                              | -                                 | <b>15,832</b>               | 7,183                       |
|                                                                        | <u>15,832</u>                       | <u>-</u>                          | <u><b>15,832</b></u>        | <u>7,183</u>                |

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

| <b>Analysis of income</b> continued | Unrestricted<br>Funds | Restricted<br>Funds | <b>Total<br/>2022</b> | Total<br>2021  |
|-------------------------------------|-----------------------|---------------------|-----------------------|----------------|
|                                     | £                     | £                   | £                     | £              |
| <b>9 Income from investments</b>    |                       |                     |                       |                |
| Bank interest                       | 1,009                 | -                   | <b>1,009</b>          | 1,667          |
|                                     | <u>1,009</u>          | <u>-</u>            | <u><b>1,009</b></u>   | <u>1,667</u>   |
| Total income                        | <u>224,984</u>        | <u>720,683</u>      | <u><b>945,667</b></u> | <u>804,177</u> |

Income was £945,667 (2021: £804,177) of which £224,984 was unrestricted or designated (2021: £153,054) and £720,683 was restricted (2021: £651,123)

## Analysis of expenditure on charitable activities

|                             | Unrestricted<br>Funds | Restricted<br>Funds | <b>Total<br/>2022</b> | Total<br>2021 |
|-----------------------------|-----------------------|---------------------|-----------------------|---------------|
|                             | £                     | £                   | £                     | £             |
| <b>10 Raising funds</b>     |                       |                     |                       |               |
| Staging fundraising events  | 2,131                 | 79                  | <b>2,210</b>          | 216           |
| Investment management costs | 1,153                 | -                   | <b>1,153</b>          | 840           |
|                             | <u>3,284</u>          | <u>79</u>           | <u><b>3,363</b></u>   | <u>1,056</u>  |

## 11 Charitable activities

### Direct costs

|                                |        |         |                |         |
|--------------------------------|--------|---------|----------------|---------|
| Project staff salaries         | 11,520 | 451,535 | <b>463,055</b> | 407,214 |
| Project staff travel           | 157    | 3,851   | <b>4,008</b>   | 573     |
| Project staff training         | -      | 23,246  | <b>23,246</b>  | 24,183  |
| Supervision and counselling    | -      | 10,690  | <b>10,690</b>  | 11,025  |
| Volunteer costs                | -      | 2,880   | <b>2,880</b>   | 2,027   |
| Other project costs            | 923    | 62,672  | <b>63,595</b>  | 91,103  |
| Publications and subscriptions | -      | 5,136   | <b>5,136</b>   | 4,303   |
| Publicity and promotion        | 7,285  | 23,360  | <b>30,645</b>  | 15,094  |
| Recruitment                    | 420    | 1,193   | <b>1,613</b>   | 278     |
| Outreach venue hire            | 72     | 20,891  | <b>20,963</b>  | 2,746   |

### Support costs

|                      |        |        |                |        |
|----------------------|--------|--------|----------------|--------|
| Staff salaries       | 68,439 | 43,135 | <b>111,574</b> | 96,767 |
| Facility costs       | 14,874 | 20,528 | <b>35,402</b>  | 29,513 |
| Insurance            | 3,283  | 2,069  | <b>5,352</b>   | 4,389  |
| Office costs         | 6,205  | 3,911  | <b>10,116</b>  | 11,192 |
| Telephone            | 4,988  | 3,144  | <b>8,132</b>   | 7,642  |
| Sundries             | 914    | 576    | <b>1,490</b>   | 2,395  |
| Repairs and renewals | 1,778  | 1,121  | <b>2,899</b>   | 1,376  |
| Other staff costs    | 696    | 439    | <b>1,135</b>   | 1,789  |
| Professional fees    | 14,984 | 9,444  | <b>24,428</b>  | 19,859 |

### Governance costs

|                             |                |                |                       |                |
|-----------------------------|----------------|----------------|-----------------------|----------------|
| Independent examiner's fees | 2,112          | -              | <b>2,112</b>          | 1,920          |
| Trustees meeting costs      | 478            | -              | <b>478</b>            | 291            |
|                             | <u>139,128</u> | <u>689,821</u> | <u><b>828,949</b></u> | <u>735,679</u> |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

#### Analysis of expenditure on charitable activities continued

Expenditure on charitable activities was £832,312 (2021: £736,735) of which £142,412 was unrestricted or designated (2021: £108,066) and £689,900 was restricted (2021: £628,669)

#### 12 Fees for examination of the accounts

|                                                           | 2022<br>£     | 2021<br>£     |
|-----------------------------------------------------------|---------------|---------------|
| Independent examiner's fees for reporting on the accounts | 2,112         | 1,920         |
| Other accountancy services paid to the examiner           | 10,449        | 9,153         |
|                                                           | <u>12,561</u> | <u>11,073</u> |

#### 13 Analysis of staff costs, and the cost of key management personnel

|                                                   | 2022<br>£      | 2021<br>£      |
|---------------------------------------------------|----------------|----------------|
| Salaries and wages                                | 515,206        | 448,900        |
| Social security costs                             | 41,234         | 36,454         |
| Pension costs (defined contribution pension plan) | 18,189         | 18,627         |
|                                                   | <u>574,629</u> | <u>503,981</u> |

No employee received remuneration above £60,000 (2021: nil)

The key management personnel of the charity, comprise the Trustees and the CEO. The total employee benefits of the key management personnel of the charity were £41,988 (2021: £43,651).

#### 14 Staff Numbers

The average monthly head count was 23 staff (2021: 18 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

|                                                       | 2022<br>Number | 2021<br>Number |
|-------------------------------------------------------|----------------|----------------|
| The parts of the charity in which the employee's work |                |                |
| Project staff                                         | 14.5           | 12.0           |
| Management                                            | 2.0            | 1.0            |
| Administration                                        | 2.0            | 2.0            |
|                                                       | <u>18.5</u>    | <u>15.0</u>    |

#### 15 Transactions with Trustees

None of the Trustees have been paid any remuneration or received any other benefits from employment with the charity or a related entity.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

#### 15 Transactions with Trustees continued

##### Trustees' expenses

The following detail the expenses incurred by the Trustees.

|                        | 2022<br>£ | 2021<br>£ |
|------------------------|-----------|-----------|
| Sue Griffiths - travel | 39        | -         |
|                        | <b>39</b> | <b>-</b>  |

##### Transaction(s) with related parties

There have been no related party transactions in the reporting period.

#### 16 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £18,189 (2021: £18,627). There was £3,935 outstanding as at 31 March 2022 (2021: £2,872)

#### 17 Corporation Taxation

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

#### 18 Tangible fixed assets

|                                | Plant and<br>machinery | Fixtures<br>and fittings | Total         |
|--------------------------------|------------------------|--------------------------|---------------|
|                                | £                      | £                        | £             |
| <b>Cost</b>                    |                        |                          |               |
| Balance brought forward        | 31,220                 | 5,359                    | <b>36,579</b> |
| Additions                      | -                      | -                        | -             |
| Disposals                      | -                      | -                        | -             |
| <b>Balance carried forward</b> | <b>31,220</b>          | <b>5,359</b>             | <b>36,579</b> |
| <b>Depreciation</b>            |                        |                          |               |
| Basis                          | SL                     | SL                       |               |
| Rate                           | 33%                    | 25%                      |               |
| Balance brought forward        | 31,220                 | 5,359                    | <b>36,579</b> |
| Depreciation charge for year   | -                      | -                        | -             |
| Disposals                      | -                      | -                        | -             |
| <b>Balance carried forward</b> | <b>31,220</b>          | <b>5,359</b>             | <b>36,579</b> |
| <b>Net book value</b>          |                        |                          |               |
| <b>Brought forward</b>         | -                      | -                        | -             |
| <b>Carried forward</b>         | -                      | -                        | -             |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

#### 19 Fixed asset investments

|                                                  | <b>Listed<br/>Investment<br/>£</b> |
|--------------------------------------------------|------------------------------------|
| Carrying (fair) value at the beginning of period | <b>60,748</b>                      |
| Additions to investments during period           | -                                  |
| Transfer in/(out) in the period                  | -                                  |
| Net gain/(loss) on revaluation                   | <b>5,367</b>                       |
| Less investment management costs                 | <b>( 1,153 )</b>                   |
| Carrying (fair) value at end of year             | <b>64,962</b>                      |

#### 20 Debtors and prepayments (receivable within 1 year)

|                        | <b>2022<br/>£</b> | <b>2021<br/>£</b> |
|------------------------|-------------------|-------------------|
| Trade debtors          | 32,008            | 5,770             |
| Partner funds          | 38,141            | -                 |
| Salary holding account | -                 | 15,830            |
| Pre payments           | 6,690             | 986               |
| Accrued income         | 3,170             | 3,124             |
|                        | <b>80,009</b>     | <b>25,710</b>     |

#### 21 Cash at bank and in hand

|                            | <b>2022<br/>£</b> | <b>2021<br/>£</b> |
|----------------------------|-------------------|-------------------|
| Short term cash investment | 112,443           | 112,443           |
| Short term deposits        | 113,888           | 113,888           |
| Cash at bank and in hand   | 535,525           | 230,562           |
|                            | <b>761,856</b>    | <b>456,893</b>    |

#### 22 Creditors and accruals (payable within 1 year)

|                                     | <b>2022<br/>£</b> | <b>2021<br/>£</b> |
|-------------------------------------|-------------------|-------------------|
| Trade creditors                     | 125,981           | 11,361            |
| Salary holding account              | 38,495            | -                 |
| Accruals                            |                   |                   |
| Independent examination of accounts | 2,112             | 1,920             |
| Deferred income                     | 167,636           | 84,966            |
| Other creditors                     | 8,777             | -                 |
|                                     | <b>343,001</b>    | <b>98,247</b>     |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

#### 23 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods.

|                                                                | <b>2022</b>       |
|----------------------------------------------------------------|-------------------|
|                                                                | <b>£</b>          |
| Balance brought forward                                        | <b>84,966</b>     |
| Amount released to income earned<br>from charitable activities | <b>( 84,966 )</b> |
| Amount deferred in year                                        | <b>167,636</b>    |
| Balance carried forward                                        | <b>167,636</b>    |

#### 24 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

#### 25 Analysis of charitable funds

|                                                 | Fund<br>balances<br>brought<br>forward<br>£ | Income<br>resource<br>£ | Resources<br>expended<br>£ | Transfers<br>£ | Gains /<br>(losses)<br>£ | Fund<br>balances<br>carried<br>forward<br>£ |
|-------------------------------------------------|---------------------------------------------|-------------------------|----------------------------|----------------|--------------------------|---------------------------------------------|
| <b>Unrestricted funds</b>                       |                                             |                         |                            |                |                          |                                             |
| General unrestricted funds                      | 89,952                                      | 180,984                 | ( 138,628 )                | ( 96,134 )     | 5,367                    | <b>41,541</b>                               |
| Designated funds                                |                                             |                         |                            |                |                          |                                             |
| General designated fund                         | 306,972                                     | -                       | -                          | 47,053         | -                        | <b>354,025</b>                              |
| Cost of living                                  | -                                           | -                       | -                          | 11,479         | -                        | <b>11,479</b>                               |
| Pay review contribution                         | -                                           | -                       | -                          | 23,502         | -                        | <b>23,502</b>                               |
| Project contributions<br>(marketing and refuge) | -                                           | -                       | -                          | 11,600         | -                        | <b>11,600</b>                               |
| Northern Rock<br>Foundation                     | -                                           | 14,000                  | -                          | -              | -                        | <b>14,000</b>                               |
| University Counselling                          | -                                           | 30,000                  | ( 3,784 )                  | -              | -                        | <b>26,216</b>                               |
| Volunteering                                    | -                                           | -                       | -                          | 2,500          | -                        | <b>2,500</b>                                |
|                                                 | <b>396,924</b>                              | <b>224,984</b>          | <b>( 142,412 )</b>         | <b>-</b>       | <b>5,367</b>             | <b>484,863</b>                              |

#### Purpose of unrestricted funds

|                           |                                                                       |
|---------------------------|-----------------------------------------------------------------------|
| General undesignated fund | The 'free reserves' after allowing for designated funds.              |
| General designated fund   | Represents five months of running costs based on 2021/22 expenditure. |
| Cost of living            | Designated towards cost of living staff payments.                     |
| Pay review contribution   | Designated towards additional costs due to pay benchmarking.          |
| Norther Rock Foundation   | Designated for project delivery including counselling work.           |
| University Counselling    | Designated for counselling work.                                      |
| New posts                 | Designated for volunteer support costs.                               |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

#### 25 Analysis of charitable funds continued

|                          | <b>Fund<br/>balances<br/>brought<br/>forward<br/>£</b> | <b>Income<br/>resource<br/>£</b> | <b>Resources<br/>expended<br/>£</b> | <b>Transfers<br/>£</b> | <b>Gains /<br/>(losses)<br/>£</b> | <b>Fund<br/>balances<br/>carried<br/>forward<br/>£</b> |
|--------------------------|--------------------------------------------------------|----------------------------------|-------------------------------------|------------------------|-----------------------------------|--------------------------------------------------------|
| <b>Restricted funds</b>  |                                                        |                                  |                                     |                        |                                   |                                                        |
| Tyneside Counselling     | 19,267                                                 | 212,905                          | ( 205,409 )                         | -                      | -                                 | <b>26,763</b>                                          |
| Community Engagement     | -                                                      | 16,110                           | ( 11,991 )                          | -                      | -                                 | <b>4,119</b>                                           |
| Northumberland           | 10,979                                                 | 143,263                          | ( 142,496 )                         | -                      | -                                 | <b>11,746</b>                                          |
| Volunteer Coordinator    | 6,957                                                  | 59,057                           | ( 50,053 )                          | -                      | -                                 | <b>15,961</b>                                          |
| Marginalised Access Fund | 8,177                                                  | -                                | -                                   | -                      | -                                 | <b>8,177</b>                                           |
| Commercial Manager       | -                                                      | 7,200                            | ( 7,200 )                           | -                      | -                                 | -                                                      |
| P&E                      | -                                                      | 197,049                          | ( 197,049 )                         | -                      | -                                 | -                                                      |
| Shout Up                 | -                                                      | 12,703                           | ( 11,997 )                          | -                      | -                                 | <b>706</b>                                             |
| Public Awareness Raising | -                                                      | 23,190                           | ( 23,190 )                          | -                      | -                                 | -                                                      |
| Tyneside Group work      | 2,800                                                  | 49,206                           | ( 40,515 )                          | -                      | -                                 | <b>11,491</b>                                          |
|                          | <u>48,180</u>                                          | <u>720,683</u>                   | <u>( 689,900 )</u>                  | <u>-</u>               | <u>-</u>                          | <u><b>78,963</b></u>                                   |

#### Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

|                          |                                                                                       |
|--------------------------|---------------------------------------------------------------------------------------|
| Tyneside Counselling     | This funding supported the Tyneside counselling service.                              |
| Community Engagement     | This funding supported under 25s community engagement work.                           |
| Northumberland           | This funding supported the Northumberland service.                                    |
| Volunteer Coordinator    | This funding supported volunteering costs and the Volunteer Coordinator.              |
| Marginalised Access Fund | This funding is held to support discretionary client travel and one off client costs. |
| Commercial Manager       | This funding is held to support commercial activity.                                  |
| P&E                      | This funding supported the delivery of the practical and emotional service.           |
| Shout Up                 | This funding supported the delivery of the Shout up project work.                     |
| Public Awareness Raising | This funding supported the delivery of public awareness work.                         |
| Tyneside Group work      | This funding supported the delivery of group work programmes.                         |

#### 26 Capital commitments

As at 31 March 2022, the charity had no capital commitments (2021 -£nil).

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

#### 27 Analysis of net assets between funds

|                                        | Unrestricted<br>Funds<br>£ | Designated<br>Funds | Restricted<br>Funds<br>£ | Total<br>2022<br>£    | Total<br>2021<br>£ |
|----------------------------------------|----------------------------|---------------------|--------------------------|-----------------------|--------------------|
| Investments                            | 64,962                     | -                   | -                        | <b>64,962</b>         | 60,748             |
| Cash at bank and in hand               | 239,571                    | 443,322             | 78,963                   | <b>761,856</b>        | 456,893            |
| Other net current assets/(liabilities) | ( 262,992 )                | -                   | -                        | <b>( 262,992 )</b>    | ( 72,537 )         |
|                                        | <u>41,541</u>              | <u>443,322</u>      | <u>78,963</u>            | <u><b>563,826</b></u> | <u>445,104</u>     |

#### 28 Operating leases

The future minimum lease payments under non-cancellable operating leases are as follows;

|                                                   | 2022<br>£            |
|---------------------------------------------------|----------------------|
| Not later than one year                           | -                    |
| Later than one year and not later than five years | <b>26,700</b>        |
|                                                   | <u><b>26,700</b></u> |

---

# Accounts

---

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

**A company limited by guarantee**

**REPORT AND FINANCIAL STATEMENTS**

**For the year ended 31 Mar 2021**

**Charity number 1138149**

**Company number 07285969**

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

The trustees are pleased to present their annual Directors' report together with financial statements of the charity for the year ending 31 March 2021 which are also prepared to meet the requirements for a Directors' report and accounts for Companies Act purposes. These financial statements comply with the Charities Act 2011, the Companies Act 2006, RCTN's Memorandum and Articles of Association; and the document 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)'.

### **Chair's Report**

It is my privilege to introduce the 2020/21 annual report. This has been an unprecedented year for Rape Crisis Tyneside & Northumberland – weathering the storm of the COVID-19 pandemic! We continued to be there for women and girls, adapting to the never ending changes in the outside world and increasing the number of sessions (12%) and numbers of women (20%), overall, compared to last year.

Our Helpline & Email Support didn't miss a single shift, despite working remotely for the whole year. The service increased its reach too by delivering Livechat sessions to women and girls.

Our Practical & Emotional Service provided a vital life line to women and girls, particularly those who were left waiting for courts to open up or for support services to resume. We delivered over 70% more sessions to support women, compared with the previous year.

Our Counselling Service managed to sustain the numbers of women we worked with last year, despite the ups and downs of the pandemic. We increased the number of sessions by 33%, helping women deal with the secondary trauma created by the pandemic.

Our Group Work Service was recognised as pioneering for our online group work practice. Highlights include delivered online group training to Rape Crisis England and Wales in October 2020 and to Sunderland Counselling Services in February 2021.

We continued to raise awareness of the issues of sexual violence in new ways this year, through the development of two new online training packages. We shone a light on the invisible issue of sexual violence and older women. We looked at the sexualisation of girls uniforms in schools through our campaign, Roll Down Your Skirt!

We also kept an eye on our future: with the introduction of two new posts: Counselling Co-ordinator to head up our busy and expanding Counselling Service and a Commercial Manager to help us generate unrestricted income as part of our sustainability plans.

We were thankful for the various Covid Recovery funding received which helped us plug key gaps at a busy time, operationally. They gave us the flexibility and resource to train and equip staff to operate safely during the pandemic and for services to function well.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

It has been a pleasure to Chair the Board during this challenging year, and to welcome Katie Wheatley as a Trustee. I know I speak on behalf of the Board, when I say, how proud we are of the staff and volunteers in navigating the pandemic to continue to deliver services to women and girls and raise awareness of the injustices placed upon them. They have found innovative ways to deliver services and advice, often leading the way in terms of our speed of response to the pandemic and the flexible approach we've taken. Sexual violence is gendered. Conviction and prosecution rates remain so low. We are predicting big waiting list increases to come in as we emerge from the pandemic. There has never been a more important time to maintain our resilience for the challenges ahead so we continue to be there for women and girls.

Thank you. Lisa Clark Chair of the Board of Trustees.

### **Objectives and Activities Purpose**

- To relieve the emotional, psychological and/or physical distress of women and girls who have experienced sexual violence.
- To educate the public on the nature of sexual violence and its impact on women and girls.

### **Vision**

- That women and girls can live their lives free from the impact and the threat of sexual violence.

### **Mission**

- Provide women and girls with high quality specialist support.
- Change society's understanding of the nature and impact of sexual violence.
- Demand that the rights of women and girls who have experienced sexual violence are respected and their needs are met.
- End sexual violence.

### **Objectives**

- To provide all women and girls that survive sexual violence in Tyneside and Northumberland with access to comprehensive, sustainable, effective and timely support and services
- To raise awareness of the nature, impact and prevalence of sexual violence with the general public.
- To influence and shape policy the policies and services that are provided to women and girls who survive sexual violence
- To increase RCTN's financial sustainability.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

#### **Direct Services Activity**

##### **Our Services**

We offer a women only pathway to accessing help from us. This means that from the moment we might speak with a woman or girl on the phone to the last day she works with us, she will not come not speak or come into contact with a man. Our client satisfaction survey tells us women find this important to them.

##### **Counselling**

Having swift access to counselling is crucial for survivors of sexual violence and we provide long term (20 sessions) of free counselling, across a wide geographical areas and with measures in place to remove barriers to access (e.g.: reimbursing travel funds/telephone or digital support). All of our counsellors are accredited with the British Association for Counselling and Psychotherapy (BACP) or UK Council for Psychotherapy (UKCP). We provide trauma-informed, Person-Centred counselling. We use a range of therapeutic models such as Gestalt Therapy, Cognitive Behavioural Therapy, Transactional Analysis, Narrative Therapy and Eye Movement Desensitization and Reprocessing (EMDR) Therapy. We also provide pre-trial therapy.

| <b>Area</b>    | <b>No of Women</b> |
|----------------|--------------------|
| Tyneside       | 330                |
| Northumberland | 87                 |
| Total          | 417                |

| <b>Area</b>    | <b>No of Sessions</b> |
|----------------|-----------------------|
| Tyneside       | 2418                  |
| Northumberland | 587                   |
| Total          | 3005                  |

##### **Counselling Case Study**

Here about how we have helped Julie, who came to us for counselling:

‘Julie’ experienced depression due to her experience of sexual violence. She described feeling worthless and guilty about what had happened.

Julie had been in a relationship for several years with an abusive man who frequently raped and sexually assaulted her. The relationship had ended a year before counselling started.

The counsellor and Julie carried out an assessment so that Julie could identify her needs and figure out what she wanted to get out of therapy. Julie’s main issues were related to

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

---

feeling like the sexual violence she had experienced had been her fault, that she had done something to cause it because she was a bad person. As Julie told her story, the therapist worked according to the core principles of person centred counselling, offering empathy and genuine positive regard. Julie and the therapist slowly unpacked the experiences of abuse and violence. Over time, Julie began to internalise the therapist's compassion for her story and to believe in her own self-worth again. By processing the sexual violence, Julie realised that she had not deserved it in any way and that it was not her fault.

Julie started to like herself again, and explored aspects of her identity and sexuality. She described this as a turning point in her life and relationships. She started to do things she enjoyed, and to see friends. As a result of this, Julie re-evaluated some key friendships and noticed that some felt mutually supportive and some did not. This meant that she could focus on building supportive relationships and setting boundaries with others.

Julie stated that the counselling sessions had played a big role in her getting to a place where she liked herself again and felt worthy of kindness, friendship and love.

#### Practical & Emotional Support Service: (P & E Service)

The demand for this service is the highest in has ever been. The average number of women on the waiting list is up by 75%. Referrals are up by 17% too. Since the P&E service was established in 2015, we have pioneered a unique single point of contact advocacy service that is flexible, trauma informed and strengths based. We work with a high volume of people who have significant difficulties accessing their rights or existing support services due to additional learning needs, mental health conditions and/or experience of chronic, complex circumstances. We involved clients in the design of the service and make strategic, conscious efforts to reduce barriers to access to P&E and have client's rights upheld in wider society.

| Area           | No of Women |
|----------------|-------------|
| Tyneside       | 106         |
| Northumberland | 34          |
| Total          | 140         |

| Area           | No of Sessions |
|----------------|----------------|
| Tyneside       | 934            |
| Northumberland | 213            |
| Total          | 1147           |

Hear how we helped Betty who used P & E Service this year:

'Betty' (45) was internally referred to the P&E service from our Helpline. Betty experienced CSA and is a vulnerable adult who wanted support to report, however she had previous

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

---

negative experiences with the criminal justice system, which was presenting a barrier. Betty had received a caution for wasting police time two years prior to working with us, in a failed attempt to report sexual exploitation as an adult. RCTN collaborated with CWJ to challenge this caution and have it overturned. Betty was meaningfully involved at every stage, at her pace and on her terms, so that she was not overwhelmed and felt that she still had ownership of her choices which enabled her to continue to engage with the process. Betty had a history of using self-harm as a coping mechanism and had made several suicide attempts. It was identified that Betty was unable to engage with her GP, had been imposed with a chaperone system due to the police caution as she did not feel able to speak her mental health. Betty was supported by her ISVA to access mental health advocacy in order to address the inconsistencies in boundaries regarding the chaperone, and better engage with her GP and access the support she needs.

#### Group Work

Our specialist group work is for women who have experienced sexual violence and want to meet others with similar experiences. Women explore and challenge harmful myths and attitudes related to sexual violence. The group also supports women to recognise their own abilities to maintain their health and wellbeing, and to develop new positive ways of coping and self-care techniques. Our group work this year encompassed trauma-informed survivors groups, monthly peer support group, online self-care and mindfulness groups.

| Area           | No of Women |
|----------------|-------------|
| Tyneside       | 9           |
| Northumberland | 28          |
| Total          | 37          |

| Area           | No of Sessions |
|----------------|----------------|
| Tyneside       | 168            |
| Northumberland | 48             |
| Total          | 216            |

Here is how we helped 'Samia' through our group work:

'Samia' is in her late 20's, originally from Algeria, a single parent to her pre-school son. Samia's survived years of domestic and sexual abuse from her ex-husband. Samia identified her own need to meet other women, preferably other mothers who had survived sexual violence, a domestic abuse service informed her of RCTN groups, Samia looked online and saw we were holding online groups. She had previously spoken about her experience of long-term domestic violence to other professionals but had not gone into detail about her surviving frequent rape. Samia identified constant fear for her son and a deep shame of her body were things she would like to change. Samia first attended a 4 week self-care group where she found meeting other women who had survived sexual violence and was

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

committed to practicing the self-care tools taught within the sessions throughout the life of the group. Samia then went on to attend a 6 week Trauma Informed Mindfulness Groups and stated she found the practices designed to connect body and mind particularly helpful. Samia has been given the space to connect to other women who feel body shame and to identify her strengths and steps forward with reconnecting positively to her body. Samia has been referred to our P&E service and is now actively looking at options relating to reporting her husband's sexual violence to the police.

#### **Helpline & Email Support**

Our local Helpline & Email Support service is free and confidential. The services are staffed by trained women volunteers who listen and support women and girls. We usually offer up to 50 minutes of support to each caller. Our email support uses a specialist system that anonymises email address. This means women and girls have control over if and when they tell us who they are. Our Helpline & Email Support services also provides support and information to supporters such as partners, relatives, friends, carers and other workers.

#### **Phone Support**

| <b>Area</b>    | <b>No of Women</b> |
|----------------|--------------------|
| Tyneside       | 232                |
| Northumberland | 71                 |
| Total          | 303                |

| <b>Area</b>    | <b>No of Sessions</b> |
|----------------|-----------------------|
| Tyneside       | 775                   |
| Northumberland | 239                   |
| Total          | 1014                  |

#### **Emails**

| <b>Area</b>    | <b>No of Women</b> |
|----------------|--------------------|
| Tyneside       | 62                 |
| Northumberland | 19                 |
| Total          | 81                 |

| <b>Area</b>    | <b>No of Sessions</b> |
|----------------|-----------------------|
| Tyneside       | 448                   |
| Northumberland | 137                   |
| Total          | 585                   |

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

#### **National Live Online Chat Service**

RCTN contributed to the delivery of Rape Crisis England & Wales' National Live Online Chat Service. RCTN operators handled 335 Live Chats with women and girls from across England & Wales. We provided operators from twice a week to the service and have increased our commitment ready for 2021-2022 in light of the demand for the service increasing.

#### **Volunteers**

Our volunteers are vital to what we are able to achieve.

49 women (9 from Northumberland and 40 from Tyneside) volunteered their time to help deliver Helpline, Email Support & Live Chat Services, our Activism or Community Fundraising activities, and to be part of the Board of Trustees. And some do a bit of everything!

Here is how we helped one anonymous caller:

A young woman, under 18, called our Helpline Service and disclosed ongoing sexual abuse. The RCTN Volunteer implemented our Child Safeguarding Policy but the young woman did not feel able to share her name and contact information. The Helpline volunteer, therefore, supported her to make a plan to inform her mother about the abuse she was experiencing.

The young woman contacted us later that night to inform us that she had followed through on the plan and that the police were on their way. The young woman thanked us for believing her and being patient and supportive.

#### **Covid 19 - Still Here for Women and Girls**

##### **How We Adapted**

We were able to offer a seamless service to women and girls throughout the various stages of the pandemic. Overall, 96% of our face-to-face service sessions were delivered remotely.

RCTN were able to invest in over 280 hours of training for all our counsellors to deliver counselling sessions online and via telephone. We worked with women online using our Encrypted Online Rooms, purchased through Rape Crisis Tyneside & Northumberland.

The P&E service were able to work with more clients due to an increase the amount of contact with clients whilst working remote working as staff had significantly more capacity due to not travelling to face-to-face appointments and multi-agency meetings being held virtually.

**TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

**Impact of COVID 19 on Women and Girl Survivors**

All of our services became a crucial lifeline for survivors, many of whom experienced increased social isolation, due to a reduction in their usual formal and informal support networks. Many clients were re-traumatised, as a result of pressures of COVID 19, especially for those in rural areas and amongst the digitally excluded.

In almost a quarter of all calls and emails to our Helpline and Email Support Service, women and girls discussing the impact of COVID-19:

- 64% discussed isolation and loneliness
- 28% discussed a reduction in mental health services
- 28% discussed worries about their own health
- 25% Reduction in access to usual support networks
- 18% discussed a strain on relationships with family members
- 13% discussed a strain on parenting arrangements
- 6% discussed worry about family and friends health

The significant delays of Criminal Justice System proceedings have made a profound impact on the welfare of Practical & Emotional Support Service clients. Survivors are often unable to move forward with their lives until court cases reach conclusion. Each section of the process from report to court has been delayed significantly, and arguably, the most stressful event, the trial, has been subject to the longest delays.

Waiting lists for statutory mental health services and accessing Community Psychiatric Nurses was notoriously problematic pre-COVID 19, and has become dramatically more problematic since. Thresholds of need to access services have been raised. The women who access counselling and all of our services are often coming with greater complexity, exacerbated by insecure employment, unemployment, housing and social care issues etc. During the pandemic, we were often the only support many clients had access to.

**Analysing Public Benefit Purpose**

**1: Relieving the emotional, psychological and/or physical distress of women and girls who have experienced sexual violence RCTN supports women and girls to deal with the impact of sexual violence.**

Sexual violence is a broad term which includes; rape, sexual assault by penetration, child sexual abuse, sexual assault, sexual harassment, sexual exploitation and image-based sexual violence.

During 2020/21, RCTN received 725 referrals. Of these, 522 were referrals into our specialist sexual violence face-to-face services for women and girls.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

Our top three referrals sources are: 1) Self 2) Police, Sexual Assault Referral Centres and Victim First Northumbria and 3) Third Sector. This is consistent with the previous year.

| Referral Source | No of Referrals |
|-----------------|-----------------|
| Health          | 50              |
| Education       | 39              |
| Police/SARC/VFN | 108             |
| Third Sector    | 76              |
| Local Authority | 16              |
| Self            | 200             |
| Proxy           | 16              |
| Other           | 4               |
| Internal        | 13              |
| <b>Total</b>    | <b>522</b>      |

Please note the number of referrals recorded (522) is based on the number of unique individuals referred rather than including where a woman is referred to more than one service.

#### Demand for Our Services

|              | 20/21      | 19/20      |
|--------------|------------|------------|
| Services     | Referrals  |            |
| P & E        | 163        | 139        |
| Counselling  | 516        | 537        |
| Group Work   | 46         | 74         |
| <b>Total</b> | <b>725</b> | <b>750</b> |

Often a woman might be referred to more than one service. We received 725 referrals across all our services.

P& E sees a 17% increase, overall, in referrals, with an 80% increase in referrals for Grace, Northumberland, compared to the previous year. The amount of referrals to Counselling across Tyneside and Grace, Northumberland are similar to last year, with just a 3% drop. The biggest drop is in Group Work. We see this as an anomaly and anticipate referrals to go up in 21/22. We continue to do development work in both Tyneside and Northumberland and raise awareness of the service.

Our self-referrals were impacted by the disruption of COVID 19 to women's lives. Issues included the closing of schools, affecting the ability to access services due to lack of childcare, work and home-schooling demands and turbulence of loss of job/household income. We also know that some women only wanted to access services face-to-face. We

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

also know referral agencies were unable to make the usual volume of referrals because they, too, were facing disruptions due to the COVID 19 pandemic.

#### **No of Sessions Delivered**

We increased the amount of sessions delivered, by 12% from last year across all service delivery across Tyneside & Northumberland. We delivered 5967 sessions (or calls emails for HESS) throughout 20-21, broken down as:

| <b>No of Sessions Attended</b> | <b>20/21</b> |
|--------------------------------|--------------|
| Counselling                    | 3005         |
| P & E                          | 1147         |
| GW                             | 216          |
| HESS sessions - phone          | 1014         |
| HESS - emails                  | 585          |
| <i>Total</i>                   | 5967         |

#### **Sessions That Did Not Go Ahead**

The number of sessions that were cancelled:

| <b>Services</b> | <b>No of DNAs</b> |
|-----------------|-------------------|
| Counselling     | 724               |
| P & E           | 138               |
| Group Work      | 3                 |
| <i>Total</i>    | 865               |

16% of face to face sessions offered did not go ahead. We aim to bring this down in 21/22. The biggest number of sessions were in counselling at 13%.

#### **No of Women We Worked With**

We worked with a total of 951 women: 567 unique individual women via our face-to-face services and 383 women and girls contacted our specialist sexual violence helpline and email Support services.

The total number of women worked with across all face-to-face services are 978.

We have worked with 20% more women than last year across all services. We worked with 40% more women on the Helpline, thanks to the expansion of the service over more days.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

P & E service worked with slightly more women (6% increase) from last year. We had an increase in staff capacity which helped with the increase in number of women seen. However, we worked with women for longer because of court case delays.

Counselling numbers remain the same, which is quite an achievement, given local lockdowns impacting on women's engagement. There were, however, more women seen for counselling this year in Tyneside, with a reduction in numbers for Grace. The Grace reductions are largely due to the less women wanting to receive counselling remotely in rural areas.

We made up for the reductions in number of women we worked with in Group Work, through outreach workshops, where we reached women indirectly.

|                             | 20/21       |
|-----------------------------|-------------|
| Services (Tyneside & Grace) | No of Women |
| P & E                       | 140         |
| Counselling                 | 417         |
| Group Work                  | 37          |
| HESS - Phone & Emails       | 384         |
| <i>Total</i>                | 978         |

### Outcomes

#### Face to Face Services

The percentage of women and girls achieving an improvement is from the total number of women and girls who accessed our face-to-face services. It is important to note that some women and girls do not have an identified issue in that outcome area and therefore may not identify an improvement in that area. An example of this is that a woman or girl may not show an improvement in "Feeling of safety" if she did not have any issues relating to feeling unsafe when she began working with us.

Women told us we made the following difference to them.

| Outcome                     | % improvement |
|-----------------------------|---------------|
| Health & Wellbeing          | 89%           |
| Informed & empowered to Act | 72%           |
| Ability to cope             | 75%           |
| Safety                      | 69%           |
| CJS                         | 51%           |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

We also asked face-to-face practitioners to record any changes in the same areas from their observations of working with a woman. Both practitioners and women saw the most improvement in Health and Well-being, followed by Feeling Informed and Empowered to Act.

| Outcome                     | % improvement |
|-----------------------------|---------------|
| Health & Wellbeing          | 97%           |
| Informed & empowered to Act | 86%           |
| Ability to cope             | 74%           |
| Safety                      | 65%           |
| CJS                         | 54%           |

#### Helpline & Email Support Outcomes

Due to the anonymous nature of the Helpline and Email Support services it is difficult to capture client-identified outcomes. We used an online feedback survey to gauge the impact of services. To negate the low numbers of surveys we gathered practitioner-identified impact which involves practitioners completing a survey based on their observed understanding of changes clients have made positively or negatively.

Our Helpline & Email Support Service has identified the following positive impacts:

| Outcome                     | % improvement |
|-----------------------------|---------------|
| Health & Wellbeing          | 91%           |
| Informed & empowered to Act | 38%           |
| Ability to cope             | 21%           |
| Safety                      | 14%           |

#### Client feedback – Counselling

*“Very helpful and helped me look at things differently and come to a logic way of seeing my problems like never before.”*

*“I feel I can now move on with my life and I didn't know it was possible and I would entirely recommend RCTN to anyone. I feel empowered and it is no longer holding me back in my life”.*

*“Been life changing, the best help I've ever had for my mental health. It's been amazing”.*

*“The counsellor was lovely and very kind, lovely voice and nice to talk to. She was helpful, there for me and didn't push me and I really appreciate the support.”*

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

#### **Client feedback - Group work**

*"I have become more aware of my tendency to blame myself for what happened. I feel less shame about my experiences because talking about them with other women in the group and the facilitators has shown me that I am not the only one who has been through this."*

#### **Client completing Trauma Informed Mindfulness Group**

*"I really embraced meeting other survivors, however I do think in person it would be easier for the conversation to 'flow' as such, as sometimes I was scared in case I interrupted someone. With it being on-line there can be a delay of people talking. However as the sessions went on this became less of a worry and this has not put me off doing other online groups"*

#### **Client feedback - Helpline & Email Support**

*"Thank you, I feel more positive, you have enabled me to talk about my children."*

*"Thank you, a weight has been lifted from me".*

*"It is good to talk to people who believe me."*

*"I feel heard and safe calling helpline, I feel able to talk freely without being judged."*

*"Thank you so much. Took me 2 years to open up what happened to me. Feel a weight been lifted of"*

*"Helped me calm. Much needed in a time of stress. Thank you."*

#### **Client feedback - Practical and emotional support**

*"Thank you for all your help, I feel like I can finally make a fresh start at my life".*

### **Purpose 2: Educating the public in the nature of sexual violence and its impact on women and girls Community Engagement and Public awareness raising.**

We aim to raise awareness of our services and offer solidarity to women and girls who have experienced sexual violence. We also aim to communicate the true nature, impact, and prevalence of sexual violence to professionals and the public. We hope this will help create the transformational change in public attitudes that will bring about systemic change.

#### **Awareness-Raising in Schools, Colleges and Universities**

Our Under 25's Development Worker has been working with Helix Arts to develop an arts-based peer education programme in schools based on the theme of exploitation and abuse within relationships. The programme is called Louder and is currently delivering taster sessions with young people to introduce them to the programme. Through the taster sessions, it is hoped that young people will join the young people's peer educator group who will devise and perform a drama piece based on the issue of exploitation and abuse to young people's settings and facilitate peer workshops exploring issues within the play. This project was due to begin in October 2020 but due to COVID-19 restrictions could only begin its first phase at the end of 20/21 financial year.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

Online work with young people over 18 has been more forthcoming. This work encompassed workshops with students at Tyne Met College in general adult sexual violence awareness raising; the facts of Sexual violence, the myths, victim blaming and why we at RCTN do what we do. Other workshops took place with: the National Union of Students 'Not on My Campus' Nationwide Conference. Workshop exploring sexual violence within universities; the facts and reasons for its prevalence within university settings; General sexual violence and RCTN awareness training to children's services staff in North Tyneside.

We continued to support the It Happens Here Society at Newcastle University and have delivered workshops in general sexual violence awareness and receiving disclosures to volunteers working with survivor groups.

#### **Social Media**

Our volunteer activists used social media to raise awareness of our services, which has been particularly important during the pandemic. We shared messaging that we were still there for women and girls and how our services have been adapted. We also shared an animation about online and telephone counselling to help reduce barrier to women coming forward for help.

We produced and shared information about:

- reporting sexual violence that happened while breaking lockdown restrictions
- Mask wearing for survivors
- Self-Care in Isolation
- Mini Mindfulness Content

Our activists also actively promoted key events and issues related to our work, practice or values.

For example, we:

- Coordinated social media messaging on behalf of the local Violence Against Women's Sector's on 16 Days of Activism
- Stated our commitment on our platforms to Black Lives Matter movement
- Engaged online in #OurStreetsNow movement in light of the Sarah Everard tragedy

#### **Campaigning**

Roll Down Your Skirt campaign focused on the sexualised 'policing' of young women and girls school uniforms in schools. The campaign was in response to the views of young women and girls and findings from research. The research and campaign was guided by a Young Women's Steering group. The research established the impacts of policing of young women and girls' uniforms in a sexist and/or sexualised way, namely:

- The impact on young women and girls' education
- The impact on mental health and self-consciousness, in the short and long term
- The links to rape culture.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

The Young Women's Steering Group worked with RCTN Activists to create animations to communicate key messages from the campaign. The campaign aimed to empower young women and girls whilst offering solidarity. The campaign also aimed to motivate school staff and governors to reflect upon practice within their schools and take steps to make change. To find out more, read the report and view the animations head to the campaigns & research section of our website.

#### **Research**

##### **Access to Justice**

Rape Crisis Tyneside and Northumberland, University of Sunderland and University of Durham worked alongside Northumbria Police to carry out research into the experiences of the Criminal Justice System by people who have a learning disability and who have experienced sexual violence.

This research investigated how people with learning disabilities might be better supported through the Criminal Justice System when reporting sexual assault and/or rape. The research is an exploratory local study in the Northumbria police force area and involved case analysis of police data; alongside interviews with service users and key stakeholders.

We launched the research in September 2021, the full report, executive summary and easy read report are available in the campaigns & research section of our website.

##### **Networking, Representation and Forum work**

RCTN participated in a range of external partner forums and panels to raise awareness of our services, contribute towards policy and strategic development and improve best practice. This included local authority domestic violence and sexual violence multi agency panels.

##### **Plans for the future**

In 2021/22, we will see RCTN continue our work to support women and girls to be free from the impact and threat of sexual violence. Because of the significant changes in the external landscape brought about by the global pandemic, RCTN will be focusing efforts on how we can continue to respond to the demands for our services and maintain our resilience, in a competitive funding market.

In 2021/22, a key focus will be on: i) organisation development so our people, processes and systems are working most effectively and efficiently for the benefit of the women and girls we serve ii) financial resilience so our financial model, income generation strategies and resource development enables us to exist into the future. Organisation development will particularly focus on:

- Exploring the development of staff capacity so we can function well organisationally

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

- Better utilising the data to inform strategic planning, service development, performance and continuous improvement.
- Experimenting with new means of self-generating income

### **Reference and Administrative Details**

Registered Company number: 07285969 (England and Wales)

Registered Charity number: 1138149

Registered office: c/o Ellison Services Ltd  
3<sup>rd</sup> Floor Higham House  
Higham Place  
Newcastle upon Tyne NE1 8AF

### **Directors and trustees**

The directors of the charitable company are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

|           |                          |                   |
|-----------|--------------------------|-------------------|
| Trustees: | Jayne Carrick            | Co-Treasurer      |
|           | Lisa Clark               | Chair             |
|           | Emma Crowther            | Company Secretary |
|           | Nikki Godden-Rasul       |                   |
|           | Sue Griffiths            |                   |
|           | Rebecca Haynes           | Co-Treasurer      |
|           | Stephanie Remfry         |                   |
|           | Catherine Wheatley       | joined 1/4/21     |
| Others:   | Chief Executive Officer: | Sue Pearce        |
|           | Deputy                   | Sam Jones         |
|           | Key Finance Officer:     | Safina Siddique   |

Independent examiner: Jim Dodds  
Connected Voice Business Services Ltd  
Third Floor Higham House  
Higham Place  
Newcastle upon Tyne NE1 8AF

Bankers: National Westminster Bank Plc  
Newcastle upon Tyne

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

## **Structure, Governance and Management**

### **Governing Document**

Rape Crisis Tyneside and Northumberland (RCTN) was set up as a charity on 17th November 1978 under the name of Tyneside Rape Crisis Centre, registration number 508177. The organisation is now a charity and a company limited by guarantee defined by the Companies Act 2006. It was incorporated as a company and registered as a charity on 16th June 2010 and the changes were formally adopted by the organisation on 1st January 2011. The charity name was changed with the Charities Commission on 28th January 2013 and adopted from 1st April 2013. RCTN also uses the names Tyneside Rape Crisis Centre and Grace, Northumberland Rape Crisis.

RCTN operates under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up Members are required to contribute an amount not exceeding £1.

The organisation is governed by its trustees who are also the only Members of the organisation. Under the requirements of the Memorandum and Articles of Association, the Board may consist of between three and twelve trustees. This year there were ten trustees. All trustees are female. The Board meets around eleven times a year. A Finance sub-group consisting of the Co-Treasurers, staff and the external Accountant who meet quarterly to review the Management Accounts. The Board delegates day-to-day management of the organisation to the CEO and Deputy CEO. RCTN holds regular strategy days which trustees and staff attend.

### **Appointment of trustees**

There is no limit to the time that a trustee may serve with the organisation; however one-third of the trustees must retire at each AGM with the longest-serving retiring first. All trustees give their time voluntarily and are not allowed to receive any material benefit from the charity. Trustees are however able to claim reasonable out of pocket expenses. The trustees are responsible for selecting a Chairperson, Secretary and Treasurer.

### **Trustees' induction and training**

A recruitment, training and induction procedure is in place to support new trustees. When an expression of interest to join the Board is received, this is followed through by the CEO who arranges an informal pre-meeting. References are taken up and discussions/decisions about the nomination to the Board are discussed and approved at a quorate Board meeting.

All trustees receive an induction into the values and services of RCTN, sexual violence issues, their duties, roles, responsibilities and liabilities as a trustee and key policies. RCTN has a trustee induction checklist and each new trustee is allocated a mentor trustee to support them through the induction process. A trustee role description is issued to all new

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

trustees outlining the duties, roles, responsibilities and liabilities each trustee faces. Role descriptions are in place for the Chair, Treasurer and Company Secretary.

All trustees are required to undertake training on a range of issues such as on equality and diversity issues; child and adult safeguarding; roles and responsibilities of trustees and sexual violence issues. Training opportunities are highlighted at Board meetings including opportunities to attend conferences/workshops. Trustees are also responsible for identifying their own training and development needs and for recording all training they attend.

#### **Related parties and co-operation with other organisations**

RCTN is a member of Rape Crisis England and Wales (RCEW) and adheres to the RCEW National Service Standards. We participate in Rape Crisis North East regional meetings to share best practice and feedback via our local representative to the national body. We have a CIO in partnership with other North East Rape Crisis Centres.

#### **Pay policy for senior staff**

The trustees set the pay of the CEO and Deputy comparing against equivalent roles within the voluntary sector. The nationally recognised National Joint Council pay scales are used to set the pay of all staff. Inflationary pay awards are periodically approved in line with national NJC pay agreements. A remuneration committee meets as required.

#### **Risk management**

The trustees recognise that they hold a responsibility to identify risks to the organisation; to ensure that controls exist to limit the possibility of risks occurring; to limit the impact of any risks on the viability or security of the organisation; to manage any risks that do occur; and to regularly review whether new risks have been introduced into the organisation.

The trustees have implemented a risk review system and have built a risk register. They have reviewed all organisational risks focusing on the risks with the highest risk score. The trustees have implemented a system to review the risk register on a regular basis or following a critical incident.

#### **Financial Review**

##### **Funding Strategy**

We maintain a Funding Strategy and Fundraising plan to ensure that we raise all the funds that we require.

##### **Income and Principal Funding Sources**

We aim to maintain a diverse range of funders so that we minimise risk to the organisation's activities. Our total income this year was £804,175 which represents a 9% increase from last year. We received income from statutory bodies including:

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

Ministry of Justice Female Rape Support Fund; Police and Crime Commissioner for Northumbria; Local authorities (Gateshead, Newcastle upon Tyne, North Tyneside, Northumberland and South Tyneside) Clinical Commissioning Groups (CCGs) Newcastle Gateshead CCG, Northumberland CCG and North Tyneside CCG.

The Big Lottery Reaching Communities Fund continued to support us.

The Charitable Trusts and Foundations who supported us were:

Comic Relief, Community Foundation Tyneside and Northumberland, Hospital of God at Greatham, Lloyds Bank Foundation, Proctor & Gamble, People's Postcode Lottery, Sir James Knott Trust, The Joicey Trust, The Pilgrim Trust and The Rosa Fund.

We are extremely grateful to all our funders, statutory, private and voluntary, in helping to sustain our activities.

#### **Fundraising from the community**

We generated £7,183 from fundraising and £7,227 in donations. The sources of our self-generated income were monthly donors; one-off individual donations; sponsorship money from external fundraising events and from our own fundraising events.

#### **Income from training and sales**

We secured £28,816 from sales which included the delivery of training workshops, delivery of external counselling, live chat service and merchandise sales.

#### **Expenditure**

Our total expenditure this year was £736,734 which represents a 6% increase since last year. We have seen a further growth in activities and service provision to meet demand.

#### **Direct costs**

- Project staff salaries, training and travel increased compared last year in light of additional project delivery particularly the pilot older women's project.
- Supervision and counselling costs increased as more counsellors were employed to deliver counselling and address the waiting times.
- Volunteer costs increased as more clinical supervision was provided to volunteers and more volunteers claimed travel expenses.
- Publications/subscriptions increased as we increased membership of external bodies
- Publicity and promotion costs increased given the additional spend on the older women's pilot project which aimed to raise public and professional awareness.
- Outreach venue hire costs increased due to additional project delivery and the increasing use of bases to reach clients.
- Evaluation costs were incurred this year within the older women's pilot project.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

#### Support costs

- Staff salaries decreased slightly as the Deputy post was vacant until July 2019. Insurance costs were lower partly due to indemnity costs being shared across projects.
- Telephone costs decreased partly due to some additional project contributions.
- Other staff costs increased as more staff accessed training/organisational training.
- Professional fees decreased this year due to the use of less consultants.

#### Governance costs

Trustee meetings costs increased due to additional board and strategy days held.

#### **Investment Policy**

We have a documented Investment Policy, the objective of which is to increase our income so we can achieve our charitable purpose and to enable us to hold sufficient reserves as required by the Reserves Policy. During the financial year, we have continued to invest in an ethical unit trust. We have worked with a cash management organisation to ensure that our remaining cash assets are spread across a range of financial organisations and held with varying notice periods to satisfy our liquidity requirements.

The trustees decide, where possible, to invest in ethical investments in the knowledge that they may not provide the best rate of return, but would protect the organisation's reputation. Only the trustees are able to make decisions on investments. The performance of investments are reviewed by the Board six monthly.

#### **Reserves Policy**

##### **Rationale behind the Reserves Policy**

- To demonstrate transparency, accountability and sound financial management the Reserves Policy clearly justifies the amount of reserves kept back each year.
- The Reserves Policy allows RCTN to take account of potential risks and contingencies that may arise. For example, the level of reserves allows the charity to manage any cash flow issues and to replace obsolete equipment.
- RCTN provides support to women survivors of all forms of sexual violence in Tyneside and Northumberland and one of our core services is long-term counselling. The Board of Trustees wishes to maintain sufficient level of Reserves to enable the counselling service to continue should a shortfall in income occur. RCTN believes that holding up to six month's reserves would allow RCTN the opportunity to ethically complete its programme of support to these vulnerable clients.

##### **Level of reserve required by RCTN**

RCTN has agreed to hold the following unrestricted reserves:

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

---

|                                                           |                |
|-----------------------------------------------------------|----------------|
| <b>Designated</b>                                         |                |
| General designated funds                                  | 306,972        |
| New posts: Commercial manager and Counselling Coordinator | 73,839         |
| <b>Undesignated funds</b>                                 | 16,113         |
| <b>Total</b>                                              | <b>396,924</b> |

The General designated funds are based on three to five full months of running costs based on 2020/21 expenditure (£736,734) and given that we are aware of expansion plans of the organisation in 2021/22 which we expect will reduce the number of months running costs available to the organisation based on expenditure that year.

#### Monitoring and reviewing the Reserves Policy

The calculation of the required level of Reserves is an integral part of RCTN's planning, budget and forecast cycle and as such, the Trustees/Directors will consider the Business Plan, budget, financial projections and funding strategy each year and will review the Reserves policy annually in light of their findings.

#### Going concern statement

In response to the COVID-19 pandemic, the trustees have reviewed and considered financial information and revised forecasts to take into account measures that they can take with the current financial resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

#### Trustees responsibilities in relation to the financial statement

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2021

---

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

*Lisa Clark,*

*Chair of the Board of Trustees.* ..... 

Date: ..... 27/09/2021 .....

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES**

For the year ended 31 March 2021

---

I report on the financial statements of Rape Crisis Tyneside and Northumberland for the year ended 31 March 2021, which are set out on pages 24 to 37.

#### **Respective responsibilities of trustees and examiner**

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. 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.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a Fellow of the Association of Charity Independent Examiners.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

#### **Basis of independent examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

#### **Independent examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.

Jim Dodds  
Connected Voice Business Services Ltd  
Higham House  
Higham Place  
Newcastle upon Tyne  
NE1 8AF  
Date: 27/09/2021



# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2021

|                                                                      | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>2021<br>£ | Total<br>2020<br>£ |
|----------------------------------------------------------------------|-------|----------------------------|--------------------------|--------------------|--------------------|
| <b>Income from:</b>                                                  |       |                            |                          |                    |                    |
| Donations and legacies                                               | 6     | 3,727                      | 3,500                    | 7,227              | 7,811              |
| Charitable activities                                                |       |                            |                          |                    |                    |
| Grants and contracts                                                 | 7     | 140,471                    | 647,629                  | 788,099            | 713,236            |
| Other trading activities                                             | 8     | 7,183                      | -                        | 7,183              | 11,752             |
| Investments                                                          | 9     | 1,666                      | -                        | 1,666              | 705                |
| <b>Total income</b>                                                  |       | <b>153,046</b>             | <b>651,129</b>           | <b>804,175</b>     | <b>733,503</b>     |
| <b>Expenditure on:</b>                                               |       |                            |                          |                    |                    |
| Raising funds                                                        | 10    | 1,056                      | -                        | 1,056              | 1,812              |
| Charitable activities                                                |       |                            |                          |                    |                    |
| Operation of the charity                                             | 11    | 107,009                    | 628,669                  | 735,678            | 693,253            |
| <b>Total expenditure</b>                                             |       | <b>108,065</b>             | <b>628,669</b>           | <b>736,734</b>     | <b>695,064</b>     |
| <b>Net income/(expenditure) before<br/>investment gains/(losses)</b> |       | <b>44,981</b>              | <b>22,460</b>            | <b>67,441</b>      | <b>38,439</b>      |
| Net gains/(losses) on investments                                    |       | 18,028                     | -                        | 18,028             | ( 156 )            |
| <b>Net movement of funds</b>                                         |       | <b>63,009</b>              | <b>22,460</b>            | <b>85,469</b>      | <b>38,283</b>      |
| <b>Reconciliation of funds</b>                                       |       |                            |                          |                    |                    |
| Total funds brought forward                                          |       | 333,915                    | 25,720                   | 359,635            | 321,352            |
| <b>Total funds carried forward</b>                                   |       | <b>396,924</b>             | <b>48,180</b>            | <b>445,104</b>     | <b>359,635</b>     |

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 27 to 37 form an integral part of these accounts.

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

Charity Number 1138149

Company Number 07285969

**BALANCE SHEET**

As at 31 March 2021

|                                                       | Notes | £                 | Total<br>2021<br>£ | £                  | Total<br>2020<br>£ |
|-------------------------------------------------------|-------|-------------------|--------------------|--------------------|--------------------|
| <b><u>Fixed assets</u></b>                            |       |                   |                    |                    |                    |
| Investments                                           | 19    |                   | 60,748             |                    | 43,560             |
| <b>Total fixed assets</b>                             |       |                   | <b>60,748</b>      |                    | <b>43,560</b>      |
| <b><u>Current assets</u></b>                          |       |                   |                    |                    |                    |
| Debtors                                               | 20    | 25,710            |                    | 16,632             |                    |
| Cash at bank and in hand                              | 21    | 456,892           |                    | 408,770            |                    |
| <b>Total current assets</b>                           |       | <b>482,602</b>    |                    | <b>425,402</b>     |                    |
| <b>Creditors:</b> amounts falling due within one year | 22    | <b>( 98,246 )</b> |                    | <b>( 109,327 )</b> |                    |
| <b>Net current assets</b>                             |       |                   | <b>384,355</b>     |                    | <b>316,075</b>     |
| <b>Total assets less current liabilities</b>          |       |                   | <b>445,103</b>     |                    | <b>359,635</b>     |
| <b>Total net assets or liabilities</b>                |       |                   | <b>445,103</b>     |                    | <b>359,635</b>     |
| <b><u>Funds of the charity</u></b>                    |       |                   |                    |                    |                    |
| Unrestricted income funds                             |       |                   | 396,924            |                    | 333,915            |
| Restricted income funds                               |       |                   | 48,180             |                    | 25,720             |
| <b>Total funds</b>                                    |       |                   | <b>445,104</b>     |                    | <b>359,635</b>     |

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 27 to 37 form an integral part of these accounts.

These financial statements were approved by the Board on:

27/09/2021

and are signed on its behalf by:

Jayne Carrick  
Co Treasurer

Rebecca Haynes  
Co Treasurer

**RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

Charity Number 1138149

Company Number 07285969

**STATEMENT OF CASH FLOWS**

For the year ended 31 March 2021

|                                                        | Notes | 2021<br>£             | 2020<br>£             |
|--------------------------------------------------------|-------|-----------------------|-----------------------|
| <b><u>Cash flows from operating activities</u></b>     |       |                       |                       |
| Net movement in funds                                  |       | 85,469                | 38,283                |
| Depreciation                                           |       | -                     | -                     |
| Deduct interest / income shown in investing activities |       | ( 18,854 )            | ( 358 )               |
| Increase in debtors                                    |       | ( 9,078 )             | 22,678                |
| Decrease creditors                                     |       | ( 11,081 )            | ( 14,553 )            |
| <b><i>Net cash from operating activities</i></b>       |       | <b><u>46,457</u></b>  | <b><u>46,051</u></b>  |
| <b><u>Cash flow from investing activities</u></b>      |       |                       |                       |
| Interest received                                      |       | 1,666                 | 705                   |
| <b><i>Net cash used in investing activities</i></b>    |       | <b><u>1,666</u></b>   | <b><u>705</u></b>     |
| <br><b>Increase in cash and cash equivalents</b>       |       | <br>48,122            | <br>46,755            |
| <b>Cash and cash equivalents at start of year</b>      |       | <b>408,770</b>        | <b>362,015</b>        |
| <b>Cash and cash equivalents at end of year</b>        |       | <b><u>456,892</u></b> | <b><u>408,770</u></b> |
| <br><b>Cash and cash equivalents consist of:</b>       |       |                       |                       |
| <b>Cash at bank and in hand</b>                        |       | <b><u>456,892</u></b> | <b><u>408,770</u></b> |

The notes on pages 27 to 37 form an integral part of these accounts.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2021

---

### **1 Accounting policies**

The principle accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### **2 Basis of accounting**

#### **2.1 Basis of preparation**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with 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) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Rape Crisis Tyneside and Northumberland meets the definition of a public benefit entity under FRS 102.

#### **2.2 Preparation of the accounts on a going concern basis**

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

### **3 Income**

#### **3.1 Recognition of income**

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

#### **3.2 Offsetting**

There has been no offsetting of assets and liabilities or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

#### **3.3 Grants and donations**

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance or provision of other specified services is deferred until the criteria of income recognition are met.

#### **3.4 Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

# **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

## **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2021

---

### **3.5 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

### **3.6 Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

### **3.7 Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

### **3.8 Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charities' work or for specific projects being undertaken by the charity.

## **4 Expenditure and liabilities**

### **4.1 Liability recognition**

Liabilities are recognised when 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.

### **4.2 Charitable activities**

Expenditure on charitable activities includes the costs of specialist sexual violence services and other activities undertaken to further the purposes of the charity and their associated support costs.

### **4.3 Governance and support costs**

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly relate to the charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

### **4.4 Irrecoverable VAT**

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

### **4.5 Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts due.

## **RAPE CRISIS TYNESIDE AND NORTHUMBERLAND**

(A company limited by guarantee)

### **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2021

---

#### **4.6 Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

#### **5 Assets**

##### **5.1 Tangible fixed assets for use by the charity**

Individual fixed assets costing 1000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

|                       |                                |
|-----------------------|--------------------------------|
| Plant and machinery   | Straight line over three years |
| Fixtures and fittings | Straight line over four years  |

##### **5.2 Investments**

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments.

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

| Analysis of income                            | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>2021<br>£ | Total<br>2020<br>£ |
|-----------------------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| <b>6 Donations and legacies</b>               |                            |                          |                    |                    |
| Donations and gifts                           | 3,727                      | 500                      | 4,227              | 5,811              |
| Lowes management                              | -                          | 3,000                    | 3,000              | 2,000              |
|                                               | <u>3,727</u>               | <u>3,500</u>             | <u>7,227</u>       | <u>7,811</u>       |
| <b>7 Charitable activities</b>                |                            |                          |                    |                    |
| <u>Income from grants and contracts</u>       |                            |                          |                    |                    |
| Gateshead Council Public Health               | 3,000                      | 9,000                    | 12,000             | 9,645              |
| Gateshead Newcastle CCG                       | 6,972                      | 10,457                   | 17,429             | 17,188             |
| North Tyneside Council                        | 4,220                      | 6,330                    | 10,550             | 10,550             |
| North Tyneside CCG                            | 2,481                      | 3,721                    | 6,202              | 6,119              |
| Newcastle City Council                        | 11,733                     | 11,340                   | 23,073             | 20,250             |
| Newcastle Fund                                | -                          | 39,772                   | 39,772             | 35,832             |
| South Tyneside Council                        | 7,104                      | 10,655                   | 17,759             | 17,759             |
| Ministry of Justice                           | 87,526                     | 157,511                  | 245,037            | 158,760            |
| Police and Crime Commissioner for Northumbria | -                          | 117,039                  | 117,039            | 98,128             |
| Northumberland CCG                            | -                          | 12,112                   | 12,112             | 9,275              |
| Northumberland County Council                 | -                          | 17,000                   | 17,000             | 19,952             |
| Community Foundation                          | -                          | 35,151                   | 35,151             | 16,076             |
| The Joicey Trust                              | -                          | 3,000                    | 3,000              | 3,000              |
| The Hospital of God at Greatham               | -                          | -                        | -                  | 2,000              |
| Sir James Knott Trust                         | -                          | -                        | -                  | 5,000              |
| Big Lottery Fund                              | -                          | 109,718                  | 109,718            | 100,044            |
| Rosa Fund                                     | -                          | 3,000                    | 3,000              | 2,000              |
| RCEW (digital and online)                     | -                          | -                        | -                  | 34,290             |
| Lloyds Bank Foundation                        | -                          | 3,000                    | 3,000              | 25,996             |
| The Pilgrim Trust                             | -                          | 15,000                   | 15,000             | 15,000             |
| Proctor and Gamble Trust                      | -                          | -                        | -                  | 6,000              |
| Comic Relief                                  | -                          | 41,301                   | 41,301             | 69,492             |
| People's Postcode Lottery                     | -                          | -                        | -                  | 16,788             |
| Ragdoll Foundation                            | -                          | 4,640                    | 4,640              | -                  |
| CAF Resilience Fund                           | -                          | 3,000                    | 3,000              | -                  |
| The Brook Trust                               | -                          | 12,500                   | 12,500             | -                  |
| The Hadrian Trust                             | -                          | 1,000                    | 1,000              | -                  |
| E.C. Graham Belford Trust                     | -                          | 10,000                   | 10,000             | -                  |
| <u>Income from training / sales</u>           |                            |                          |                    |                    |
| Training income                               | 4,613                      | -                        | 4,613              | 2,630              |
| Live chat sales                               | 7,276                      | 1,334                    | 8,609              | 4,478              |
| Other sales                                   | 5,546                      | 10,048                   | 15,594             | 6,983              |
|                                               | <u>140,471</u>             | <u>647,629</u>           | <u>788,099</u>     | <u>713,236</u>     |
| <b>8 Other trading activities</b>             |                            |                          |                    |                    |
| Fundraising events                            | 7,183                      | -                        | 7,183              | 11,752             |
|                                               | <u>7,183</u>               | <u>-</u>                 | <u>7,183</u>       | <u>11,752</u>      |

# RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

| <b>Analysis of income</b> continued | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | <b>Total<br/>2021<br/>£</b> | Total<br>2020<br>£ |
|-------------------------------------|----------------------------|--------------------------|-----------------------------|--------------------|
| <b>9 Income from investments</b>    |                            |                          |                             |                    |
| Bank interest                       | 1,666                      | -                        | <b>1,666</b>                | 705                |
|                                     | <u>1,666</u>               | <u>-</u>                 | <u><b>1,666</b></u>         | <u>705</u>         |
| Total income                        | <u>153,046</u>             | <u>651,129</u>           | <u><b>804,175</b></u>       | <u>733,503</u>     |

Income was £804,175 (2020: £733,503) of which £153,046 was unrestricted or designated (2020: £141,544) and £651,129 was restricted (2020: £591,960)

## Analysis of expenditure on charitable activities

|                             | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | <b>Total<br/>2021<br/>£</b> | Total<br>2020<br>£ |
|-----------------------------|----------------------------|--------------------------|-----------------------------|--------------------|
| <b>10 Raising funds</b>     |                            |                          |                             |                    |
| Staging fundraising events  | 216                        | -                        | <b>216</b>                  | 1,621              |
| Investment management costs | 840                        | -                        | <b>840</b>                  | 191                |
|                             | <u>1,056</u>               | <u>-</u>                 | <u><b>1,056</b></u>         | <u>1,812</u>       |

## 11 Charitable activities

### Direct costs

|                                |       |         |                |         |
|--------------------------------|-------|---------|----------------|---------|
| Project staff salaries         | 188   | 407,026 | <b>407,214</b> | 371,418 |
| Project staff travel           | 112   | 461     | <b>573</b>     | 8,169   |
| Project staff training         | 6,155 | 18,028  | <b>24,183</b>  | 12,058  |
| Supervision and counselling    | 950   | 10,075  | <b>11,025</b>  | 6,958   |
| Volunteer costs                | -     | 2,027   | <b>2,027</b>   | 5,815   |
| Other project costs            | 471   | 90,632  | <b>91,103</b>  | 69,237  |
| Publications and subscriptions | -     | 4,303   | <b>4,303</b>   | 5,182   |
| Publicity and promotion        | 1,879 | 13,214  | <b>15,094</b>  | 8,840   |
| Recruitment                    | -     | 278     | <b>278</b>     | 18      |
| Outreach venue hire            | -     | 2,746   | <b>2,746</b>   | 24,607  |
| Evaluation                     | -     | -       | <b>-</b>       | 5,400   |

### Support costs

|                      |        |        |               |        |
|----------------------|--------|--------|---------------|--------|
| Staff salaries       | 53,056 | 43,711 | <b>96,767</b> | 94,706 |
| Facility costs       | 14,446 | 15,067 | <b>29,513</b> | 34,326 |
| Insurance            | 2,485  | 1,904  | <b>4,389</b>  | 4,586  |
| Office costs         | 6,337  | 4,855  | <b>11,192</b> | 10,545 |
| Telephone            | 4,327  | 3,315  | <b>7,642</b>  | 6,924  |
| Sundries             | 1,356  | 1,039  | <b>2,395</b>  | 2,172  |
| Repairs and renewals | 779    | 597    | <b>1,376</b>  | 2,473  |
| Other staff costs    | 1,013  | 776    | <b>1,789</b>  | 1,680  |
| Professional fees    | 11,244 | 8,614  | <b>19,859</b> | 14,353 |

### Governance costs

|                             |                |                |                       |                |
|-----------------------------|----------------|----------------|-----------------------|----------------|
| Independent examiner's fees | 1,920          | -              | <b>1,920</b>          | 1,920          |
| Trustees meeting costs      | 291            | -              | <b>291</b>            | 1,868          |
|                             | <u>107,009</u> | <u>628,669</u> | <u><b>735,678</b></u> | <u>693,253</u> |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

#### Analysis of expenditure on charitable activities continued

Expenditure on charitable activities was £736,734 (2020: £695,064) of which £108,065 was unrestricted or designated (2020: £90,120) and £628,669 was restricted (2020: £604,944)

#### 12 Fees for examination of the accounts

|                                                           | 2021<br>£     | 2020<br>£     |
|-----------------------------------------------------------|---------------|---------------|
| Independent examiner's fees for reporting on the accounts | 1,920         | 1,920         |
| Other accountancy services paid to the examiner           | 9,153         | 8,876         |
|                                                           | <b>11,073</b> | <b>10,796</b> |

#### 13 Analysis of staff costs, and the cost of key management personnel

|                                                   | 2021<br>£      | 2020<br>£      |
|---------------------------------------------------|----------------|----------------|
| Salaries and wages                                | 448,900        | 418,523        |
| Social security costs                             | 36,454         | 32,096         |
| Pension costs (defined contribution pension plan) | 18,627         | 15,505         |
|                                                   | <b>503,981</b> | <b>466,124</b> |

No employee received remuneration above £60,000 (2020: nil)

The key management personnel of the charity, comprise the Trustees and the CEO. The total employee benefits of the key management personnel of the charity were £51,044 (2020: £47,3164).

#### 14 Staff Numbers

The average monthly head count was 18 staff (2020: 21 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

|                                                       | 2021<br>Number | 2020<br>Number |
|-------------------------------------------------------|----------------|----------------|
| The parts of the charity in which the employee's work |                |                |
| Project staff                                         | 12.0           | 11.0           |
| Management                                            | 1.0            | 1.0            |
| Administration                                        | 2.0            | 2.0            |
|                                                       | <b>15.0</b>    | <b>14.0</b>    |

#### 15 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from employment with the charity or a related entity.

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

#### Trustees' expenses

The following detail the expenses incurred by the trustees.

|        | 2021<br>£ | 2020<br>£ |
|--------|-----------|-----------|
| Travel | -         | 27        |
|        | -         | 27        |

#### Transaction(s) with related parties

There have been no related party transactions in the reporting period.

#### 16 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £18,627 (2020: £15,505). There was £256 outstanding as at 31 March 2021 (2020: £2,872)

#### 17 Corporation Taxation

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

#### 18 Tangible fixed assets

|                                | Plant and<br>machinery | Fixtures<br>and fittings | Total         |
|--------------------------------|------------------------|--------------------------|---------------|
|                                | £                      | £                        | £             |
| <b>Cost</b>                    |                        |                          |               |
| Balance brought forward        | 31,220                 | 5,359                    | <b>36,579</b> |
| Additions                      | -                      | -                        | -             |
| Disposals                      | -                      | -                        | -             |
| <b>Balance carried forward</b> | <b>31,220</b>          | <b>5,359</b>             | <b>36,579</b> |
| <b>Depreciation</b>            |                        |                          |               |
| Basis                          | SL                     | SL                       |               |
| Rate                           | 33%                    | 25%                      |               |
| Balance brought forward        | 31,220                 | 5,359                    | <b>36,579</b> |
| Depreciation charge for year   | -                      | -                        | -             |
| Disposals                      | -                      | -                        | -             |
| <b>Balance carried forward</b> | <b>31,220</b>          | <b>5,359</b>             | <b>36,579</b> |
| <b>Net book value</b>          |                        |                          |               |
| <b>Brought forward</b>         | -                      | -                        | -             |
| <b>Carried forward</b>         | -                      | -                        | -             |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

#### 19 Fixed asset investments

|                                                  | <b>Listed<br/>Investment<br/>£</b> |
|--------------------------------------------------|------------------------------------|
| Carrying (fair) value at the beginning of period | <b>43,560</b>                      |
| Additions to investments during period           | -                                  |
| Transfer in/(out) in the period                  | -                                  |
| Net gain/(loss) on revaluation                   | <b>18,028</b>                      |
| Less investment management costs                 | <b>( 840 )</b>                     |
| Carrying (fair) value at end of year             | <b>60,748</b>                      |

#### 20 Debtors and prepayments (receivable within 1 year)

|                        | <b>2021<br/>£</b> | <b>2020<br/>£</b> |
|------------------------|-------------------|-------------------|
| Trade debtors          | 5,770             | 3,093             |
| Salary holding account | 15,830            | -                 |
| Pre payments           | 986               | 6,644             |
| Accrued income         | 3,124             | 6,895             |
|                        | <b>25,710</b>     | <b>16,632</b>     |

#### 21 Cash at bank and in hand

|                            | <b>2021<br/>£</b> | <b>2020<br/>£</b> |
|----------------------------|-------------------|-------------------|
| Short term cash investment | 112,443           | 112,443           |
| Short term deposits        | 113,888           | 113,888           |
| Cash at bank and in hand   | 230,562           | 182,440           |
|                            | <b>456,892</b>    | <b>408,770</b>    |

#### 22 Creditors and accruals (payable within 1 year)

|                                     | <b>2021<br/>£</b> | <b>2020<br/>£</b> |
|-------------------------------------|-------------------|-------------------|
| Trade creditors                     | 11,360            | 29,023            |
| Salary holding account              | -                 | 260               |
| Accruals                            |                   |                   |
| Independent examination of accounts | 1,920             | 1,920             |
| Deferred income                     | 84,966            | 72,711            |
| Other creditors                     | -                 | 5,413             |
|                                     | <b>98,246</b>     | <b>109,327</b>    |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

#### 23 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods.

|                                                                | 2021<br>£  |
|----------------------------------------------------------------|------------|
| Balance brought forward                                        | 72,711     |
| Amount released to income earned<br>from charitable activities | ( 53,711 ) |
| Amount deferred in year                                        | 65,966     |
| Balance carried forward                                        | 84,966     |

#### 24 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

#### 25 Analysis of charitable funds

|                                                                    | Fund<br>balances<br>brought<br>forward<br>£ | Income<br>resource<br>£ | Resources<br>expended<br>£ | Transfers<br>£ | Gains /<br>(losses)<br>£ | Fund<br>balances<br>carried<br>forward<br>£ |
|--------------------------------------------------------------------|---------------------------------------------|-------------------------|----------------------------|----------------|--------------------------|---------------------------------------------|
| <b>Unrestricted funds</b>                                          |                                             |                         |                            |                |                          |                                             |
| General undesignated fund                                          | 44,305                                      | 153,046                 | ( 108,065 )                | ( 91,201 )     | 18,028                   | 16,113                                      |
| Designated funds                                                   |                                             |                         |                            |                |                          |                                             |
| General designated fund                                            | 289,610                                     | -                       | -                          | 17,362         | -                        | 306,972                                     |
| New posts:<br>Commercial Manager<br>and Counselling<br>Coordinator | -                                           | -                       | -                          | 73,839         | -                        | 73,839                                      |
|                                                                    | <u>333,915</u>                              | <u>153,046</u>          | <u>( 108,065 )</u>         | <u>-</u>       | <u>18,028</u>            | <u>396,924</u>                              |

#### Purpose of unrestricted funds

|                           |                                                                                     |
|---------------------------|-------------------------------------------------------------------------------------|
| General undesignated fund | The 'free reserves' after allowing for designated funds.                            |
| General designated fund   | Represents three to five full months of running costs based on 2020/21 expenditure. |
| New posts                 | Designated for new Commercial Manager and Counselling Coordinator posts             |

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

#### 25 Analysis of charitable funds continued

|                          | Fund<br>balances<br>brought<br>forward<br>£ | Income<br>resource<br>£ | Resources<br>expended<br>£ | Transfers<br>£ | Gains /<br>(losses)<br>£ | Fund<br>balances<br>carried<br>forward<br>£ |
|--------------------------|---------------------------------------------|-------------------------|----------------------------|----------------|--------------------------|---------------------------------------------|
| <b>Restricted funds</b>  |                                             |                         |                            |                |                          |                                             |
| Tyneside Counselling     | 213                                         | 186,214                 | ( 167,161 )                | -              | -                        | <b>19,266</b>                               |
| Community Engagement     | 2,233                                       | 59,941                  | ( 62,174 )                 | -              | -                        | -                                           |
| Northumberland           | 6,166                                       | 131,271                 | ( 126,458 )                | -              | -                        | <b>10,979</b>                               |
| Volunteer Coordinator    | 4,160                                       | 51,823                  | ( 49,026 )                 | -              | -                        | <b>6,957</b>                                |
| Marginalised Access Fund | 8,177                                       | -                       | -                          | -              | -                        | <b>8,177</b>                                |
| Data Analyst             | 1,734                                       | -                       | ( 1,734 )                  | -              | -                        | -                                           |
| P&E                      | 0                                           | 123,159                 | ( 123,159 )                | -              | -                        | -                                           |
| Activists                | 2,386                                       | 1,531                   | ( 3,917 )                  | -              | -                        | -                                           |
| Virus Funds              | -                                           | 60,281                  | ( 60,281 )                 | -              | -                        | -                                           |
| Tyneside Groupwork       | 650                                         | 36,909                  | ( 34,758 )                 | -              | -                        | <b>2,800</b>                                |
|                          | <u>25,720</u>                               | <u>651,129</u>          | <u>( 628,668 )</u>         | <u>-</u>       | <u>-</u>                 | <u><b>48,180</b></u>                        |

#### Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

|                          |                                                                                                                                              |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Tyneside Counselling     | This funding supported the Tyneside counselling service.                                                                                     |
| Community Engagement     | This funding supported one under 25s community engagement worker and costs towards delivering the second phase of the older women's project. |
| Northumberland           | This funding supported the Northumberland service.                                                                                           |
| Volunteer Coordinator    | This funding supported volunteering costs and the Volunteer Coordinator.                                                                     |
| Marginalised Access Fund | This funding supported discretionary travel costs for clients.                                                                               |
| Data Analyst             | This funding supported staff time on data work and contributed to the development and implementation of a new database.                      |
| P&E                      | This funding supported the delivery of the practical and emotional service.                                                                  |
| Activists                | This funding supported the work of the Activist group.                                                                                       |
| Virus Funds              | Additional funding to assist with the charity's response to Covid-19.                                                                        |
| Tyneside Groupwork       | This funding extended the group work programme outside Newcastle.                                                                            |

#### 26 Capital commitments

As at 31 March 2021, the charity had no capital commitments (2020 -£nil).

## RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

#### 27 Analysis of net assets between funds

|                                        | Unrestricted<br>Funds<br>£ | Designated<br>Funds | Restricted<br>Funds<br>£ | Total<br>2021<br>£    | Total<br>2020<br>£ |
|----------------------------------------|----------------------------|---------------------|--------------------------|-----------------------|--------------------|
| Investments                            | 60,748                     | -                   | -                        | <b>60,748</b>         | 43,560             |
| Cash at bank and in hand               | 101,739                    | 306,972             | 48,180                   | <b>456,892</b>        | 408,770            |
| Other net current assets/(liabilities) | ( 72,536 )                 | -                   | -                        | <b>( 72,536 )</b>     | ( 92,696 )         |
|                                        | <u>89,951</u>              | <u>306,972</u>      | <u>48,180</u>            | <u><b>445,104</b></u> | <u>359,635</u>     |

#### 28 Operating leases

The future minimum lease payments under non-cancellable operating leases are as follows;

|                                                   | 2021<br>£            |
|---------------------------------------------------|----------------------|
| Not later than one year                           | -                    |
| Later than one year and not later than five years | <b>26,700</b>        |
|                                                   | <u><b>26,700</b></u> |