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**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

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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.

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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

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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

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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

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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.

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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

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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

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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.

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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.

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	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'

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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

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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.

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- **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.

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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
Total	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.

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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'

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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.

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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".

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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.

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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."

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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%

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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%

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Education	110	112	104	-1.8%
Police/SARC/VFN	376	243	210	+54.7%
Voluntary Sector & Women's 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

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Signposted or referred to an external agency	46
Internal Referral to RCTN Face-to-Face Service; 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%

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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:

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- 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

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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.

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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

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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

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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:

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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

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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 Azzurri House Walsall Business Park Aldridge Walsall WS9 0RB
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Investment advisors	Cascade Holdings England and Wales Company registration 09212233 St Jame's Place 1 Tetbury Road Cirencester, Gloucestershire GL7 1FP
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Bankers:	National Westminster Bank Plc Newcastle upon Tyne
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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

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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):

	£
Designated funds	
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
General unrestricted reserves	290,012
Total	563,510

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. 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 funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	5,918	1,000	6,918	12,559
Charitable activities	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>
Total		<u>167,505</u>	<u>1,137,879</u>	<u>1,305,384</u>	<u>1,271,736</u>
EXPENDITURE ON					
Raising funds	6	1,797	-	1,797	5,398
Charitable activities	7				
Charitable activities		<u>163,327</u>	<u>1,201,733</u>	<u>1,365,060</u>	<u>1,202,133</u>
Total		<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>
NET INCOME/(EXPENDITURE)		(126)	(63,854)	(63,980)	71,735
Transfers between funds	20	<u>295</u>	<u>(295)</u>	<u>-</u>	<u>-</u>
Net movement in funds		169	(64,149)	(63,980)	71,735
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>563,341</u>	<u>172,161</u>	<u>735,502</u>	<u>663,767</u>
TOTAL FUNDS CARRIED FORWARD		<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 £	2024 £
FIXED ASSETS			
Investments	15	69,914	72,697
CURRENT ASSETS			
Debtors	16	27,963	95,317
Cash at bank and in hand		<u>909,763</u>	<u>775,975</u>
		937,726	871,292
CREDITORS			
Amounts falling due within one year	17	(336,118)	(208,487)
NET CURRENT ASSETS		<u>601,608</u>	<u>662,805</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		671,522	735,502
NET ASSETS		<u><u>671,522</u></u>	<u><u>735,502</u></u>
FUNDS	20		
Unrestricted funds		563,510	563,341
Restricted funds		<u>108,012</u>	<u>172,161</u>
TOTAL FUNDS		<u><u>671,522</u></u>	<u><u>735,502</u></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 £	2024 £
Cash flows from operating activities			
Cash generated from operations	2 2	120,432	(20,111)
		<hr/>	<hr/>
Net cash provided by/(used in) operating activities		<u>120,432</u>	<u>(20,111)</u>
Cash flows from investing activities			
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/>
Change in cash and cash equivalents in the reporting period		133,788	(10,603)
Cash and cash equivalents at the beginning of the reporting period		<u>775,975</u>	<u>786,578</u>
Cash and cash equivalents at the end of the reporting period		<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>
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7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £	Support costs (see note 9) £	Totals £
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 costs £	Governance costs £	Totals £
Charitable activities	<u>285,693</u>	<u>6,548</u>	<u>292,241</u>

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

	2025 Charitable activities £	2024 Total activities £
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 £	2024 £
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 funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	12,559	-	12,559
Charitable activities			
Charitable activities	131,802	1,097,660	1,229,462
Other trading activities	21,377	-	21,377
Investment income	8,338	-	8,338
Total	<u>174,076</u>	<u>1,097,660</u>	<u>1,271,736</u>
EXPENDITURE ON			
Raising funds	5,398	-	5,398
Charitable activities			
Charitable activities	<u>249,972</u>	<u>952,161</u>	<u>1,202,133</u>
Total	<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>
NET INCOME/(EXPENDITURE)	(73,764)	145,499	71,735
Transfers between funds	<u>89,483</u>	<u>(89,483)</u>	<u>-</u>
Net movement in funds	15,719	56,016	71,735
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>547,622</u>	<u>116,145</u>	<u>663,767</u>
TOTAL FUNDS CARRIED FORWARD	<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 machinery £	Fixtures and fittings £	Totals £
COST			
At 1 April 2024 and 31 March 2025	<u>31,220</u>	<u>5,299</u>	<u>36,519</u>
DEPRECIATION			
At 1 April 2024 and 31 March 2025	<u>31,220</u>	<u>5,299</u>	<u>36,519</u>
NET BOOK VALUE			
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 £	2024 £
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 £	2024 £
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 £	2024 £
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 £	Net movement in funds £	Transfers between funds £	At 31/3/25 £
Unrestricted funds				
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
Restricted funds				
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
TOTAL FUNDS	<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 resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
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)
Restricted funds				
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)
TOTAL FUNDS	<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 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
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
Restricted funds				
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
TOTAL FUNDS	<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 resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General unrestricted fund	174,076	(255,370)	7,530	(73,764)
Restricted funds				
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>
TOTAL FUNDS	<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 £	2024 £
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(63,980)	71,735
Adjustments for:		
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>
Net cash provided by/(used in) operations	<u><u>120,432</u></u>	<u><u>(20,111)</u></u>

23. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/24 £	Cash flow £	At 31/3/25 £
Net cash			
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>
Total	<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.