

Survivors Together

Registered Charity No: 1141487

Report and Accounts for the year to 31st August 2023

<b>Survivors Together</b>	<b>Charity No</b>	<b>1141487</b>
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## Legal and Administrative Information


**Trustees** Hilary Colston (Chair)  
Beverley Gordon (Secretary)  
Brian Dexter (Treasurer)

**Director** Yvonne Fletcher

**Principal Address** Memorial Community Church  
389-395 Barking Road  
Plaistow  
LONDON  
E13 8AL

**Bankers** Nat West Bank  
East Ham (A) Branch  
37 High Street North  
London  
E6 1HS

**Independent Examiner** Derek Gyateng  
145 Henniker Gardens  
East Ham  
E6 3HT

	<b>Survivors Together</b>	<b>Charity No</b>	<b>1141487</b>
	<b>Chair's Report for the year ending 31st August 2023</b>		

The trustees present their report and accounts for the year ended 31st August 2023

The accounts have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the Charities Act 2011 and the SORP "Accounting and Reporting by Charities" issued in March 2008.

### **Structure and Governance**

Survivors Together is a small charity. The Trustees are responsible for the governance of the charity but the day to day management is undertaken by the Director and Development Worker who report to the steering committee.

The charity has two employees, pays for sessional and creche workers but relies heavily on volunteers

### **Risk**

The trustees have given due consideration to the major risks to which the charity is exposed, and are satisfied that systems, policies and procedures are in place to mitigate exposure to major risks.

### **Objectives**

The charities objectives are

- (I) the preservation, development and protection of good mental and emotional health among victims of childhood sexual abuse, by the provision of mutual support, education and support groups
- (II) to advance the education of the public in matters relating to sexual abuse, including danger signs and how abuse can be identified and addressed

The charity provides support to women survivors of sexual abuse - providing a safe space, building friendships and being a place where women can build friendships with each other.

Work consists of group meetings and individual sessions. It operates predominantly in London Borough of Newham

### **Activity and Strategic Review**


Survivors Together is a social support group with therapeutic themes in our work. We encourage healing journeys to enable what is a devastating and profound event or series of events on a life, to enable the ability to move from the position of victim to surviving and then thriving.

We have had a busy year with meetings, events and trips. We spent two days away in Othona, Essex for time away from the busyness of east London. For some this was the only opportunity to escape London life. We went to a concert, the beach, the cinema; as well as learning life coping skills such as Thi Chi, mindfulness and art therapy.

This year we have started a young women's group that meets once a month on a Tuesday. This has been a real success welcoming a dozen new clients between the ages of 16-25.

During the year the trustees decided to set up a Charitable Incorporated Organisation (CIO) and expand the membership of the board of trustees. The new CIO has mirrored the objectives of the charity and the Trustees agreed to transfer to the CIO the charity's assets at the point the new CIO became active

A more detailed annual report with reports from events, meetings and words from our clients is available from the charity.

	<b>Survivors Together</b>	<b>Charity No</b> 1141487
	<b>Chair's Report for the year ending 31st August 2023</b>	

## Financial Review

Our income £ (2021: £66,832) is on target.

Our expenditure £, ( 2022: £59,662) represents a **32% decrease** on the previous year. Our free reserves position has improved as planned by the trustees. Our restricted fund reserves have reduced significantly due to the timing of the Covid service response as we spent down restricted funds received in the previous year.

The Charity's financial transactions during the year and the financial situation at the end of the year are set out in the following accounts. The trustees consider the financial position to be satisfactory,

### Reserves Policy


The charity policy is to aim to hold free reserves equivalent to two months expenditure to give the trustees time to make and implement necessary actions should funding drop or come to an end. Based on the current year that figure is £12,000. The reserves position at the end of the year shows a balance of £38,616 of which £ 9,692 is restricted funds leaving free reserves at £28,9875. The Trustees acknowledge that current free reserves are therefore significantly above this target but are aware that the funding climate has changed and these reserves will be used in the coming year to deliver services.

### Post Year end events

There are no post-year events that affect the charity's financial security, activities nor an understanding of the accounts

Signed: *Hilary Colston*  
Chair of Trustees

Date approved 21/02/2024

 Survivors Together	<b>Survivors Together</b>	<b>Charity No 1141487</b>
<b>Independent Examiner's Report</b>		

To the Trustees.

I report on the accounts of the Trust for the year ended 31<sup>st</sup> August 2023, which are set out in the following pages.

#### **Respective responsibilities of trustees and examiner**

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011, "the 2011 Act", and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

Examine the accounts under section 145 of the 2011 Act;

To follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

To state whether particular matters have come to my attention.

#### **Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

#### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

Which gives me reasonable cause to believe that in any material respect the requirements:

To keep accounting records in accordance with section 386 of the companies Act 2011;  
and


To prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities(2008);

have not been met; or

to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


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Dated.....22/02/2024

 Survivors Together	Survivors Together				Charity No	1141487	CC17a
	Annual accounts for the period						
	From		01/09/2022	To	31/08/2023		

## Section A Statement of financial activities

	Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
<b>Incoming resources (Note 3)</b>						
Incoming resources from generated funds						
Voluntary income	S01	1,600	-	-	1,600	2,221
Investment income	S03	-	-	-	-	-
Incoming resources from charitable activities	S04	-	-	-	-	64,611
Other incoming resources	S05	-	-	-	-	-
<b>Total incoming resources</b>	S06	1,600	-	-	1,600	66,832
<b>Resources expended (Notes 4-8)</b>						
Costs of Generating Funds		-	-	-	-	-
Costs of generating voluntary income	S07	-	-	-	-	-
Charitable activities	S10	19,562	9,395	-	28,957	59,272
Governance costs	S11	319	-	-	319	390
Transfer to CIO		10,440	-	-	10,440	-
<b>Total resources expended</b>		30,321	9,395	-	39,716	59,662
<b>Net incoming/(outgoing) resources before transfers</b>		- 28,721	- 9,395	-	- 38,116	7,170
<b>Gross transfers between funds</b>		-	-	-	-	-
<b>Net incoming/(outgoing) resources before other recognised gains/(losses)</b>		- 28,721	- 9,395	-	- 38,116	7,170
<b>Other recognised gains/(losses)</b>						
Gains and losses on revaluation of fixed assets for the charity's own use		-	-	-	-	-
Gains and losses on investment assets		-	-	-	-	-
<b>Net movement in funds</b>		- 28,721	- 9,395	-	- 38,116	7,170
<b>Total funds brought forward</b>		29,221	9,395	-	38,616	31,446
<b>Total funds carried forward</b>		500	-	-	500	38,616

 Survivors Together	Survivors Together			Charity No	1141487	CC17a
	Annual accounts for the period					
	From	01/09/2022	To	31/08/2023		

## Section B


Balance Sheet as at 31  
Aug 2023

Note

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
<b>Fixed assets</b>					
Tangible assets (Note 6)	-	-	-	-	-
Investments	-	-	-	-	-
<b>Total fixed assets</b>	-	-	-	-	-
<b>Current assets</b>					
Debtors (Note 7)	-	-	-	-	-
Cash at bank and in hand	500	-	-	500	-
<b>Total current assets</b>	500	-	-	500	-
<b>Creditors: amounts falling due within one year</b> (Note 8)	-	-	-	-	-
<b>Net current assets/ (liabilities)</b>	500	-	-	500	-
<b>Total assets less current liabilities</b>	500	-	-	500	-
<b>Creditors: amounts falling due after one year</b>	-	-	-	-	-
<b>Net assets</b>	500	-	-	500	-
<b>Funds of the Charity</b>					
Unrestricted funds	500			500	-
Restricted income funds (Note 9)		-		-	-
Endowment funds (Note 9)			-	-	-
<b>Total funds</b>	500	-	-	500	-

Signed by one or two trustees on  
behalf of all the trustees

Signature	Print Name	Date of approval
<i>Hilary Colston</i>	Hilary Colston	21/02/2024
<i>Bj Dexter</i>	Brian Dexter	21/02/2024

 Survivors Together	Survivors Together			Charity No	1141487	CC17a
	Annual accounts for the period					
	From	01/09/2022	To	31/08/2023		
Section C		Notes to the accounts				

## Note 1 Basis of preparation

### 1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with the Charities Act.

## Note 2 Accounting policies

### INCOMING RESOURCES

**Recognition of incoming resources** These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees consider that receipt of funds is probable; and
- the monetary value can be measured with sufficient reliability.

**Incoming resources with related expenditure** Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

**Grants and donations** Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

**Tax reclaims on donations and gifts** Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

**Gifts in kind** Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

**Donated services and facilities** These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

**Volunteer help** The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

**Investment income** This is included in the accounts when receivable.

### EXPENDITURE AND LIABILITIES

**Liability recognition** Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

**Governance costs** Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters and the cost of E&PL insurances

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

**Grants payable without performance conditions** These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.

**Support Costs** Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

### ASSETS

**Tangible fixed assets for use by charity** These are capitalised if they can be used for more than one year, and cost at least £250. They are valued at cost or a reasonable value on receipt.



<b>Survivors Together</b>	<b>Charity No 1141487</b>
<b>Annual accounts for the period</b>	<b>From 01/09/2022 to 31/08/2023</b>
<b>Section C</b>	<b>Notes to the accounts</b>

### Note 3

### Analysis of incoming resources

		<b>This year £</b>	<b>Last year £</b>
	<b>Analysis</b>		
<b>Voluntary income (s01)</b>	General Cash Gifts and one-off Donations	530	871
	Cash Donation re Othona weekend	150	-
	Gifts in Kind	-	-
	HMRC NI Rebate	1,070	1,350
	Gift Aid recoverable	-	-
	<b>Total</b>	<b>1,600</b>	<b>2,221</b>
<b>Investment income (s03)</b>	Bank Interest	-	-
	<b>Total</b>	<b>-</b>	<b>-</b>
<b>Incoming resources from charitable activities (s04)</b>	Grant from Big Lottery [R]	-	-
	Big Lottery Covid Response [R]	-	-
	MOPAC - Covid Response [R]	-	-
	Othona [R]	-	2,611
	Lottery Young womens project [R]	-	-
	Contributions to Othona weekend	-	2,000
	City Bridge Trust [R]	-	25,000
	Postcode Lottery	-	-
	Postcode Society [U]	-	25,000
	National lottery Awards for all [R]	-	10,000
	<b>Total</b>	<b>-</b>	<b>64,611</b>

### Note 4

### Analysis of resources expended

		<b>This year £</b>	<b>Last year £</b>
<b>Expenditure on Raising Funds</b>		-	-
		-	-
	<b>Total</b>	<b>-</b>	<b>-</b>
<b>Expenditure on Charitable activities (s10)</b>	Staff Costs	20,681	48,510
	Meeting Room Hire	2,207	2,160
	Meeting Costs and Speakers	1,028	2,399
	Events and other client support	995	2,252
	Publicity and advertising	407	242
	Volunteer and Staff Travel	369	688
	Phone/Stationery/Postage	837	589
	Office and IT costs	837	437
	Training	130	536
	Supervision	-	448
	Publications	-	576
	Consultancy	1,250	-
	Depreciation	215	434
	<b>Total</b>	<b>28,957</b>	<b>59,272</b>
<b>Expenditure on Support costs (s11)</b>	Insurance	319	390
	Independent Exam	-	-
	<b>Total</b>	<b>319</b>	<b>390</b>

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<b>Section C</b>	<b>Notes to the accounts</b>
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## Note 5 Paid employees

During the year there were five (2022: 5) employees of the organisation. None of the Trustees received any remuneration from the charity

### Number of Employees

	2023	2022
Charitable Activities	3	3

### Employment Costs

	2023	2022
	£	£
Wages and Salaries	-	46,533
NIC	-	1,350
Employer Pension costs	-	627
	-	48,510

## Note 6 Tangible fixed assets

### 6.1 Cost or valuation

	Plant, machinery and motor vehicles £	Fixtures, fittings and equipment £	Land and Buildings £	Total £
Balance brought forward	-	2,662	-	2,662
Additions	-	-	-	-
Revaluations	-	-	-	-
Disposals	-	-	-	-
Transfers *	-	-	-	-
Balance carried forward	-	2,662	-	2,662

### 6.2 Accumulated depreciation and impairment provisions

	**Basis	SL or RB	Straight Line 50%		
	** Rate				
		£	£	£	£
Balance brought forward		-	2,447		2,447
Depreciation charge for year		-	215		215
Impairment provisions		-	-		-
Revaluations		-	-		-
Disposals		-	-		-
Transfers*		-	-		-
Balance carried forward		-	2,662		2,662

### 6.3 Net book value

Brought forward	-	215	-	215
Carried forward	-	-	-	-

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<b>Annual accounts for the period</b> From 01/09/2022 to 31/08/2023		
<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>

## Note 7

### Analysis of debtors

## Debtors and prepayments

	Amounts falling due within one		Amounts falling due after more	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	444	-	-
Other debtors	-	61	-	-
Prepayments and accrued income	-	383	-	-
<b>Total</b>	-	0	-	-

## Note 8

### 8.1 Analysis of creditors

## Creditors and accruals

	Amounts falling due within one		Amounts falling due after more	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	-	-	-
Trade creditors	-	100	-	-
Other creditors	-	2,661	-	-
Deferred Income	-	-	-	-
Accruals	-	2,761	-	-
<b>Total</b>	-	-	-	-

<b>Survivors Together</b>	<b>Charity No</b>	<b>1141487</b>
<b>Annual accounts for the period</b>		From 01/09/2022 to 31/08/2023
<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>

## Note 9 Endowment and restricted income funds

### 9.1 Funds held

The charity holds the following Restricted Funds.

<b>Fund Name</b>	<b>Type PE, EE or R</b>	<b>Purpose and Restrictions</b>
The National Lottery-Young Women	Restricted	Young womens worker and project delivery
Postcode lottery	Restricted	Organisation Development
Othona Weekend	Restricted	Funds eraised to cover weekend away in othona
City Bridge Trust	Restricted	Programme Delivery

It has no permanent nor expendable endowment funds

### 9.2 Movements of major funds

<b>Fund names</b>	<b>Fund balances brought forward £</b>	<b>Incoming resources £</b>	<b>Outgoing resources £</b>	<b>Fund balances carried forward £</b>
The National Lottery	-	-	-	-
City Bridge Trust	9,395	-	9,395	-
Postcode Lottery	-	-	-	-
Othona weekend	-	-	-	-
<b>Total Restricted Funds</b>	<b>9,395</b>	<b>-</b>	<b>9,395</b>	<b>-</b>

## Note 10 Related Party Transactions and Transactions with Trustees

The Chair provides supervision services to the Director

The Chair is also Secretary of Memorial Community Church who provide office space and meeting rooms to the charity at their standard rates