

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

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ANNUAL REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2023

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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.

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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.

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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.

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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.

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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.

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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.

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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

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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'.

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'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 21-22	% Satisfied 20 -21
88%	91%

Referrals

During 2022/23, RCTN received 818 unique referrals, a slight increase on last year's figures.

No of Referrals 22-23	No of Referrals 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.

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Referral Source	No of Referrals 22-23	No of Referrals 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 22-23	No of Referrals 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

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Counselling	682	734
Group Work	149	111
Total	1154	1190

	22/23	21/22
Other Services	Referrals	
Helpline & Email Support Services	132	161
Advice & Guidance	129	137
Other	46	37
Total	307	335

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%).

No of Sessions Attended	22/23	21/22
Face-to-face	2853	2046
Online/video	844	554
Telephone	1275	1088
Total	4972	3688

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.

No of Sessions Attended	22/23	21/22
Face-to-face	154	107

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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.

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	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.

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Outcome	% improvement 22-23	% improvement 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 22-23	% improvement 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.

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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'.*

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- *'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.

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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.

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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

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Auditor	Read, Milburn & Co
Investment advisors	Cascade Holdings England and Wales Company registration 09212233 St James's Place St James Place house 1 Telbury Road Cirencester Gloucestershire GL7 1FP
Bankers:	National Westminster Bank Plc 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.

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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.

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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.

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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.

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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):

Designated funds:	
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
General Unrestricted funds	14,471

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,

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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.

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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. 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

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STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2023

	Notes	Unrestricted	Restricted	Total	Total
		£	£	£	£
Income from:					
Donations and legacies	6	12,374	13,000	25,374	17,700
Charitable activities					
Grants and contracts	7	149,662	984,964	1,134,626	911,126
Other trading activities	8	17,846	-	17,846	15,832
Investments	9	3,844	-	3,844	1,009
		<u>183,726</u>	<u>997,964</u>	<u>1,181,690</u>	<u>945,667</u>
Expenditure on:					
Raising funds	10	4,263	-	4,263	3,363
Charitable activities					
Operation of the charity	11	224,927	855,071	1,079,998	828,949
Total expenditure		<u>229,190</u>	<u>855,071</u>	<u>1,084,261</u>	<u>832,312</u>
Net income/(expenditure) before investment gains/(losses)		(45,464)	142,893	97,429	113,355
Net gains/(losses) on investments		2,512	-	2,512	5,367
Net income/(expenditure)		(42,952)	142,893	99,941	118,722
Transfers between funds		105,711	(105,711)	-	-
Net movement of funds		62,759	37,182	99,941	118,722
Reconciliation of funds					
Total funds brought forward		484,863	78,963	563,826	445,104
Total funds carried forward		<u>547,622</u>	<u>116,145</u>	<u>663,767</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
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Charity Number 1138149
Company Number 07285969

BALANCE SHEET

As at 31 March 2023

	Notes	£	2023 £	£	2022 £
<u>Fixed assets</u>					
Investments	19		66,337		64,962
Total fixed assets			66,337		64,962
<u>Current assets</u>					
Debtors	20	56,229		80,009	
Cash at bank and in hand	21	786,578		761,856	
Total current assets		842,807		841,865	
Creditors: amounts falling due within one year	22	(245,378)		(343,001)	
Net current assets			597,430		498,864
Total assets less current liabilities			663,767		563,826
Total net assets or liabilities			663,767		563,826
<u>Funds of the charity</u>					
Unrestricted income funds			547,622		484,863
Restricted income funds			116,145		78,963
Total funds			663,767		563,826

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

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Charity Number 1138149

Company Number 07285969

STATEMENT OF CASH FLOWS

For the year ended 31 March 2023

	Notes	2023 £	2022 £
<u>Cash flows from operating activities</u>			
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
<i>Net cash from operating activities</i>		<u>20,879</u>	<u>303,954</u>
<u>Cash flow from investing activities</u>			
Interest received		3,844	1,009
<i>Net cash used in investing activities</i>		<u>3,844</u>	<u>1,009</u>
<i>General unrestricted fund</i>			
Increase in cash and cash equivalents		24,722	304,963
Cash and cash equivalents at start of year		761,856	456,893
Cash and cash equivalents at end of year		<u>786,578</u>	<u>761,856</u>
Cash and cash equivalents consist of:			
Cash at bank and in hand		<u>786,578</u>	<u>761,856</u>

The notes on pages 32 to 40 form an integral part of these accounts.

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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.

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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.

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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.

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For the year ended 31 March 2023

Analysis of income	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
6 Donations and legacies				
Donations and gifts	12,374	13,000	25,374	7,700
LGA Foundation	-	-	-	10,000
	<u>12,374</u>	<u>13,000</u>	<u>25,374</u>	<u>17,700</u>
7 Charitable activities				
<u>Income from grants and contracts</u>				
Gateshead Council Public Health	3,000	9,000	12,000	12,000
Gateshead Newcastle CCG	7,108	10,777	17,885	17,464
	4,224	6,406	10,630	10,550
North Tyneside Council				
North Tyneside CCG	2,540	3,744	6,284	6,214
Newcastle City Council	14,310	102,880	117,190	39,751
Newcastle Fund	-	22,325	22,325	23,201
South Tyneside Council	2,496	7,500	9,996	10,000
Ministry of Justice	98,562	294,148	392,710	325,154
Police and Crime Commissioner for Northumbria	-	288,638	288,638	247,144
Northumberland CCG	-	12,344	12,344	12,136
Northumberland County Council	-	16,500	16,500	16,500
Community Foundation	-	9,992	9,992	11,200
The Joicey Trust	-	3,300	3,300	3,000
Sir James Knott Trust	-	5,004	5,004	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	50,003	9,865
The John Horseman Trust	-	5,400	5,400	-
Lloyds Bank Foundation	-	11,112	11,112	-
The Pilgrim Trust	-	-	-	3,500
Ragdoll Foundation	-	1,280	1,280	5,360
The Brook Trust	-	-	-	25,000
The Hadrian Trust	-	1,000	1,000	-
Northern Rock Foundation	-	-	-	19,000
General unrestricted fund	-	-	-	5,000
Henry Smith	-	64,611	64,611	12,745
Newcastle University	-	-	-	30,000
Northamptonshire Rape Crisis	6,504	15,648	22,152	-
Other income	4,406	-	4,406	-
<u>Income from training / sales</u>				
Training income	4,213	-	4,213	4,106
Live chat sales	-	-	-	11,730
Other sales	2,299	43,353	45,652	9,671
	<u>149,662</u>	<u>984,964</u>	<u>1,134,626</u>	<u>911,126</u>
8 Other trading activities				
Fundraising events	17,846	-	17,846	15,832
	<u>17,846</u>	<u>-</u>	<u>17,846</u>	<u>15,832</u>

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Analysis of income continued	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
9 Income from investments				
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 Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
10 Raising funds				
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>

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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 £	2022 £
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 £	2022 £
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 Number	2022 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.

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For the year ended 31 March 2023

15 Transactions with trustees continued

Trustees' expenses

The following detail the expenses incurred by the trustees.

	2023 £	2022 £
Travel	45	39
	45	39

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 machinery	Fixtures and fittings	Total
	£	£	£
Cost			
Balance brought forward	31,220	5,359	36,579
Additions	-	-	-
Disposals	-	-	-
Balance carried forward	31,220	5,359	36,579
Depreciation			
Basis	SL	SL	
Rate	33%	25%	
Balance brought forward	31,220	5,359	36,579
Depreciation charge for year	-	-	-
Disposals	-	-	-
Balance carried forward	31,220	5,359	36,579
Net book value			
Brought forward	-	-	-
Carried forward	-	-	-

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19 Fixed asset investments

	Listed Investment £
Carrying (fair) value at the beginning of period	64,962
Additions to investments during period	-
Disposals at carrying value	-
Less impairments	-
Transfer in/(out) in the period	-
Net gain/(loss) on revaluation	2,512
Less investment management costs	(1,137)
Carrying (fair) value at end of year	66,337

20 Debtors and prepayments (receivable within 1 year)

	2023 £	2022 £
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
	56,229	80,009

21 Cash at bank and in hand

	2023 £	2022 £
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
	786,578	761,856

22 Creditors and accruals (payable within 1 year)

	2023 £	2022 £
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
	245,378	343,001

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For the year ended 31 March 2023

23 Deferred income

	2023 £
Balance brought forward	167,636
Amount released to income earned 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 balances brought forward £	Income resource £	Resources expended £	Transfers £	Gains / (losses) £	Fund balances carried forward £
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 (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 (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.

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For the year ended 31 March 2023

25 Analysis of charitable funds continued

Restricted funds	Fund balances brought forward £	Income resource £	Resources expended £	Transfers £	Gains / (losses) £	Fund balances carried forward £
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. 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 £
Between general undesignated fund and general designated fund.	Increase in general designated fund to align with Reserves Policy.	99,343

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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 Funds £	Designated Funds	Restricted Funds £	Total 2023 £	Total 2022 £
Investments	66,337	-	-	66,337	64,962
Cash at bank and in hand	217,065	453,368	116,145	786,578	761,856
Other net current assets/(liabilities)	(189,148)	-	-	(189,148)	(262,992)
	<u>94,254</u>	<u>453,368</u>	<u>116,145</u>	<u>663,767</u>	<u>563,826</u>

28 Operating leases

The future minimum lease payments under non-cancellable operating leases are as follows;

	2023 £
Not later than one year	33,685
Later than one year and not later than five years	-
	<u>33,685</u>