

TRAUMA RECOVERY CENTRE

England & Wales · Charity number 1141659

Details

| | |
|----------------|---|
| Other names | TRC, Trauma Recovery UK |
| Status | Registered |
| Legal form | Charitable company |
| Company number | 07526611 |
| Registered | 2011-05-03 |
| Register | View on the Charity Commission register |

Contact

| | |
|---------|--|
| Address | Trauma Recovery Centre Freedom House Lower Bristol Road Bath BA2 1EP |
| Phone | 07947 117714 |
| Email | admin@trc-uk.org |
| Website | www.trc-uk.org |

Activities

Objects: (1) TO RELIEVE THE MENTAL AND PHYSICAL SUFFERING OF CHILDREN AND YOUNG PEOPLESUFFERING FROM CRISIS OR TRAUMA WHICH HAS CAUSED EMOTIONAL DAMAGE BY THE PROVISIONOF COUNSELLING AND SUPPORT FOR SUCH PERSONS.(2) TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF TRAUMA RECOVERY.

Activities: The Trauma Recovery Centre (TRC) exists to facilitate the creative and purposeful recovery of children facing challenge and crisis. The charity provides therapy and counselling to children and their carers who are facing trauma and extreme challenges; and training in the recovery from trauma and abuse to charities and organisations working with children and adults.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- Guernsey
- Bath And North East Somerset
- Bristol City
- Oxfordshire
- Wiltshire

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-03-31 | £273,969 | £295,072 | - | - |
| 2024-03-31 | £283,344 | £210,660 | - | - |
| 2023-03-31 | £159,216 | £146,475 | - | - |
| 2022-03-31 | £104,114 | £154,529 | - | - |
| 2021-03-31 | £198,723 | £161,152 | - | - |

Trustees

| Name | Role | Appointed |
|-----------------------------|-------|------------|
| Elizabeth de Thierry | Chair | 2011-05-03 |
| Dr Laura Carolyn Aruparayil | | 2021-01-24 |
| Kathleen Tracy Bassett | | 2023-06-15 |
| MRS MARY PATTERSON | | 2014-11-30 |
| Nicholas James Gardner | | 2025-06-04 |

TRAUMA RECOVERY CENTRE

England & Wales - Charity number 1141659

Accounts

Trauma
Recovery
UK



Trauma Recovery Centre

(A company limited by guarantee)

Financial Statements
Year ended: 31st March 2025

Charity No: 1141659
Company No: 7526611

Contents

| | |
|----|--|
| 3 | Reference and administrative information |
| 4 | Trustees Report |
| 7 | Achievements and Performance |
| 16 | Statement of Financial Activity |
| 17 | Balance Sheet |
| 19 | Statement of Cashflows |
| 20 | Notes to the Accounts |
| 28 | Accountants Report |



Reference and administrative information

| | |
|--|--|
| Charity Name: | Trauma Recovery Centre |
| Working Name: | TRC & Trauma Recovery UK |
| England & Wales Charity Number: | 1141659 |
| Scottish Charity Number: | SC054379 (registered 4th July 2025) |
| Company Number: | 7526611 |
| Registered Office Address: | Freedom House Lower Bristol Road Bath BA2 1EP |
| Trustees: | Trustees serving at the date of this report are: Mrs Elizabeth de Thierry (Chair) Mrs Susan Mary Patterson Dr Laura Aruparayil Mr Malachi Dingis (resigned 7th April 2025) Mrs Kathleen Bassett |
| Company Secretary: | Rowan Fisher |
| Bankers: | HSBC Bank PLC, 62 George White Street, Cabot Circus, Bristol, BS1 3BA |
| Independent Examiner: | Mark Garrett FCA, Mark Garrett Tax and Accountancy Ltd. 23 Leafield Industrial Estate, Corsham, Wiltshire, SN13 9RS |



Trustees' Report

For the year ended 31st March 2025

The Trustees have pleasure in presenting their report with the financial statements of the charity for the year ended 31st March 2025 which are also prepared to meet the requirements of a director's report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 11th February 2011 and registered as a charity on 3rd May 2011. The company was established under a Memorandum of Association and is governed under its Articles of Association.

The Trustees, who are also directors of the charity for the purposes of the Companies Act 1985, have the power to appoint new or additional trustees and to remove any trustee provided the number of Trustees does not fall below a minimum of three.

Trustees are selected to have a wide range of therapy, education, business and charity experience and are required to gain an understanding of all aspects of the charity's work. New trustees are provided with a Trustee Handbook that includes:

- An overview of the charity, including vision, aims, activities and governance;
- Information on the roles and responsibilities of trustees;
- Copy of Articles of Association and Board Policies;
- Details of current staff members and board members; and
- A copy of the Charity Commission guidance (CC3a) 'The Essential Trustee'.



Trustee meetings are held a minimum of three times per year and trustees are provided with up to date financial information. The trustees review major risks to which the charity is exposed, as identified by the board, with systems or procedures being established to manage those risks.

In addition to the Board of Trustees, each individual member of our therapy staff has an external supervisor. The team of supervisors have extensive experience of play, music and art in therapy, child counselling and all are approved clinical supervisors.

Future strategy for the charity is developed by the Trustees.

The daily running of the charity is undertaken by the Trustees and Senior Staff Team together with a team of staff and volunteers who provide a range of skills and experience.

Objectives and Activities

Trauma Recovery Centre's objects, as per the charity's articles of association are:



1. To relieve the mental and physical suffering of children and young people suffering from crisis or trauma which has caused emotional damage by the provision of counselling and support for such persons;
2. To advance the education of the public in the subject of trauma recovery;

Under these objects the charity has established the following vision:

The TRC exists to help children recover from trauma; defined as an experience which is overwhelming and hinders the child's safety and security. Trauma causes a child or young person to feel terrified and powerless. At the TRC we facilitate recovery for children and young people as they process trauma and support them as they piece their lives back together until a wholeness can be found. We also work to support parents/carers, as well as training and supporting teachers to form a holistic support service.



We believe that children and young people can recover from trauma.

In order to fulfil the vision the charity aims to:

- help children and young people process what is going on in their world;
- help them find their voice;
- see trauma symptoms reduced in their everyday life and future; and
- give them the time and space to work out what they are feeling, and why, so they can be empowered into a positive, bright future

The charity works towards achieving these aims through:

| | | |
|--|--|---|
| Using play, art, drama and music to help children process, think, learn and speak. | Providing excellent creative play, art and music therapy, facilitated by workers trained to high professional standards. | Ensuring that every child is valued, cared for, listened to, and that their feelings are validated and processed. |
| Providing a network of excellent therapists, carers and other professionals, all committed to proactive intervention, giving children the possibility of a fantastic future. | Supporting parents/carers in groups and individually to enable them to process the shared trauma and begin to find hope that recovery is possible. | Upskill the parents and carers in understanding neuroscience so that they are empowered to understand behaviour in their child's life, their own life and others lives. |
| Believing that recovery from trauma is possible and that overcoming challenges leads to a better future. | Believing it's worth it for each individual child and family. | |

The activities of the charity:

TRC Therapy Centres offer creative therapy and psychotherapy to children and young people who are facing trauma and extreme challenges, specialising in complex trauma recovery. We provide individual sessions to children and young people as well as adult counselling and parenting groups to their parents/carers. We specialise in working with complex trauma including children, young people & their carers who have been rescued from human trafficking.

In shaping the charity's objectives and activities the trustees have had regard to the charity commission's guidance on public benefit. The TRC is supported by a team of volunteers.



Achievements and Performance

For the year ended 31st March 2025

We continued to provide specialist trauma recovery focused support, using the BdT Trauma Recovery Focused Model (TRFM®) (de Thierry) as our clinical approach. We continue to see very positive impacts of our work, seeing a significant reduction in the detrimental symptoms which our clients struggle with as a result of experiencing trauma.

Our multidisciplinary teams continue to work together with the whole family, to see lasting change and recovery.

Here are some other highlights from this year:

Congratulations to our Founder and Chair of Trustees

We were thrilled to celebrate Betsy on being awarded an MBE for Services to Child and Adolescent Mental Health and Trauma Recovery as part of the King's Birthday Honors, in June 2025. One of the parents who came to the TRC with her children said "I truly believe, and I've said this to her myself, that Betsy saved my life... with her vision, support and all the work she does. She made it so that the TRC has sessions that support parents, as well as the children, and it taught me from their parenting support videos that the things that happen on the outside with a child aren't the same things that happen on the inside"

Continued Strengthening of the TRC Team

We are committed to always empowering and equipping our TRC Team and further to their regular training in both safeguarding and in the clinical model that we use (TRFM®), we are always looking for ways to improve and strengthen.

We were delighted to welcome new staff to our flagship TRC Bath which enabled us to expand our Therapeutic Mentoring Team and help more children, young people and their families from our waiting list strengthen safety and stability – foundational to the journey of trauma recovery.



In early Spring 2025, Heather Brown became the General Manager of the Charity, having taken over from Kate Blanshard and transitioning into this role from the Operations Manager and having worked with the charity in various roles since 2011. Kate Blanshard continues to support the TRC Oxford.



The TRC Team attended the Trauma Recovery Global Conference - a fantastic two days and we loved hearing from keynote speakers, Betsy de Thierry MBE, Dr Graham Music and Dr Elly Hanson. Our Choir made up of TRC parents, carers, graduated children and mentees, and our team bravely performed to the room full of delegates.

Conferences run by Trauma Recovery Global are so pivotal for us as a team of multidisciplinary professionals and we were grateful for their leading insights into the field of helping children recover from child sexual exploitation and abuse and emotional neglect.

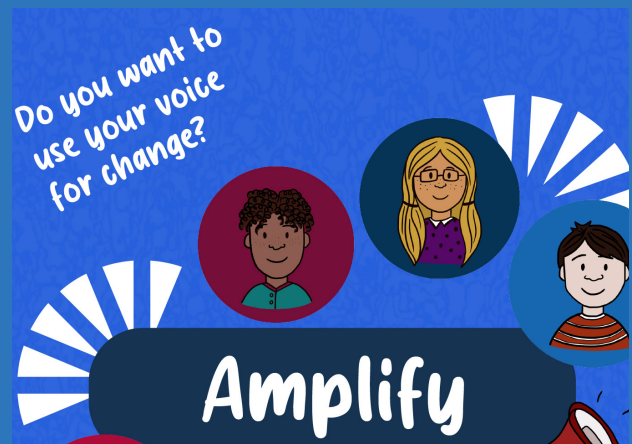
14 Years of Trauma Recovery UK

We celebrated 14 years of Trauma Recovery UK – having helped thousands of courageous children, young people, parents and carers and provided over 29,500 hours of specialist clinical support!

We also continue to love hearing from children and young people who have been supported through our TRC's as part of our Amplify Groups, to speak up about injustice within our systems in order to see much needed change within our nation! We are so excited to hear more about what they have to say and we look forward to continuing with these Groups as the years go on!

Growth

Due to the incredibly high need for specialist trauma recovery support, we are often asked to launch a Trauma Recovery Centre in new areas across the UK and Channel Islands. This year we have been working hard to become a Registered Charity in Scotland, which was approved in July 2025, as part of our ongoing exploration of launching a TRC in this nation.



Trauma
Recovery
UK



Sustainable Grant Funding

We were so pleased and grateful to be successful in applications to receive multi-year funding for our Bath centre this year. This means that each of our TRC's in Bath, Oxford and Guernsey currently have some form of multi-year funding to underpin the finances of each centre, thus ensuring that finances are never a barrier to a family accessing our services. We know that all grant funding enables us to provide ethical and sustainable support to the families we support, and it was fantastic to be awarded these multi-year funding alongside a swathe of other successful grant applications this year. We are so grateful to the grant funders who align with our vision and financially support the TRC, alongside those who fundraise, donate and regularly support us each year.

We were also highlighted by the Lloyds Bank Foundation for the Channel Islands as a Charitable 'Case Study' in their Annual Review of 2024, who wrote "This charity stands out for it's belief that healing is not only possible, but achievable, it's willingness to walk with families through their full

recovery journey and it's drive to transform how trauma is understood and treated in the wider community". We are grateful for funders within Guernsey, including the Lloyds Bank Foundation for the Channel Islands, for their ongoing multi-year commitment to support the TRC Guernsey.

Partnerships and Growing our Network

We began a partnership with the American Museum and Gardens in Bath and launched our first activity afternoon for children during the summer holidays as part of this exciting new venture.

We continued to attend vital networking meetings in Bath to stand alongside other organizations and Charities in the city doing important work in the midst of an ever changing funding climate. We engaged in conversations and information events and joined the BANES Mental Health Alliance in advance of the first meeting in Autumn 2025.

The team exhibited at The Business Exchange South West Charity Conference and Expo, attended by over 500 attendees and by more than 50 exhibitor stands. It was fantastic to talk to so many people from the region working hard to help people.



The Senior Leadership Team travelled to Guernsey and Betsy de Thierry MBE spoke to a room full of professionals, funders and politicians about the urgent need for system change across many nations, including in Guernsey! It was brilliant to hear so many questions and interest from those on the Island, and to meet professionals who are working hard to help families alongside us.

As an Approved Provider within several locations of providing Post-Adoption Therapeutic Support, we continued to stand with other organisations in the vital continuation of the Adoption Support and Special Guardianship Fund in Spring 2025. We continued to fundraise as we awaited the Government briefings to ensure that therapeutic support provided to the families we support in this way was not ruptured.

The people we worked with:

This year we supported 183 people across 3 locations to provide long term, specialist Trauma Recovery Focused support. All our staff are trained in the BdT Trauma Recovery Focused Model (TRFM®), which is the clinical model developed by our Founding Director, Betsy de Thierry, and our service provides this specialist support to stabilise, and process and recover from traumatic experiences.

99

children and young people aged 3-24 accessed TRC:

19

accessed Therapeutic Mentoring

TRC

provided **over 1920 hours of clinical support** to children and young people, and **over 1180 hours** with the **parents/carers.**

79

accessed Trauma Recovery Focused Creative Therapy with 7 also working with our Trauma Recovery Focused trained Occupational Therapist.

84

adults accessed the parent/carer and went through the psychoeducation course: Parenting the traumatised child, written by Betsy de Thierry.

Trauma
Recovery
UK



We also have meetings with external professionals including being involved with:

| | | |
|--------------------------|--|--------------------------------------|
| Case conferences | CIN - Child in Need process | Phone calls with professional |
| Strategy meetings | Team around the family/child meetings | EHCP Reviews |

Client Referral reasons

95% of the clients we work with have experienced multiple traumas.

| Referral Reason | Percentage |
|--|------------|
| Domestic Abuse/ Violence | 41% |
| Bereavement | 23% |
| Early life trauma | 66% |
| Emotional abuse | 41% |
| Family Imprisonment | 6% |
| Family mental health problems | 27% |
| One off trauma: Accident/ House Fire etc | 2% |
| Refugee | 2% |
| Sexual Abuse | 11% |
| Neglect | 9% |
| Physical abuse | 16% |

In the time period following commencement of TRC therapy services, 35% children and young people reported further traumatic experiences occurring in their lives.

Age of children and young people

| | |
|-----------|-----|
| 4 to 11: | 41% |
| 12 to 16: | 48% |
| 17 to 25: | 10% |

Gender of Children and Young People:

| | |
|-----------------|-----|
| Male: | 49% |
| Female: | 47% |
| Gender Neutral: | 2% |
| Transgender: | 1% |

Outcomes for families:

We use a number of clinical measures to assess the work we do including SDQ's, The Trauma Symptom Checklists (Briere) and Adult Wellbeing scales.

We have also developed our own TRC Ending Evaluations are completed by client parents for those under the age of 16, or self reported for those over the age of 16.



We work with children and young people for as long as it takes for them to process their trauma experiences and see a reduction of their trauma symptoms.

This year 25 clients graduated from TRC across the 3 centres. Of the 25, we worked with these children/ young people for the following lengths of time:

| | | | |
|-------------------|-----|---------------------|-----|
| 12-20 weeks | 4% | 2 years - 30 months | 8% |
| 6 months - 1 year | 8% | 3 years - 4 years | 12% |
| 1 - 2 years | 68% | | |

100% of children and young people who graduated from their full course of therapy reported a significant reduction of their trauma symptoms.

100% parents/carers reported their child improved in their ability to self-regulate.

Here is some of the feedback from both the children/young people and the parents/carers we supported this year:

“My feelings were all over the place. I would have random moments of anger, anxiety, sadness due to trauma related to my parent. At the TRC we looked at these feelings we used a lot of clay, paint, the sandtray and some drawing.

We also played a lot of table tennis and table football. Things have changed I have less flashbacks I no longer feel as guilty about things I couldn't change. I didn't talk about things and now I do, more than I did. If I feel anxious now I listen to music, play with my pets, talk to my friends or go for a walk. I know that if I need to I can always come back.”

TRC teenage client.

“When I started coming to TRC I felt sad about things with my parents.

I felt bad about myself, I kept things inside. I didn't feel able to go out much. At the TRC I found a safe place to talk about my experiences and how I felt I was able to trust that what I said wouldn't be

used by people. Now I feel better about myself I go to the gym and go out with friends I can also tell my parents more how I feel, be more honest with them and let them help.”

TRC young adult client.

“My child has had a safe space to explore her emotions and feelings and has discovered ways to self-regulate, or to access help from me. The support has been invaluable in helping us both know how to support her and any big feelings.”

Parent of a child client.

“My daughter now has the tools she can use to help her manage and talk about her huge emotions.”

Parent of a child client.

**Trauma
Recovery
UK**



“Play Therapy is so much fun because you get to do really fun stuff. Some of my favourite things have been ping pong, football, smashing the clay, using the sand, the darts board and baking. When you’re in talking therapy you kind of have to talk because there’s nothing else to do. But here it’s not forced. You do other stuff like playing and then talk when you want to. When I was really little my favourite things were making with clay and playing in the soft play area. Being here helped me understand stuff and get my feelings out. Someone in my family went to Prison. Here it helped me understand what it’s been like for me with my emotions. It really helped me here. I was going through a tough stage”.

TRC child client.

“Having a place that supported my daughter and our family during a time we were all stabilising and adjusting to change and trauma was extremely supportive. Not all therapists get trauma and ways to help it through the body and out so the level of knowledge my child’s therapist and the team have with all the books/ websites and more was really helpful. We have seen much progress with our daughter and her sleep has improved, along with her behaviour and many more areas. The check ins on zoom or face to face were helpful and made us unite as a family whilst learning about trauma and healing as a family. Big thank you to all the team at TRC. May to have many more years of success and helping mankind heal and face trauma.”

Parent of a child client.

“It’s helped me to understand the neuroscience behind my child’s behaviour and how to manage it. I now understand her trauma and mine. It’s changed the way I parent and treat my family.”

Parent of a child client.

Due to our specific work with complex trauma, we do spend time with the parents/ carers to support them to enable the child to be in a safe and stable enough place to be able to have trauma therapy. In complex trauma, the context, history and symptoms are often multi layered and take time to assess and therefore there were a number of families who were unable to complete their course of therapy due to adoption breakdown, physical health and other situations leading to unplanned endings. We are glad to be able to offer an open door policy for them to come back in the future when life is more stable again and they are able to engage back in therapy.

**Trauma
Recovery
UK**



Financial Review



Income for the year was £273,969 (previous year £283,344); coming from income from grants (37%), charitable activities (35%), general donations and fundraising (28%), and other income (less than 1%).

Expenditure for the year totalled £295,072 (previous year £210,660) with 97% spent on charitable activities.

The charity closed the year with funds of £83,077.

The Trustees were grateful to receive grants in the year from St. James' Place Charitable Foundation, Carmwest Charitable Trust, Social Investment Fund, Lloyds Bank Foundation for the Channel Islands, The De Brye Charitable Trust, Trusthouse Charitable Foundation, Quartet, Community Foundation, Douglas Arter Foundation, and Victoria Hospital.

There are no material concerns about the charity's ability to continue as a public benefit entity.

Reserves Policy

The trustees have developed a reserves policy to establish a level of reserves that are right for the TRC and to explain to the charity's stakeholders why holding these reserves is necessary.

The charity's trustees have identified the need to hold back some funds as reserves for the following reasons:

1. Covering unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sick absence
2. Funds might be needed to give the trustees time to take action if income falls below expectations
3. Funds might be needed to fund short-term cashflow deficits



The charity's trustees have considered the following in deciding reserves levels:

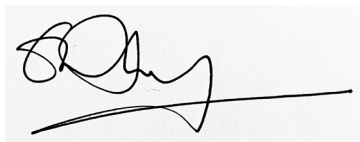
1. Income sources by project area
2. The charity's current expenditure budget and any future spending commitments
3. Long term grant funding secured
4. The minimum funding needed to avoid undue negative impacts on the TRC's beneficiaries, for example giving time for therapy to be ended with a planned ending
5. The funds needed to allow the TRC to wind up while meeting its obligations to staff and service users

Having given consideration to the above points the TRC's board of trustees have agreed to aim to keep a minimum of £15,000 of financial reserves as unrestricted funds.

Plans for Future Periods

- We are due to launch our new centre in Cambridge in January 2026.
- We are looking at 2 further locations to start a new TRC in the UK if funding can be found.
- We have taken on a new member of staff to lead our lobbying department to help our message about the vital work of trauma recovery be amplified in the fast-moving pace of the trauma informed movement. We believe that this will further help more children and young people recover from trauma.
- We plan on continuing the same excellent work we are doing with the BdT TRFM® clinical model as we continue to remember and celebrate every changed life.
- We hope to recruit more Restorers (regular givers) to help both financially sustain the work that we are doing, but also allow us to grow, meeting the ever increasing demand for our services.

Signed:



Date: 16th December 2025

E J de Thierry (Chair of Trustees)



Statement of Financial Activities

For the year ended 31st March 2025

| | Note | Unrestricted Funds | Restricted Funds | Total for FY 31st March 2025 | Total for FY 31st March 2024 |
|--|------|--------------------|------------------|------------------------------------|------------------------------------|
| Income from: | | | | | |
| Donations and Legacies | 1 | 47,135 | 129,025 | 176,160 | 176,215 |
| Charitable Activities | 2 | - | 94,695 | 94,695 | 98,815 |
| Other Trading Activities | 3 | 3,114 | - | 3,114 | 8,314 |
| Total | | 50,249 | 223,720 | 273,969 | 283,344 |
| Expenditure on: | | | | | |
| Raising Funds | 4 | 2,121 | 149 | 2,270 | 2,179 |
| Charitable Activities | 5 | 33,026 | 254,663 | 287,689 | 204,479 |
| Other | 6 | 715 | 4,398 | 5,113 | 4,002 |
| Total | | 35,862 | 259,210 | 295,072 | 210,660 |
| Net income/ (Expenditure) | | 14,387 | (35,490) | (21,103) | 72,684 |
| Transfers between funds | | | | | |
| Gross transfers between funds | 7 | (34,717) | 34,717 | - | - |
| Net Incoming Resources Before Other Recognised Gains/Losses | | (20,330) | (773) | (21,103) | 72,684 |
| Other Recognised Gains/Losses | | - | - | - | - |
| Net Movement in Funds | | (20,330) | (773) | (21,103) | 72,684 |
| Reconciliation of Funds | | | | | |
| Total funds brought forward from previous year | | 44,428 | 59,752 | 104,180 | 31,496 |
| Total Funds Carried Forward | | 24,098 | 58,979 | 83,077 | 104,180 |



Balance Sheet

At 31st March 2025

| | Note | Unrestricted Funds | Restricted Funds | Total at 31st March 2025 | Total at 31st March 2024 |
|---|------|-----------------------|---------------------|--------------------------------|--------------------------------|
| Fixed Assets | | | | | |
| Tangible Assets | 8 | - | 408 | 408 | 677 |
| Intangible Assets | 9 | - | - | - | - |
| Total Fixed Assets | | - | 408 | 408 | 677 |
| Current Assets | | | | | |
| Debtors | 10 | 11,754 | 12,690 | 24,444 | 23,046 |
| Cash at Bank and in Hand | 11 | 14,891 | 53,973 | 68,864 | 91,522 |
| Total Current Assets | | 26,645 | 66,663 | 93,308 | 114,568 |
| Creditors: Amounts falling due in one year | 12 | 2,547 | 8,092 | 10,639 | 11,065 |
| Net Current Assets | | 24,098 | 58,571 | 82,669 | 103,503 |
| Total Assets less Current Liabilities | | 24,098 | 58,979 | 83,077 | 104,180 |
| Creditors: Amounts falling due after one year | | - | - | - | - |
| Provisions for liabilities and charges | | - | - | - | - |
| Net Assets | | 24,098 | 58,979 | 83,077 | 104,180 |
| Funds of the Charity | | | | | |
| General Fund | | 24,098 | - | 24,098 | 42,234 |
| Designated Funds | | - | - | - | 2,194 |
| Restricted Income Funds | 13 | - | 58,979 | 58,979 | 59,752 |
| Total Funds | | 24,098 | 58,979 | 83,077 | 104,180 |



For the year ending 31/03/2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

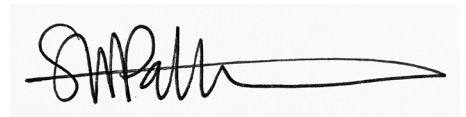
- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These accounts were approved by the Board on 16th December 2025.



Mrs E J de Thierry (Trustee)



Mrs S M Patterson (Trustee)



Statement of Cash Flows

Year ending 31st March 2025

| | Note | Total for FY 31st March 2025 | Total for FY 31st March 2024 |
|--|------|------------------------------------|------------------------------------|
| Cashflows from Operating Activities | | | |
| Net cash provided by (used in) operating activities | 20 | (22,658) | 69,371 |
| Cashflows from Investing Activities | | | |
| Purchase of property, plant and equipment | 8 | - | (350) |
| Cashflows from Financing Activities | | | |
| | | - | - |
| Change in cash and cash equivalents in the reporting period | | (22,658) | 69,021 |
| Cash and cash equivalents at the start of the reporting period | | 91,522 | 22,501 |
| Change in cash and cash equivalents due to exchange rate movements | | - | - |
| Cash and cash equivalents at the end of the reporting period | 21 | <u>68,864</u> | <u>91,522</u> |



Notes to the Accounts

Note 1: Income from Donations and Legacies

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|---------------------------------|-----------------------|---------------------|---|---|
| Donations | 37,778 | 376 | 38,154 | 47,561 |
| Grant Funding | 3,000 | 98,109 | 101,109 | 93,200 |
| Gift Aid Tax Claimed | 5,857 | - | 5,857 | 6,415 |
| Donated Services and Facilities | 500 | 30,540 | 31,040 | 29,039 |
| Other Income | - | - | - | - |
| Total | 47,135 | 129,025 | 176,160 | 176,215 |

Note 2: Income from Charitable Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|-----------------------------|-----------------------|---------------------|---|---|
| Client Family Contributions | - | 24,915 | 24,915 | 20,040 |
| Therapy Fees | - | 69,780 | 69,780 | 69,700 |
| Training Days | - | - | - | 9,075 |
| Total | - | 94,695 | 94,695 | 98,815 |

Note 3: Income from Other Trading Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|--------------------|-----------------------|---------------------|---|---|
| Sales of Goods | 490 | - | 490 | 630 |
| Fundraising Events | 2,624 | - | 2,624 | 7,684 |
| Total | 3,114 | - | 3,114 | 8,314 |

Note 4: Expenditure on Raising Funds

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|----------------------|-----------------------|---------------------|---|---|
| Donor Administration | 1,024 | 149 | 1,173 | 751 |
| Direct Event Costs | 654 | - | 654 | 758 |
| Goods for Resale | 443 | - | 443 | 670 |
| Total | 2,121 | 149 | 2,270 | 2,179 |



Note 5: Charitable Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|--|--------------------|------------------|-------------------------------------|-------------------------------------|
| Staff Costs | 17,394 | 176,496 | 193,890 | 138,272 |
| Staff & Volunteer Training | 1,497 | 14,017 | 15,514 | 2,203 |
| Travel & Subsistence Costs | 1,180 | 5,275 | 6,455 | 2,314 |
| Volunteer Expenses | - | - | - | 12 |
| Premises Costs | 4,594 | 44,568 | 49,162 | 35,344 |
| Insurances | 2,266 | 1,807 | 4,073 | 2,701 |
| Craft Supplies, Toys & Other Equipment | - | 2,845 | 2,845 | 4,713 |
| Professional Memberships | 175 | 391 | 566 | 163 |
| IT Support and Consultancy | 452 | 1,348 | 1,800 | 1,801 |
| Consultancy Fees | 858 | 4,919 | 5,777 | 2,942 |
| Conference Speakers | - | - | - | 4,683 |
| Other Costs (including office costs) | 4,610 | 2,997 | 7,607 | 9,331 |
| Total | 33,026 | 254,663 | 287,689 | 204,479 |

Note 6: Other Expenditure

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|---|--------------------|------------------|-------------------------------------|-------------------------------------|
| Bank Charges and Interest | 110 | - | 110 | 139 |
| Professional Fees (Legal & Accountancy) | 570 | - | 570 | 1,374 |
| Clinical Supervision | - | 4,129 | 4,129 | 2,186 |
| Annual Fees | 35 | - | 35 | 35 |
| Depreciation, Amortisation and Loss on Disposal of Fixed Assets | - | 269 | 269 | 268 |
| Total | 715 | 4,398 | 5,113 | 4,002 |

Note 7: Gross Transfers Between Funds

| | Unrestricted Funds | Restricted Funds |
|--------------|--------------------|------------------|
| Bath | | 33,111 |
| Guernsey | | (7,707) |
| Oxford | | 9,313 |
| Training | (2,194) | |
| General Fund | (32,523) | |
| | (34,717) | 34,717 |



Note 8: Tangible Fixed Assets

| | Fixtures & Fittings | | Office Equipment | | Total |
|-------------------------------|---------------------|---|--------------------|------------------|------------------|
| | Unrestricted Funds | Restricted Fund Big Lottery: Awards for All | Unrestricted Funds | Restricted Funds | Restricted Funds |
| | £ | £ | £ | £ | £ |
| Cost | | | | | |
| At 1st April 2024 | - | 9,928 | 1,188 | 1,341 | 12,457 |
| Additions | - | - | - | - | - |
| Disposals | - | - | - | - | - |
| At 31st March 2025 | - | 9,928 | 1,188 | 1,341 | 12,457 |
| Depreciations | | | | | |
| At 1st April 2024 | - | 9,928 | 1,188 | 664 | 11,780 |
| Charge this year | - | - | - | 269 | 269 |
| Disposals | - | - | - | - | - |
| At 31st March 2025 | - | 9,928 | 1,188 | 933 | 12,049 |
| NBV at 31st March 2025 | - | - | - | 408 | 408 |

Note 9: Intangible Fixed Assets

| Intellectual Property | Unrestricted Funds |
|-------------------------------|--------------------|
| | £ |
| Cost | |
| At 1st April 2024 | 1,676 |
| Additions | - |
| Disposals | - |
| At 31st March 2025 | 1,676 |
| Depreciations | |
| At 1st April 2024 | 1,676 |
| Charge this year | - |
| Disposals | - |
| At 31st March 2025 | 1,676 |
| NBV at 31st March 2025 | - |



Note 10: Debtors

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|----------------------|-----------------------|---------------------|---|---|
| Prepayments | 613 | 3,465 | 4,078 | 4,213 |
| Outstanding Invoices | - | 6,210 | 6,210 | 16,175 |
| Accrued Income | - | 1,600 | 1,600 | - |
| Gift Aid Debtor | 2,312 | - | 2,312 | 2,658 |
| Other Debtors | 8,829 | 1,415 | 10,244 | - |
| | 11,754 | 12,690 | 24,444 | 23,046 |

Note 11: Cash at Bank and In Hand

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|------------------------|-----------------------|---------------------|---|---|
| HSBC Current Account 1 | 2,769 | 22,062 | 24,831 | 16,330 |
| HSBC Current Account 2 | 12,079 | 31,911 | 43,990 | 75,030 |
| Petty Cash | 43 | - | 43 | - |
| PayPal Account | - | - | - | 162 |
| | 14,891 | 53,973 | 68,864 | 91,522 |

Note 12: Creditors: Amounts Falling Due Within One Year

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|------------------|-----------------------|---------------------|---|---|
| Accrued Expenses | 2,547 | 1,567 | 4,114 | 3,190 |
| Deferred Income | - | 6,525 | 6,525 | 7,875 |
| | 2,547 | 8,092 | 10,639 | 11,065 |

Note 13: Restricted Income Funds

| | Balance at 1st April | Incoming Resources | Outgoing Resources | Transfers Between Funds | Balance at 31st March 2025 |
|-------------------------|-------------------------|-----------------------|-----------------------|-------------------------------|----------------------------------|
| Bath Therapy Centre | 18,396 | 82,035 | (112,334) | 33,111 | 21,208 |
| Guernsey Therapy Centre | 41,356 | 107,390 | (103,268) | (7,707) | 37,771 |
| Oxford Therapy Centre | - | 34,295 | (43,608) | 9,313 | - |
| Total | 15,196 | 223,720 | (259,210) | 34,717 | 58,979 |

Transfers between funds have been made from unrestricted funds to fund the deficit on a restricted fund.

Note 14: Trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with Trauma Recovery Centre or a related entity.

Expenses were paid to none of the trustees to reimburse costs incurred by them in carrying out their duties as trustees of Trauma Recovery Centre.

Note 15: Reimbursement of Trustee Expenses

| | |
|-------------------------------|-----------|
| Number of Trustees Reimbursed | 0 |
| | Total (£) |
| Travel and Accommodation | - |
| Subsistence | - |
| Total | - |

Note 16: Fees for Examination of the Accounts

Fee for Independent Examination £570

Note 17: Staff Costs

| | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|-----------------------|---|---|
| Salaries | 186,295 | 134,268 |
| Employers NI | 2,883 | - |
| Pension Contributions | 1,761 | 1,169 |
| Total Cost | 190,939 | 135,737 |

| | | |
|--|-----|-----|
| Number of Employees | 22 | 20 |
| Number of Full Time Equivalent Employees | 5.9 | 5.4 |

There were no employees in the year with emoluments above £60,000



Note 18: Related Party Transactions

Payments in the year totalling £21,120 for staff and volunteer training and consulting, were paid to Betsy de Thierry Ltd, a limited company of which Mrs Elizabeth de Thierry is a director. These payments are permitted within the charity's governing document and all conditions outlined in the governing document were met.

This amount includes a balance of £4,078 in prepayments (see note 10).

Rental payments for the use of Freedom House, totalling £16,000, were paid to Sound Church Ltd, a charity of which Mrs Elizabeth de Thierry is a trustee.

Trauma Recovery Centre also received £3,200 from Sound Church Ltd, as a gift in kind for rental of Freedom House, as well as further donations totalling £9,655 throughout the year.

Note 19: Taxation

No taxation charges have arisen for the charity in the year.

Note 20: Reconciliation of net income/(expenditure) to net cash flow from operating activities

| | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|---|---|---|
| Net income/(expenditure) for the reporting period (as per the statement of financial activities) | (21,103) | 72,684 |
| Adjustments for: | | |
| Depreciation Charges | 269 | 268 |
| (increase)/decrease in debtors | (1,398) | (12,874) |
| Increase/(decrease)in creditors | (426) | 9,293 |
| Net cash provided by (used in) operating activities | (22,658) | 69,371 |

Note 21: Analysis of cash and cash equivalents

| | Total for FY ending 31st March 2025 | Total for FY ending 31st March 2024 |
|------------------------|---|---|
| Bank and cash balances | 68,864 | 91,522 |

**Trauma
Recovery
UK**



Note 22: Accounting Policies

Basis of accounting

The financial statements are to be prepared under the historical cost convention and in accordance with applicable accounting standards. They should follow the recommendations in the 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 1st January 2015).

Incoming resources

Incoming resources are to be included in the Statement of Financial Activities when the charity becomes entitled to the resources, the trustees are virtually certain they will receive the resources and the monetary value can be measured with sufficient reliability.

Incoming resources should all be reported gross, and the Statement of Financial Activities should recognise all incoming resources becoming available to the charitable company during the year.

The value of services provided by volunteers is not to be included in the financial statements. Donated services and facilities are to be included at the value to the charity where this can be quantified. Incoming resources from charitable activities are to be accounted for when earned.

Legacy income is to be accounted for on a receivable basis. A legacy is considered receivable for the period only once the amount is known with certainty.

Income from grants is recognised where there is evidence of entitlement to the grant, receipt is probable and its amount can be measured reliably. Some grants will contain certain terms and conditions that must be met before the charity has entitlement to the resource. In these cases the income will not be recognised until all the terms and conditions have been met.

Fund accounting

Restricted funds are funds subject to specific conditions imposed by the funders and relate to specific projects. Expenditure which meets these criteria is to be charged to the funds.



Unrestricted funds comprise accumulated surpluses and deficits on general funds and are available for use at the discretion of the trustees in furtherance of the object of the charitable company.

Unrestricted funds should include a capital reserve representing the fixed assets.

Interest earned on restricted income is not to be applied to the restricted fund unless specifically requested by the donor. Such interest will be treated as unrestricted income.

Resources expended

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

Resources expended are to be shown gross and accruals are to be included in creditors for all known liabilities relating to the year.

Cost of generating funds costs relate to the costs incurred by the charitable company in inducing others to make voluntary contributions to it and the costs for fund raising.

Governance costs of the charitable company comprise of costs of the management of its assets and compliance with constitutional and statutory requirements and include fees and costs linked to the strategic management of the charity.

Fixed assets

Depreciation is to be provided on all tangible fixed assets bought in the UK costing more than £500 at rates calculated to write off the cost of each asset over its expected useful life.



Independent examiner's report to the trustees of Trauma Recovery Centre

I report on the accounts of the company for the year ended 31 March 2025, which are set out on pages 16 to 27.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) 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 as 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:

- (1) 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 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirement 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 have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Mark Garrett FCA

Chartered Accountant

Mark Garrett Tax and Accountancy Ltd.

23 Leafield Industrial Estate, Corsham, Wiltshire, SN13 9RS

**Trauma
Recovery
UK**



TRAUMA RECOVERY CENTRE

England & Wales - Charity number 1141659

Accounts



TRAUMA RECOVERY CENTRE
(A company limited by guarantee)

Financial Statements

Year Ended: 31st March 2024

Charity No: 1141659
Company No: 7526611

CONTENTS

| | Page |
|--|-------------|
| Reference and administrative information | 3 |
| Trustees Report | 4 |
| Achievements and Performance | 7 |
| Statement of Financial Activity | 14 |
| Balance Sheet | 15 |
| Statement of Cashflows | 17 |
| Notes to the Accounts | 18 |
| Accountants Report | 26 |



Reference and administrative information

Charity Name: Trauma Recovery Centre

Working Name: TRC

Charity Number: 1141659

Company Number: 7526611

Registered Office Address:

John Eccles House
Robert Robinson Avenue
Oxford
OX4 4GP

Trustees:

Trustees serving at the date of this report are:

Mrs Elizabeth de Thierry (Chair)

Mrs Susan Mary Patterson

Mr Kenneth Whitelaw-Jones (resigned 9th May 2023)

Dr Laura Aruparayil

Mr Malachi Dingis

Kathleen Bassett (appointed 15th June 2023)

Company Secretary: Rowan Fisher

Bankers:

HSBC Bank PLC, 62 George White Street, Cabot Circus, Bristol, BS1 3BA

Independent Examiner: Mark Garrett FCA, Mark Garrett Tax and Accountancy Ltd.

23 Leafield Industrial Estate, Corsham, Wiltshire, SN13 9RS

Trustees' Report

For the year ended 31st March 2024

The Trustees have pleasure in presenting their report with the financial statements of the charity for the year ended 31st March 2024 which are also prepared to meet the requirements of a director's report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 11th February 2011 and registered as a charity on 3rd May 2011. The company was established under a Memorandum of Association and is governed under its Articles of Association.

The Trustees, who are also directors of the charity for the purposes of the Companies Act 1985, have the power to appoint new or additional trustees and to remove any trustee provided the number of Trustees does not fall below a minimum of three.

Trustees are selected to have a wide range of therapy, education, business and charity experience and are required to gain an understanding of all aspects of the charity's work. New trustees are provided with a Trustee Handbook that includes:

- An overview of the charity, including vision, aims, activities and governance;
- Information on the roles and responsibilities of trustees;
- Copy of Articles of Association and Board Policies;
- Details of current staff members and board members; and
- A copy of the Charity Commission guidance (CC3a) 'The Essential Trustee'.

Trustee meetings are held a minimum of three times per year and trustees are provided with up to date financial information. The trustees review major risks to which the charity is exposed, as identified by the board, with systems or procedures being established to manage those risks.

In addition to the Board of Trustees, each individual member of our therapy staff has an external supervisor. The team of supervisors have extensive experience of play, music and art in therapy, child counselling and all are approved clinical supervisors.

Future strategy for the charity is developed by the Trustees.

The daily running of the charity is undertaken by the Trustees and Senior Staff Team together with a team of staff and volunteers who provide a range of skills and experience.

Objectives and Activities

Trauma Recovery Centre's objects, as per the charity's articles of association are:

1. To relieve the mental and physical suffering of children and young people suffering from crisis or trauma which has caused emotional damage by the provision of counselling and support for such persons;
2. To advance the education of the public in the subject of trauma recovery;

Under these objects the charity has established the following vision:

The TRC exists to help children recover from trauma; defined as an experience which is overwhelming and hinders the child's safety and security. Trauma causes a child or young person to feel terrified and powerless. At the TRC we facilitate recovery for children and young people as they process trauma and support them as they piece their lives back together until a wholeness can be found. We also work to support parents/carers, as well as training and supporting teachers to form a holistic support service.

We believe that children and young people can recover from trauma.

In order to fulfil the vision the charity aims to:

- ☺ help children and young people process what is going on in their world;
- ☺ help them find their voice;
- ☺ see trauma symptoms reduced in their everyday life and future; and
- ☺ give them the time and space to work out what they are feeling, and why, so they can be empowered into a positive, bright future.

The charity works towards achieving these aims through:

- ☺ Using play, art, drama and music to help children process, think, learn and speak.
- ☺ Providing excellent creative play, art and music therapy, facilitated by workers trained to high professional standards.
- ☺ Ensuring that every child is valued, cared for, listened to, and that their feelings are validated and processed.

- ☺ Providing a network of excellent therapists, carers and other professionals, all committed to proactive intervention, giving children the possibility of a fantastic future.
- ☺ Supporting parents/ carers in groups and individually to enable them to process the shared trauma and begin to find hope that recovery is possible.
- ☺ Upskill the parents and carers in understanding neuroscience so that they are empowered to understand behaviour in their child's life, their own life and others lives.
- ☺ Believing that recovery from trauma is possible and that overcoming challenges leads to a better future.
- ☺ Believing it's worth it for each individual child and family.

The activities of the charity:

TRC Therapy Centres offer creative therapy and psychotherapy to children and young people who are facing trauma and extreme challenges, specialising in complex trauma recovery. We provide individual sessions to children and young people as well as adult counselling and parenting groups to their parents/carers. We specialise in working with complex trauma including children, young people & their carers who have been rescued from human trafficking.

In shaping the charity's objectives and activities the trustees have had regard to the charity commission's guidance on public benefit.

The TRC is supported by a team of volunteers.

Achievements and Performance

TRC has experienced a year of positive work and positive growth. As ever, the evaluation of the data that is collected from those who have had access to the specialised psychotherapy and support of the charity has been immensely positive. We have become more able to articulate the specialist nature of our work, in context to the growing Trauma Informed movement, which can sometimes lack a clear understanding of the essential element of recovery from trauma.

The trauma symptoms which the children and young people come with to each of our centres, has been interruptive to their lives both in their relationships, learning, emotions, body and general wellbeing. Many of them are struggling with most aspects of their life and the families speak of often being 'desperate' for our help. It is a privilege to provide long term, relationally central, warm and genuine, environment where both the adults and children report that they feel cared for, emotionally safe and able to explore some of the worst aspects of their lives, with a kind and non-judgemental team who are dedicated to facilitating specialised psychotherapy, psychoeducation, support and care for each person who comes to find help.

We continue to have referrals from all sources including police, CAMHS, GP's, social care, other mental health charities and schools.

Our unique organisation is built on a shared passion for attachment trauma being repaired, and as such we are delighted when children who were once clients in our centres come back as young adults and speak of how helpful the charity was in their difficult days. We want to always have an 'open door policy' where families can come back and meet up with team and find support or share stories or positive achievements.

We recognise that our specialist service can still be misunderstood when so many now speak about trauma-informed practice. However, because trauma recovery is not part of any qualifying course to become a psychiatrist, paediatrician, psychotherapist art, music, drama, dance or play therapist, counsellor or occupational therapist, we recognise that our staff who have all completed such training and then progressed into further training in the TRFM model are specialists in this field. We do believe that our partnership with the Trauma Recovery Focused Model is enabling us to work with our recovery lens to view all symptoms of distress as signs that recovery and healing are needed. To facilitate that holistic recovery is still a privilege and one we wish we could facilitate for many more.

This year I think we need to mention the core administration team who provide the firm foundations for the therapy work to be offered. Heather Brown has been a continuous anchor in the organisation and has worked very hard over a long time updating many systems to enable the work to be smooth running. She has worked alongside Kate Blanshard who is a qualified lawyer and so has reviewed our paperwork with that detailed lens. Alongside these two leaders we have been grateful for Jess Nash who has focused on obtaining grants and other important weekly tasks and Rowan Fisher who is our accountant. The whole core team have

made such an excellent foundation for the therapy work to be completed and they have been supported by Claire Tinker who has served the charity since it's early days and so understands the fine details of the systems and culture whilst also being responsible for the data. Our excellent psychotherapists and parent support staff are always hard-working and highly skilled, and we appreciate them deeply as they accompany those we help through their trauma. We would also like to make special mention of our gratitude for our Founding Director and Chair of Trustees, Betsy de Thierry. This year she continued to give hundreds of hours of voluntary Trauma Recovery expertise to the charity, and works with the both the clinicians to consult in complex trauma recovery, and work with the admin team in the running of the charity. Betsy's work internationally has led to exciting collaborations with like minded professionals in the field across the year, as she continues to spread the message that Trauma Recovery is possible, which she pioneered in 2011.

Our ambition is still to be able to be there to help every child and young person who experiences trauma in BANES, Oxford and Guernsey and further afield, so that the impact of the trauma is immediately reduced, leading to less long term mental health and physical health difficulties alongside leading to a better ability for them to engage in learning and succeed with their giftings.

Referrals this year:

We took 40 referrals this year, but had 193 referral enquiries and sadly due to the waiting list we were unable to guarantee that we could take them on within 12 months; for some months of the year we therefore closed our wait lists and were unable to accept referrals due to our decision that asking people to wait for so long was unethical.

The people we worked with

This year we supported 171 people across 3 locations to provide long term, specialist Trauma Recovery Focused support.

91 children and young people aged 3-24 accessed Trauma Recovery Focused Creative therapy

77 adults accessed the parent/carer group and went through the psychoeducation course: Parenting the traumatised child.

3 parent/carer aged 25+ accessed 1:1 Trauma Recovery Focused support

5 children aged 6-15 accessed the Therapeutic Activity Group

Total number of sessions: Over 1640 hours of clinical support with children and young people, and over 1250 hours with parents/carers.

We also have meetings with external professionals including being involved with:

Case conferences

CIN - Child in Need process

Phone calls with professional

Strategy meetings

Team around the family/child meetings

EHCP Reviews

Client Referral Reasons:

97% of the clients we work with have experienced multiple traumas.

Domestic Violence 39%

Early Life Trauma 57%

Emotional Abuse 48%

Physical Abuse 18%

Sexual Abuse 17%

Bereavement 17%

Neglect 23%

Refugee 3%

One off trauma 3%

34% of the children and young people reported further traumatic experiences after starting therapy.

Age of Children and Young People:

4 to 11: 44%

12 to 15: 41%

16-25: 13%

25+: 2%

Gender of Children and Young People:

Male 48%

Female 49%

Transgender 2%

Gender Neutral 1%

Outcomes for families:

We use a number of clinical measures to assess the work we do including SDQ's, The Trauma Symptom Checklists (Briere) and Adult Wellbeing scales.

We have also developed our own TRC Ending Evaluations are completed by client parents for those under the age of 16, or self reported for those over the age of 16.

We work with children and young people for as long as it takes for them to process their trauma experiences and see a reduction of their trauma symptoms. The children and young people receive creative psychotherapy by the TRC clinical team who are trained in using the TRFM model, whilst the parents/ carers go through a psychoeducation course called 'parenting the traumatised child' that is also part of the TRFM model, which is licensed from Trauma Recovery Global, our partner organisation. As a result:

100% children and young people who graduated from their full course of therapy reported a significant reduction of their trauma symptoms.

99% families reported they were so grateful for the support they received and that both the therapy and the parent support group sessions have helped them.

Here are some voices of those we supported this year:

"I am sad to leave TRC because I enjoyed coming and playing with all the toys here, but school is better now and I have less muddles in my head. Now I can look forward to the future." TRC Client

"The trauma recovery centre is good. I feel happy when I'm here and I can trust the people here. I liked the swing, missing school, it's fun you get to play games. Mummy has noticed that I don't think about or worry about the things that have happened anymore. I'm much more able to take control of my emotions rather than them controlling me. I don't throw things around the house anymore when I'm upset." TRC Client

"The support and understanding given throughout our journey and help with tools and guidance on how to approach different situations has been helpful. Fantastic support and help for families at such huge times in their lives giving support and understanding and dealing with trauma. It has taught us how to deal with tricky situations and given us ideas on the best tools to use and for us all as a family to have a great understanding of trauma, the impact it can have on everyone, triggers and solutions." TRC Client parent

“I would really like to pass on my gratitude to you and your team for the work with this child – I have certainly noticed an evident difference in him. He is more vocal and communicative with me and I feel like, finally, staff members are able to begin to form a positive relationship with him.” Headteacher of TRC Client

“I’m afraid to say you’ve done yourselves out of a job! I don’t think I would be sitting here on the last day looking forward to seeing my child spread their wings and take off if it were not for the TRC. You are changing lives! I also felt as the parent that I was listened to and believed and that I mattered. The staff have all been so kind and considerate over the years” TRC Client Parent

Due to our specific work with complex trauma, we do spend time with the parents/ carers to ascertain if the child is in a safe and stable enough place to be able to have trauma therapy. In complex trauma, the context, history and symptoms are often multi layered and take time to assess and therefore there were a number of families who were unable to complete their course of therapy due to adoption breakdown, physical health and other situations leading to unplanned endings. We are glad to be able to offer an open door policy for them to come back in the future when life is more stable again and they are able to engage back in therapy.

Financial Review

Income for the year was £283,344 (previous year £159,216); coming from income from grants (33%), charitable activities (35%), general donations and fundraising (32%), and other income (less than 1%).

Expenditure for the year totalled £210,660 (previous year £146,475) with 97% spent on charitable activities.

The charity closed the year with funds of £104,180.

The Trustees were grateful to receive grants in the year from The Kelly Family Charitable Trust, Skipton Community Fund, Quartet Community Foundation, Guernsey Community Foundation, Magdalen Hospital Trust, Help A Guernsey Child LBG, Hope For a Child Guernsey, Social Investment Fund, Society of Merchant Venturers, The Lord Barnby Foundation, Victoria Hospital, Guernsey Wooden Spoon, and Bath & North East Somerset Community Fund.

There are no material concerns about the charity's ability to continue as a public benefit entity.

Reserves Policy

The trustees have developed a reserves policy to establish a level of reserves that are right for the TRC and to explain to the charity's stakeholders why holding these reserves is necessary.

The charity's trustees have identified the need to hold back some funds as reserves for the following reasons:

1. Covering unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sick absence
2. Funds might be needed to give the trustees time to take action if income falls below expectations
3. Funds might be needed to fund short-term cashflow deficits

The charity's trustees have considered the following in deciding reserves levels:

1. Income sources by project area
2. The charity's current expenditure budget and any future spending commitments
3. Long term grant funding secured
4. The minimum funding needed to avoid undue negative impacts on the TRC's beneficiaries, for example giving time for therapy to be ended with a planned ending
5. The funds needed to allow the TRC to wind up while meeting its obligations to staff and service users

Having given consideration to the above points the TRC's board of trustees have agreed to aim to keep a minimum of £15,000 of financial reserves as unrestricted funds.

Plans for Future Periods

- We are exploring the opening of new centres in new areas.
- We plan on re-opening our lobbying department to help our message about the vital work of trauma recovery be amplified in the fast-moving pace of the trauma informed movement.
- We plan on continuing the same excellent work we are doing and not changing our model or practice, but instead grow in remembering to celebrate every changed life.
- We plan on continuing to work hard to reduce our waiting lists.

Signed:



Date: Dec 17th 2024

E J de Thierry (Chair of Trustees)

**Statement of Financial Activities
Year Ending 31st March 2024**

| | Note | Unrestricted Funds | Restricted Funds | Total for FY 31st March 2024 | Total for FY 31st March 2023 |
|--|------|--------------------|------------------|------------------------------|------------------------------|
| Income from: | | | | | |
| Donations and Legacies | 1 | 58,329 | 117,886 | 176,215 | 85,784 |
| Charitable Activities | 2 | 9,075 | 89,740 | 98,815 | 67,617 |
| Other Trading Activities | 3 | 7,869 | 445 | 8,314 | 5,815 |
| Total | | 75,273 | 208,071 | 283,344 | 159,216 |
| Expenditure on: | | | | | |
| Raising Funds | 4 | 2,081 | 98 | 2,179 | 2,409 |
| Charitable Activities | 5 | 30,895 | 173,584 | 204,479 | 140,075 |
| Other | 6 | 1,548 | 2,454 | 4,002 | 3,991 |
| Total | | 34,524 | 176,136 | 210,660 | 146,475 |
| Net Income / (Expenditure) | | 40,749 | 31,935 | 72,684 | 12,741 |
| Transfers between funds | | | | | |
| Gross transfers between funds | 7 | (12,621) | 12,621 | 0 | 0 |
| Net Incoming Resources Before Other Recognised Gains / Losses | | 28,128 | 44,556 | 72,684 | 12,741 |
| Other Recognised Gains / Losses | | 0 | 0 | 0 | 0 |
| Net Movement in Funds | | 28,128 | 44,556 | 72,684 | 12,741 |
| Reconciliation of Funds | | | | | |
| Total funds brought forward from previous year | | 16,300 | 15,196 | 31,496 | 18,755 |
| Total Funds Carried Forward | | 44,428 | 59,752 | 104,180 | 31,496 |

Balance Sheet
At 31st March 2024

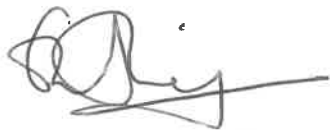
| | Note | Unrestricted Funds | Restricted Funds | Total at 31st March 2024 | Total at 31st March 2023 |
|---|------|--------------------|------------------|--------------------------|--------------------------|
| Fixed Assets | | | | | |
| Tangible Assets | 8 | 0 | 677 | 677 | 595 |
| Intangible Assets | 9 | 0 | 0 | 0 | 0 |
| Total Fixed Assets | | 0 | 677 | 677 | 595 |
| Current Assets | | | | | |
| Debtors | 10 | 3,186 | 19,860 | 23,046 | 10,172 |
| Cash at Bank and In Hand | 11 | 43,119 | 48,403 | 91,522 | 22,501 |
| Total Current Assets | | 46,305 | 68,263 | 114,568 | 32,673 |
| Creditors: Amounts falling due in one year | 12 | 1,877 | 9,188 | 11,065 | 1,772 |
| Net Current Assets | | 44,428 | 59,075 | 103,503 | 30,901 |
| Total Assets less Current Liabilities | | 44,428 | 59,752 | 104,180 | 31,496 |
| Creditors: Amounts falling due after one year | | 0 | 0 | 0 | 0 |
| Provisions for liabilities and charges | | 0 | 0 | 0 | 0 |
| Net Assets | | 44,428 | 59,752 | 104,180 | 31,496 |
| Funds of the Charity | | | | | |
| General Fund | | 42,234 | 0 | 42,234 | 16,300 |
| Designated Funds | | 2,194 | 0 | 2,194 | 0 |
| Restricted Income Funds | 13 | 0 | 59,752 | 59,752 | 15,196 |
| Total Funds | | 44,428 | 59,752 | 104,180 | 31,496 |

For the year ending 31/03/2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These accounts were approved by the Board on 27th November 2024.



Mrs E J de Thierry (Trustee)



Mrs S M Patterson (Trustee)

Statement of Cash Flows
Year Ending 31st March 2024

| | Note | Total for FY 31st March 2024 | Total for FY 31st March 2023 |
|--|------|------------------------------------|------------------------------------|
| Cashflows from Operating Activities | | | |
| Net cash provided by (used in) operating activities | 20 | 69,371 | 8,640 |
| Cashflows from Investing Activities | | | |
| Purchase of property, plant and equipment | 8 | (350) | 0 |
| Cashflows from Financing Activities | | | |
| | | 0 | 0 |
| Change in cash and cash equivalents in the reporting period | | 69,021 | 8,640 |
| Cash and cash equivalents at the start of the reporting period | | 22,501 | 13,861 |
| Change in cash and cash equivalents due to exchange rate movements | | 0 | 0 |
| Cash and cash equivalents at the end of the reporting period | 21 | <u>91,522</u> | <u>22,501</u> |



Notes to the Accounts

Note 1: Income from Donations and Legacies

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2024 | Total for FY ending 31 st March 2023 |
|---------------------------------|-----------------------|---------------------|---|---|
| Donations | 46,441 | 1,120 | 47,561 | 26,885 |
| Grant Funding | 3,000 | 90,200 | 93,200 | 52,000 |
| Gift Aid Tax Claimed | 6,415 | 0 | 6,415 | 4,539 |
| Donated Services and Facilities | 2,473 | 26,566 | 29,039 | 1,983 |
| Other Income | 0 | 0 | 0 | 377 |
| Total | 58,329 | 117,886 | 176,215 | 85,784 |

Note 2: Income from Charitable Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2024 | Total for FY ending 31 st March 2023 |
|-----------------------------|-----------------------|---------------------|---|---|
| Client Family Contributions | 0 | 20,040 | 20,040 | 24,824 |
| Therapy Fees | 0 | 69,700 | 69,700 | 34,475 |
| Training Days | 9,075 | 0 | 9,075 | 8,318 |
| Total | 9,075 | 89,740 | 98,815 | 67,617 |

Note 3: Income from Other Trading Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2024 | Total for FY ending 31 st March 2023 |
|--------------------|-----------------------|---------------------|---|---|
| Sales of Goods | 630 | 0 | 630 | 895 |
| Fundraising Events | 7,239 | 445 | 7,684 | 4,920 |
| Total | 7,869 | 445 | 8,314 | 5,815 |

Note 4: Expenditure on Raising Funds

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2024 | Total for FY ending 31 st March 2023 |
|----------------------|-----------------------|---------------------|---|---|
| Donor Administration | 653 | 98 | 751 | 476 |
| Direct Event Costs | 758 | 0 | 758 | 1,206 |
| Goods for Resale | 670 | 0 | 670 | 727 |
| Total | 2,081 | 98 | 2,179 | 2,409 |

Note 5: Charitable Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2024 | Total for FY ending 31st March 2023 |
|--|---------------------------|-------------------------|---|---|
| Staff Costs | 12,170 | 126,102 | 138,272 | 104,077 |
| Staff & Volunteer Training | 132 | 2,071 | 2,203 | 193 |
| Sessional Staff Costs | 0 | 0 | 0 | 25 |
| Travel & Subsistence Costs | 188 | 2,126 | 2,314 | 1,217 |
| Volunteer Expenses | 12 | 0 | 12 | 57 |
| Premises Costs | 4,712 | 30,632 | 35,344 | 19,737 |
| Insurances | 1,631 | 1,070 | 2,701 | 2,504 |
| Craft Supplies, Toys & Other Equipment | 0 | 4,713 | 4,713 | 210 |
| Professional Memberships | 163 | 0 | 163 | 175 |
| IT Support and Consultancy | 518 | 1,283 | 1,801 | 1,800 |
| Consultancy Fees | 0 | 2,942 | 2,942 | 0 |
| Conference Speakers | 4,683 | 0 | 4,683 | 2,415 |
| Other Costs (including office costs) | 6,686 | 2,645 | 9,331 | 7,665 |
| Total | 30,895 | 173,584 | 204,479 | 140,075 |

Note 6: Other Expenditure

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2024 | Total for FY ending 31st March 2023 |
|---|---------------------------|-------------------------|---|---|
| Bank Charges and Interest | 139 | 0 | 139 | 131 |
| Professional Fees (Legal & Accountancy) | 1,374 | 0 | 1,374 | 1,249 |
| Clinical Supervision | 0 | 2,186 | 2,186 | 2,185 |
| Annual Fees | 35 | 0 | 35 | 35 |
| Depreciation, Amortisation and Loss on Disposal of Fixed Assets | 0 | 268 | 268 | 391 |
| Total | 1,548 | 2,454 | 4,002 | 3,991 |

Note 7: Gross Transfers Between Funds

| | Unrestricted Funds | Restricted Funds |
|--------------|---------------------------|-------------------------|
| Therapy | | 2,912 |
| Guernsey | | 7,772 |
| Oxford | | 1,937 |
| Training | (1,500) | |
| General Fund | (11,121) | |
| | (12,621) | 12,621 |

Note 8: Tangible Fixed Assets

| | Fixtures & Fittings | | Office Equipment | | Total |
|-------------------------------|---------------------|---|--------------------|------------------|---------|
| | Unrestricted Funds | Restricted Fund Big Lottery: Awards for All | Unrestricted Funds | Restricted Funds | |
| | £ | £ | £ | £ | |
| Cost | | | | | |
| At 31st March 2023 | 1,030 | 9,928 | 3,533 | 991 | 15,482 |
| Additions | 0 | 0 | 0 | 350 | 350 |
| Disposals | (1,030) | 0 | (2,345) | 0 | (1,895) |
| At 31st March 2024 | 0 | 9,928 | 1,188 | 1,341 | 13,937 |
| Depreciations | | | | | |
| At 31st March 2023 | 1,030 | 9,928 | 3,533 | 396 | 14,887 |
| Charge this year | 0 | 0 | 0 | 268 | 268 |
| Disposals | (1,030) | 0 | (2,345) | 0 | (1,895) |
| At 31st March 2024 | 0 | 9,928 | 1,188 | 664 | 13,260 |
| NBV at 31st March 2024 | 0 | 0 | 0 | 677 | 677 |

Note 9: Intangible Fixed Assets

| Intellectual Property | Unrestricted Funds |
|-------------------------------|--------------------|
| | £ |
| Cost | |
| At 1st April 2023 | 1,676 |
| Additions | 0 |
| Disposals | 0 |
| At 31st March 2024 | 1,676 |
| Depreciations | |
| At 1st April 2023 | 1,676 |
| Charge this year | 0 |
| Disposals | |
| At 31st March 2024 | 1,676 |
| NBV at 31st March 2024 | 0 |

Note 10: Debtors

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2024 | Total for FY ending 31st March 2023 |
|----------------------|---------------------------|-------------------------|---|---|
| Prepayments | 528 | 3,685 | 4,213 | 0 |
| Outstanding Invoices | 0 | 16,175 | 16,175 | 9,775 |
| Gift Aid Debtor | 2,658 | 0 | 2,658 | 275 |
| Other Debtors | 0 | 0 | 0 | 122 |
| | 3,186 | 19,860 | 23,046 | 10,172 |

Note 11: Cash at Bank and In Hand

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2024 | Total for FY ending 31st March 2023 |
|------------------------|---------------------------|-------------------------|---|---|
| HSBC Current Account 1 | 7,677 | 8,653 | 16,330 | 20,118 |
| HSBC Current Account 2 | 35,280 | 39,750 | 75,030 | 2,383 |
| PayPal Account | 162 | 0 | 162 | 0 |
| | 43,119 | 48,403 | 91,522 | 22,501 |

Note 12: Creditors: Amounts Falling Due Within One Year

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2024 | Total for FY ending 31st March 2023 |
|------------------|---------------------------|-------------------------|---|---|
| Accrued Expenses | 1,877 | 1,313 | 3,190 | 1,772 |
| Deferred Income | 0 | 7,875 | 7,875 | 0 |
| | 1,877 | 9,188 | 11,065 | 1,772 |

Note 13: Restricted Income Funds

| | Balance at 1st April 2023 | Incoming Resources | Outgoing Resources | Transfers Between Funds | Balance at 31st March 2024 |
|-------------------------|----------------------------------|---------------------------|---------------------------|--------------------------------|-----------------------------------|
| Bath Therapy Centre | 15,196 | 102,030 | 101,742 | 2,912 | 18,396 |
| Guernsey Therapy Centre | 0 | 90,370 | 56,786 | 7,772 | 41,356 |
| Oxford Therapy Centre | 0 | 15,671 | 17,608 | 1,937 | 0 |
| Total | 15,196 | 208,071 | 176,136 | 12,621 | 59,752 |

Transfers between funds have been made from unrestricted funds to fund the deficit on a restricted fund.

Note 14: Trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with Trauma Recovery Centre or a related entity.

Expenses were paid to none of the trustees to reimburse costs incurred by them in carrying out their duties as trustees of Trauma Recovery Centre.

Note 15: Reimbursement of Trustee Expenses

Number of Trustees Reimbursed 0

| | Total (£) |
|--------------------------|--------------|
| Travel and Accommodation | 0 |
| Subsistence | 0 |
| Total | <u>0</u> |

Note 16: Fees for Examination of the Accounts

Fee for Independent Examination £540

Note 17: Staff Costs

| | Total for FY ending 31st March 2024 | Total for FY ending 31st March 2023 |
|--|---|---|
| Salaries | 134,268 | 98,793 |
| Employers NI | 0 | 0 |
| Pension Auto-Enrolment Contributions | 1,169 | 858 |
| Total Cost | <u>135,437</u> | <u>99,651</u> |
| | | |
| Number of Employees | 20 | 16 |
| Number of Full Time Equivalent Employees | 5.4 | 3.7 |

There were no employees in the year with emoluments above £60,000

Note 18: Related Party Transactions

Payments in the year totalling £11,703 for staff and volunteer training, consulting, and conference speaker fees were paid to Betsy de Thierry Ltd, a limited company of which Mrs Elizabeth de Thierry is a director. These payments are permitted within the charity's governing document and all conditions outlined in the governing document were met.

This amount includes a balance of £4,213 in prepayments (see note 10).

Rental payments for the use of Freedom House, totalling £4,801, were paid to Sound Church Ltd, a charity of which Mrs Elizabeth de Thierry is a trustee.

Trauma Recovery Centre also received £14,400 from Sound Church Ltd, as a gift in kind for rental of Freedom House, as well as further donations totalling £13,920 throughout the year.

Note 19: Taxation

No taxation charges have arisen for the charity in the year.

Note 20: Reconciliation of net income/(expenditure) to net cash flow from operating activities

| | Total for FY ending 31st March 2024 | Total for FY ending 31st March 2023 |
|---|---|---|
| Net income/(expenditure) for the reporting period (as per the statement of financial activities) | 72,684 | 12,741 |
| Adjustments for: | | |
| Depreciation Charges | 268 | 391 |
| (increase)/decrease in debtors | (12,874) | (4,644) |
| Increase/(decrease)in creditors | 9,293 | 152 |
| Net cash provided by (used in) operating activities | 69,371 | 8,640 |

Note 21: Analysis of cash and cash equivalents

| | Total for FY ending 31st March 2024 | Total for FY ending 31st March 2023 |
|------------------------|---|---|
| Bank and cash balances | 91,522 | 22,501 |

Note 22: Accounting Policies

Basis of accounting

The financial statements are to be prepared under the historical cost convention and in accordance with applicable accounting standards. They should follow the recommendations in the 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 1st January 2015).

Incoming resources

Incoming resources are to be included in the Statement of Financial Activities when the charity becomes entitled to the resources, the trustees are virtually certain they will receive the resources and the monetary value can be measured with sufficient reliability.

Incoming resources should all be reported gross, and the Statement of Financial Activities should recognise all incoming resources becoming available to the charitable company during the year.

The value of services provided by volunteers is not to be included in the financial statements.

Donated services and facilities are to be included at the value to the charity where this can be quantified.

Incoming resources from charitable activities are to be accounted for when earned.

Legacy income is to be accounted for on a receivable basis. A legacy is considered receivable for the period only once the amount is known with certainty.

Income from grants is recognised where there is evidence of entitlement to the grant, receipt is probable and its amount can be measured reliably. Some grants will contain certain terms and conditions that must be met before the charity has entitlement to the resource. In these cases the income will not be recognised until all the terms and conditions have been met.

Fund accounting

Restricted funds are funds subject to specific conditions imposed by the funders and relate to specific projects. Expenditure which meets these criteria is to be charged to the funds.

Unrestricted funds comprise accumulated surpluses and deficits on general funds and are available for use at the discretion of the trustees in furtherance of the object of the charitable company.

Unrestricted funds should include a capital reserve representing the fixed assets. Interest earned on restricted income is not to be applied to the restricted fund unless specifically requested by the donor. Such interest will be treated as unrestricted income.

Resources expended

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

Resources expended are to be shown gross and accruals are to be included in creditors for all known liabilities relating to the year.

Cost of generating funds costs relate to the costs incurred by the charitable company in inducing others to make voluntary contributions to it and the costs for fund raising.

Governance costs of the charitable company comprise of costs of the management of its assets and compliance with constitutional and statutory requirements and include fees and costs linked to the strategic management of the charity.

Fixed assets

Depreciation is to be provided on all tangible fixed assets bought in the UK costing more than £500 at rates calculated to write off the cost of each asset over its expected useful life.



Independent examiner's report to the trustees of Trauma Recovery Centre
I report on the accounts of the company for the year ended 31 March 2024, which are set out on pages 12 to 23.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) 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

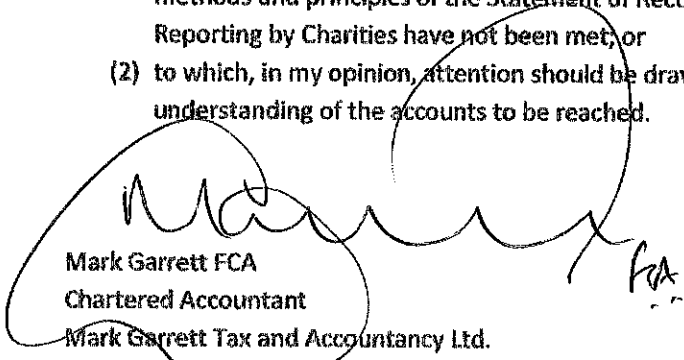
Basis of independent examiner's report

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 as 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:

- (1) 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 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirement 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 have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


Mark Garrett FCA
Chartered Accountant

Mark Garrett Tax and Accountancy Ltd.
23 Leafield Industrial Estate, Corsham, Wiltshire, SN13 9RS

TRAUMA RECOVERY CENTRE

England & Wales - Charity number 1141659

Accounts



TRAUMA RECOVERY CENTRE
(A company limited by guarantee)

Financial Statements

Year Ended: 31st March 2023

Charity No: 1141659
Company No: 7526611

CONTENTS

| | Page |
|--|-------------|
| Reference and administrative information | 3 |
| Trustees Report | 4 |
| Achievements and Performance | 7 |
| Statement of Financial Activity | 12 |
| Balance Sheet | 13 |
| Statement of Cashflows | 15 |
| Notes to the Accounts | 16 |
| Accountants Report | 24 |



Reference and administrative information

Charity Name: Trauma Recovery Centre

Working Name: TRC

Charity Number: 1141659

Company Number: 7526611

Registered Office Address:

John Eccles House
Robert Robinson Avenue
Oxford
OX4 4GP

Trustees:

Trustees serving at the date of this report are:

Mrs Elizabeth de Thierry (Chair)
Mrs Heather Brown (resigned 14th June 2022)
Mrs Susan Mary Patterson
Mr Kenneth Whitelaw-Jones
Dr Laura Aruparayil
Mr Malachi Dingis (appointed 14th June 2022)

Company Secretary: Rowan Fisher (appointed 31st January 2023)
Jennifer Stetson (resigned 31st January 2023)

Bankers:

HSBC Bank PLC, 62 George White Street, Cabot Circus, Bristol, BS1 3BA

Independent Examiner: Mark Garrett FCA, Mark Garrett Tax and Accountancy Ltd.
23 Leafield Industrial Estate, Corsham, Wiltshire, SN13 9RS

Trustees' Report

For the year ended 31st March 2023

The Trustees have pleasure in presenting their report with the financial statements of the charity for the year ended 31st March 2023 which are also prepared to meet the requirements of a director's report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 11th February 2011 and registered as a charity on 3rd May 2011. The company was established under a Memorandum of Association and is governed under its Articles of Association.

The Trustees, who are also directors of the charity for the purposes of the Companies Act 1985, have the power to appoint new or additional trustees and to remove any trustee provided the number of Trustees does not fall below a minimum of three.

Trustees are selected to have a wide range of therapy, education, business and charity experience and are required to gain an understanding of all aspects of the charity's work. New trustees are provided with a Trustee Handbook that includes:

- An overview of the charity, including vision, aims, activities and governance;
- Information on the roles and responsibilities of trustees;
- Copy of Articles of Association and Board Policies;
- Details of current staff members and board members; and
- A copy of the Charity Commission guidance (CC3a) 'The Essential Trustee'.

Trustee meetings are held a minimum of three times per year and trustees are provided with up to date financial information. The trustees review major risks to which the charity is exposed, as identified by the board, with systems or procedures being established to manage those risks.

In addition to the Board of Trustees, each individual member of our therapy staff has an external supervisor. The team of supervisors have extensive experience of play, music and art in therapy, child counselling and all are approved clinical supervisors.

Future strategy for the charity is developed by the Trustees.

The daily running of the charity is undertaken by the Trustees and Senior Staff Team together with a team of staff and volunteers who provide a range of skills and experience.

Objectives and Activities

Trauma Recovery Centre's objects, as per the charity's articles of association are:

1. To relieve the mental and physical suffering of children and young people suffering from crisis or trauma which has caused emotional damage by the provision of counselling and support for such persons;
2. To advance the education of the public in the subject of trauma recovery;

Under these objects the charity has established the following vision:

The TRC exists to help children recover from trauma; defined as an experience which is overwhelming and hinders the child's safety and security. Trauma causes a child or young person to feel terrified and powerless. At the TRC we facilitate recovery for children and young people as they process trauma and support them as they piece their lives back together until a wholeness can be found. We also work to support parents/carers, as well as training and supporting teachers to form a holistic support service.

We believe that children and young people can recover from trauma.

In order to fulfil the vision the charity aims to:

- ☺ help children and young people process what is going on in their world;
- ☺ help them find their voice;
- ☺ see trauma symptoms reduced in their everyday life and future; and
- ☺ give them the time and space to work out what they are feeling, and why, so they can be empowered into a positive, bright future.

The charity works towards achieving these aims through:

- ☺ Using play, art, drama and music to help children process, think, learn and speak.
- ☺ Providing excellent creative play, art and music therapy, facilitated by workers trained to high professional standards.
- ☺ Ensuring that every child is valued, cared for, listened to, and that their feelings are validated and processed.

- ☺ Providing a network of excellent therapists, carers and other professionals, all committed to proactive intervention, giving children the possibility of a fantastic future.
- ☺ Supporting parents/ carers in groups and individually to enable them to process the shared trauma and begin to find hope that recovery is possible.
- ☺ Upskill the parents and carers in understanding neuroscience so that they are empowered to understand behaviour in their child's life, their own life and others lives.
- ☺ Believing that recovery from trauma is possible and that overcoming challenges leads to a better future.
- ☺ Believing it's worth it for each individual child and family.

The activities of the charity:

TRC Therapy Centres offer creative psychotherapy and counselling to children and young people who are facing trauma and extreme challenges, specialising in complex trauma recovery. We provide individual sessions to children and young people as well as adult counselling and parenting groups to their parents/carers. We specialise in working with complex trauma including children, young people & their carers who have been rescued from human trafficking.

In shaping the charity's objectives and activities the trustees have had regard to the charity commission's guidance on public benefit.

The TRC is supported by a team of volunteers.

Achievements and Performance

This year has felt like a transition year between a hard season post covid and a new season where we feel more than ever before that TRC is a much needed service and unlike any other provision that we are aware of.

We continue to have referrals from all statutory services such as schools, social care, CAMHS, police and GP's. We have also continued to get referrals from other mental health charities and individuals who are desperate for the specialised help we provide.

It has becoming increasingly clear in the last few years that whilst post pandemic the world seems to be becoming familiar with an understanding of trauma and how the impact of trauma can be devastating; there is still a desperate lack of understanding of how specialist the field is. This has led to charities and companies being founded which are including the word trauma within their description of service and yet it is apparent that they are only familiar with Type I trauma- the single incident trauma that can be resolved with verbal therapy, CBT and other simple and more cost effective approaches. What is painfully apparent is the lack of understanding that these approaches are not effective in multiple, pervasive trauma that has occurred over a length of time or In the crucial early developmental years of a child's life. This Type II or Type III trauma requires specialist treatment and the training for that currently is not covered within any qualifying course.

Trauma Recovery UK with its Trauma Recovery Centres are able to evidence that we are able to see a reduction in trauma symptoms, an increase in positive engagement with education and the parents or carers of under 16's feel supported, have learnt how to support their child and have felt relieved by the lack of judgement, shame and simplistic approaches that our parenting team offer. Often we are able to facilitate the parent/ carers recovery from trauma.

Since we have been able to work in the last few months with an experienced business manager, we are now able to re open the Oxford TRC centre and we have plans to also open several other centres in other locations.

We continue to offer a long term, open door approach that has the child in the centre of the decisions and not funding. We continue to be driven by wanting to see long term change and recovery from trauma. It is this that dictates the time they are with us, not session numbers. We want them to have access to our support until they don't need it anymore.

Our ambition is to be able to be there to help every child and young person who experiences trauma in BANES, Oxford and Guernsey, so that the impact of the trauma is immediately reduced, leading to less long term mental health and physical health difficulties alongside leading to a better ability for them to engage in learning and succeed with their giftings.

Referrals this year:

We had 60 referrals with 143 referral enquiries but due to the waiting list we were unable to guarantee that we could take them on within 12 months.

The people we worked with

This year we supported 131 people across 2 locations to provide long term, specialist Trauma Recovery Focused support.

65 children and young people aged 3-24 accessed Trauma Recovery Focused Creative therapy

56 adults accessed the parent/carer group and went through the psychoeducation course: Parenting the traumatised child.

5 parents/carers aged 25+ accessed 1:1 Trauma Recovery Focused support

5 children aged 6-15 accessed the Therapeutic Activity Group

Total number of sessions: Over 1330 with children and young people, and over 670 with parents/carers.

We also have meetings with external professionals including being involved with:

Case conferences

CIN - Child in Need process

Phone calls with professional

Strategy meetings

Team around the family/child meetings

EHCP Reviews

The clients we work with have experienced multiple traumas.

Client Referral Reasons:

Domestic Violence 23%

Early Life Trauma 35%

Emotional Abuse 17%

Physical Abuse 12%

Sexual Abuse 17%

Bereavement 5%

Neglect 25%

Refugee 3%

35% of the children and young people reported further traumatic experiences after starting therapy.

Age of Children and Young People:

4 to 11: 43%

12 to 15: 43%

16-25: 14%

Gender of Children and Young People:

Male 35%

Female 61%

Transgender 2%

Gender Neutral 2%

Outcomes for families:

We use a number of clinical measures to assess the work we do.

Our TRC Ending Evaluations are completed by client parents for those under the age of 16, or self reported for those over the age of 16.

100% children and young people who graduated from therapy reported a reduction in a range of trauma symptoms.

95% parents reported an improved ability of their child to self-regulate.

95% parents reported an improved ability of their child to empathise.

100% reported a decreased need for TRC's input.

95% parents/ carers reported an improved ability to communicate with their child (when it was previously a challenge).

Financial Review

Income for the year was £159,216 (previous year £104,114); coming from income from grants (33%), charitable activities (42%), general donations and fundraising (24%), and other income (1%).

Expenditure for the year totalled £146,475 (previous year £154,529) with 95% spent on charitable activities.

The charity closed the year with funds of £31,496.

The Trustees were grateful to receive grants in the year from Garfield Weston Foundation, We Are One Foundation, Bath & North East Somerset Community Fund, Countryside Properties Countryside Communities Fund, Hope For A Child Guernsey, Victoria Hospital Guernsey, St. James' Place Charitable Foundation, and Lloyd Robinson Family Fund with thanks to Quartet Community Foundation.

There are no material concerns about the charity's ability to continue as a public benefit entity.

Reserves Policy

The trustees have developed a reserves policy to establish a level of reserves that are right for the TRC and to explain to the charity's stakeholders why holding these reserves is necessary.

The charity's trustees have identified the need to hold back some funds as reserves for the following reasons:

1. Covering unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sick absence
2. Funds might be needed to give the trustees time to take action if income falls below expectations
3. Funds might be needed to fund short-term cashflow deficits

The charity's trustees have considered the following in deciding reserves levels:

1. Income sources by project area
2. The charity's current expenditure budget and any future spending commitments
3. Long term grant funding secured
4. The minimum funding needed to avoid undue negative impacts on the TRC's beneficiaries, for example giving time for therapy to be ended with a planned ending
5. The funds needed to allow the TRC to wind up while meeting its obligations to staff and service users

Having given consideration to the above points the TRC's board of trustees have agreed to aim to keep a minimum of £15,000 of financial reserves as unrestricted funds.

Plans for Future Periods

- We are beginning to implement a new financial strategy which is not so reliant on grants and focuses more on commissions and partnerships.
- We plan on growing in strength in that skill to enable us to open new centres in cities where professionals have expressed an urgent need for our specialist provision.
- We plan on growing in skill in communicating our extraordinary success in the hard work we do with families who have such success stories, and have often had unsuccessful help with CAMHS and other therapy services.
- We plan on continuing the same excellent work we are doing and not changing our model or practice, but instead grow in remembering to celebrate every changed life.
- We plan on continuing to work hard to reduce our waiting lists.

Signed:



Date:

August 20th '23

E J de Thierry (Chair of Trustees)

**Statement of Financial Activities
Year Ending 31st March 2023**

| | Note | Unrestricted Funds | Restricted Funds | Total for FY 31st March 2023 | Total for FY 31st March 2022 |
|--|------|--------------------|------------------|------------------------------|------------------------------|
| Income from: | | | | | |
| Donations and Legacies | 1 | 68,537 | 17,247 | 85,784 | 49,758 |
| Charitable Activities | 2 | 8,318 | 59,299 | 67,617 | 48,317 |
| Other Trading Activities | 3 | 5,815 | 0 | 5,815 | 6,038 |
| Total | | 82,670 | 76,546 | 159,216 | 104,114 |
| Expenditure on: | | | | | |
| Raising Funds | 4 | 2,301 | 108 | 2,409 | 990 |
| Charitable Activities | 5 | 26,864 | 113,211 | 140,075 | 147,557 |
| Other | 6 | 1,608 | 2,383 | 3,991 | 5,982 |
| Total | | 30,773 | 115,702 | 146,475 | 154,529 |
| Net Income / (Expenditure) | | 51,897 | (39,156) | 12,741 | (50,415) |
| Transfers between funds | | | | | |
| Gross transfers between funds | 7 | (45,123) | 45,123 | 0 | 0 |
| Net Incoming Resources Before Other Recognised Gains / Losses | | 6,774 | 5,967 | 12,741 | (50,415) |
| Other Recognised Gains / Losses | | 0 | 0 | 0 | 0 |
| Net Movement in Funds | | 6,774 | 5,967 | 12,741 | (50,415) |
| Reconciliation of Funds | | | | | |
| Total funds brought forward from previous year | | 9,526 | 9,229 | 18,755 | 69,170 |
| Total Funds Carried Forward | | 16,300 | 15,196 | 31,496 | 18,754 |

Balance Sheet
At 31st March 2023

| | Note | Unrestricted Funds | Restricted Funds | Total at 31st March 2023 | Total at 31st March 2022 |
|---|------|--------------------|------------------|--------------------------|--------------------------|
| Fixed Assets | | | | | |
| Tangible Assets | 8 | 0 | 595 | 595 | 985 |
| Intangible Assets | 9 | 0 | 0 | 0 | 0 |
| Total Fixed Assets | | 0 | 595 | 595 | 985 |
| Current Assets | | | | | |
| Debtors | 10 | 397 | 9,775 | 10,172 | 5,528 |
| Cash at Bank and In Hand | 11 | 16,835 | 5,666 | 22,501 | 13,861 |
| Total Current Assets | | 17,232 | 15,441 | 32,673 | 19,389 |
| Creditors: Amounts falling due in one year | 12 | 932 | 840 | 1,772 | 1,620 |
| Net Current Assets | | 16,300 | 14,601 | 30,901 | 17,769 |
| Total Assets less Current Liabilities | | 16,300 | 15,196 | 31,496 | 18,754 |
| Creditors: Amounts falling due after one year | | 0 | 0 | 0 | 0 |
| Provisions for liabilities and charges | | 0 | 0 | 0 | 0 |
| Net Assets | | 16,300 | 15,196 | 31,496 | 18,754 |
| Funds of the Charity | | | | | |
| General Fund | | 16,300 | 0 | 16,300 | 9,526 |
| Restricted Income Funds | 13 | 0 | 15,196 | 15,196 | 9,228 |
| Total Funds | | 16,300 | 15,196 | 31,496 | 18,754 |

For the year ending 31/03/2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These accounts were approved by the Board on 18th August 2023.

A handwritten signature in black ink, appearing to read 'E J de Thierry', written in a cursive style.

Mrs E J de Thierry (Trustee)

August 20th 2023

A handwritten signature in black ink, appearing to read 'S M Patterson', written in a cursive style.

Mrs S M Patterson (Trustee)

20/08/23.

Statement of Cash Flows
Year Ending 31st March 2023

| | Note | Total for FY 31st March 2023 | Total for FY 31st March 2022 |
|--|------|------------------------------------|------------------------------------|
| Cashflows from Operating Activities | | | |
| Net cash provided by (used in) operating activities | 20 | 8,640 | (50,471) |
| Cashflows from Investing Activities | | | |
| Purchase of property, plant and equipment | 8 | 0 | (991) |
| Cashflows from Financing Activities | | 0 | 0 |
| Change in cash and cash equivalents in the reporting period | | 8,640 | (51,462) |
| Cash and cash equivalents at the start of the reporting period | | 13,861 | 65,322 |
| Change in cash and cash equivalents due to exchange rate movements | | 0 | 0 |
| Cash and cash equivalents at the end of the reporting period | 21 | <u>22,501</u> | <u>13,861</u> |



Notes to the Accounts

Note 1: Income from Donations and Legacies

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|---------------------------------|-------------------------------|-----------------------------|---|---|
| Donations | 26,515 | 370 | 26,885 | 25,284 |
| Grant Funding | 35,500 | 16,500 | 52,000 | 20,615 |
| Gift Aid Tax Claimed | 4,539 | 0 | 4,539 | 3,859 |
| Donated Services and Facilities | 1,983 | 0 | 1,983 | 0 |
| Other Income | 0 | 377 | 377 | 0 |
| Total | 68,537 | 17,247 | 85,784 | 49,758 |

Note 2: Income from Charitable Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|-----------------------------|-------------------------------|-----------------------------|---|---|
| Client Family Contributions | 0 | 24,824 | 24,824 | 17,418 |
| Therapy Fees | 0 | 34,475 | 34,475 | 30,290 |
| Training Days | 8,318 | 0 | 8,318 | 100 |
| CJRS Grants | 0 | 0 | 0 | 510 |
| Total | 8,318 | 59,299 | 67,617 | 48,317 |

Note 3: Income from Other Trading Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|--------------------|-------------------------------|-----------------------------|---|---|
| Sales of Goods | 895 | 0 | 895 | 797 |
| Fundraising Events | 4,920 | 0 | 4,920 | 5,241 |
| Total | 5,815 | 0 | 5,815 | 6,038 |

Note 4: Expenditure on Raising Funds

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|----------------------|-------------------------------|-----------------------------|---|---|
| Donor Administration | 368 | 108 | 476 | 541 |
| Direct Event Costs | 1,206 | 0 | 1,206 | 181 |
| Goods for Resale | 727 | 0 | 727 | 269 |
| Total | 2,301 | 108 | 2,409 | 990 |

Note 5: Charitable Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|--|---------------------------|-------------------------|---|---|
| Staff Costs | 13,516 | 90,561 | 104,077 | 109,982 |
| Staff & Volunteer Training | 175 | 18 | 193 | 983 |
| Sessional Staff Costs | 0 | 25 | 25 | 1,161 |
| Travel & Subsistence Costs | 6 | 1,211 | 1,217 | 107 |
| Volunteer Expenses | 7 | 50 | 57 | 52 |
| Premises Costs | 3,537 | 16,200 | 19,737 | 19,200 |
| Lease of Woodlands | 0 | 0 | 0 | 500 |
| Insurances | 1,417 | 1,087 | 2,504 | 2,456 |
| Craft Supplies, Toys & Other Equipment | 0 | 210 | 210 | 674 |
| Professional Memberships | 175 | 0 | 175 | 184 |
| IT Support and Consultancy | 581 | 1,219 | 1,800 | 3,000 |
| Conference Speakers | 2,415 | 0 | 2,415 | 0 |
| Other Costs (including office costs) | 5,035 | 2,630 | 7,665 | 9,258 |
| Total | 26,864 | 113,211 | 140,075 | 147,557 |

Note 6: Other Expenditure

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|---|---------------------------|-------------------------|---|---|
| Bank Charges and Interest | 131 | 0 | 131 | 1,034 |
| Professional Fees (Legal & Accountancy) | 1,249 | 0 | 1,249 | 2,628 |
| Clinical Supervision | 0 | 2,185 | 2,185 | 1,890 |
| Annual Fees | 35 | 0 | 35 | 40 |
| Depreciation, Amortisation and Loss on Disposal of Fixed Assets | 193 | 198 | 391 | 391 |
| Total | 1,608 | 2,383 | 3,991 | 5,982 |

Note 7: Gross Transfers Between Funds

| | Unrestricted Funds | Restricted Funds |
|--------------|---------------------------|-------------------------|
| Therapy | | 36,420 |
| Bristol | | (377) |
| Guernsey | | 9,080 |
| Training | (5,317) | |
| General Fund | (39,806) | |
| | (45,123) | 45,123 |

Note 8: Tangible Fixed Assets

| | Fixtures & Fittings | | Office Equipment | | Total |
|-------------------------------|---------------------|---|--------------------|------------------|--------|
| | Unrestricted Funds | Restricted Fund Big Lottery: Awards for All | Unrestricted Funds | Restricted Funds | |
| | £ | £ | £ | £ | |
| Cost | | | | | |
| At 31st March 2022 | 1,030 | 9,928 | 3,533 | 991 | 15,482 |
| Additions | 0 | 0 | 0 | 0 | 0 |
| Disposals | 0 | 0 | 0 | 0 | 0 |
| At 31st March 2023 | 1,030 | 9,928 | 3,533 | 991 | 15,482 |
| Depreciations | | | | | |
| At 31st March 2022 | 1,030 | 9,928 | 3,340 | 198 | 14,496 |
| Charge this year | 0 | 0 | 193 | 198 | 391 |
| Disposals | 0 | 0 | 0 | 0 | 0 |
| At 31st March 2023 | 1,030 | 9,928 | 3,533 | 396 | 14,887 |
| NBV at 31st March 2023 | 0 | 0 | 0 | 595 | 595 |

Note 9: Intangible Fixed Assets

| Intellectual Property | Unrestricted Funds |
|-------------------------------|--------------------|
| | £ |
| Cost | |
| At 1st April 2022 | 1,676 |
| Additions | 0 |
| Disposals | 0 |
| At 31st March 2023 | 1,676 |
| Depreciations | |
| At 1st April 2022 | 1,676 |
| Charge this year | 0 |
| Disposals | 0 |
| At 31st March 2023 | 1,676 |
| NBV at 31st March 2023 | 0 |

Note 10: Debtors

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|----------------------|---------------------------|-------------------------|---|---|
| Outstanding Invoices | 0 | 9,775 | 9,775 | 2,380 |
| Accrued Income | 0 | 0 | 0 | 3,065 |
| Gift Aid Debtor | 275 | 0 | 275 | 83 |
| Other Debtors | 122 | 0 | 122 | 0 |
| | 397 | 9,775 | 10,172 | 5,528 |

Note 11: Cash at Bank and In Hand

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|------------------------|---------------------------|-------------------------|---|---|
| HSBC Current Account 1 | 14,452 | 5,666 | 20,118 | 10,871 |
| HSBC Current Account 2 | 2,383 | 0 | 2,383 | 2,990 |
| | 16,835 | 5,666 | 22,501 | 13,861 |

Note 12: Creditors: Amounts Falling Due Within One Year

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|------------------|---------------------------|-------------------------|---|---|
| Accrued Expenses | 932 | 840 | 1,772 | 1,620 |
| | 932 | 840 | 1,772 | 1,620 |

Note 13: Restricted Income Funds

| | Balance at 1st April 2022 | Incoming Resources | Outgoing Resources | Transfers Between Funds | Balance at 31st March 2023 |
|-------------------------|----------------------------------|---------------------------|---------------------------|--------------------------------|-----------------------------------|
| Bath Therapy Centre | 5,229 | 66,404 | 92,857 | 36,420 | 15,196 |
| Bristol Therapy Centre | 0 | 377 | 0 | (377) | 0 |
| Guernsey Therapy Centre | 4,000 | 9,765 | 22,845 | 9,080 | 0 |
| Total | 9,229 | 76,546 | 115,702 | 45,123 | 15,196 |

Transfers between funds have been made from unrestricted funds to fund the deficit on a restricted fund.

Note 14: Trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with Trauma Recovery Centre or a related entity.

Expenses were paid to none of the trustees to reimburse costs incurred by them in carrying out their duties as trustees of Trauma Recovery Centre.

Note 15: Reimbursement of Trustee Expenses

Number of Trustees Reimbursed 0

| | Total (£) |
|--------------------------|--------------|
| Travel and Accommodation | 0 |
| Subsistence | 0 |
| Total | <u>0</u> |

Note 16: Fees for Examination of the Accounts

Fee for Independent Examination £540

Note 17: Staff Costs

| | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|--|---|---|
| Salaries | 98,793 | 105,033 |
| Employers NI | 0 | 0 |
| Pension Auto-Enrolment Contributions | 858 | 941 |
| Total Cost | <u>99,651</u> | <u>105,973</u> |
| | | |
| Number of Employees | 16 | 16 |
| Number of Full Time Equivalent Employees | 3.7 | 3.8 |

There were no employees in the year with emoluments above £60,000

Note 18: Related Party Transactions

Payments in the year totalling £99 for staff and volunteer training were paid to Betsy de Thierry Ltd, a limited company of which Mrs Elizabeth de Thierry is a director. These payments are permitted within the charity's governing document and all conditions outlined in the governing document were met.

Rental payments for the use of Freedom House, totalling £19,200, were paid to Sound Church Ltd (formerly Freedom-Bath), a charity of which Mrs Elizabeth de Thierry is a trustee.

Trauma Recovery Centre also received £1,200 from Sound Church Ltd towards the cost of a TRC client's therapy sessions.

Note 19: Taxation

No taxation charges have arisen for the charity in the year.

Note 20: Reconciliation of net income/(expenditure) to net cash flow from operating activities

| | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|---|---|---|
| Net income/(expenditure) for the reporting period (as per the statement of financial activities) | 12,741 | (50,415) |
| Adjustments for: | | |
| Depreciation Charges | 391 | 391 |
| (increase)/decrease in debtors | (4,644) | (806) |
| Increase/(decrease)in creditors | 152 | 360 |
| Net cash provided by (used in) operating activities | <u>8,640</u> | <u>(50,471)</u> |

Note 21: Analysis of cash and cash equivalents

| | Total for FY ending 31st March 2023 | Total for FY ending 31st March 2022 |
|------------------------|---|---|
| Bank and cash balances | 22,501 | 13,861 |

Note 22: Accounting Policies

Basis of accounting

The financial statements are to be prepared under the historical cost convention and in accordance with applicable accounting standards. They should follow the recommendations in the 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 1st January 2015).

Incoming resources

Incoming resources are to be included in the Statement of Financial Activities when the charity becomes entitled to the resources, the trustees are virtually certain they will receive the resources and the monetary value can be measured with sufficient reliability.

Incoming resources should all be reported gross, and the Statement of Financial Activities should recognise all incoming resources becoming available to the charitable company during the year.

The value of services provided by volunteers is not to be included in the financial statements.

Donated services and facilities are to be included at the value to the charity where this can be quantified.

Incoming resources from charitable activities are to be accounted for when earned.

Legacy income is to be accounted for on a receivable basis. A legacy is considered receivable for the period only once the amount is known with certainty.

Income from grants is recognised where there is evidence of entitlement to the grant, receipt is probable and its amount can be measured reliably. Some grants will contain certain terms and conditions that must be met before the charity has entitlement to the resource. In these cases the income will not be recognised until all the terms and conditions have been met.

Fund accounting

Restricted funds are funds subject to specific conditions imposed by the funders and relate to specific projects. Expenditure which meets these criteria is to be charged to the funds.

Unrestricted funds comprise accumulated surpluses and deficits on general funds and are available for use at the discretion of the trustees in furtherance of the object of the charitable company.

Unrestricted funds should include a capital reserve representing the fixed assets. Interest earned on restricted income is not to be applied to the restricted fund unless specifically requested by the donor. Such interest will be treated as unrestricted income.

Resources expended

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

Resources expended are to be shown gross and accruals are to be included in creditors for all known liabilities relating to the year.

Cost of generating funds costs relate to the costs incurred by the charitable company in inducing others to make voluntary contributions to it and the costs for fund raising.

Governance costs of the charitable company comprise of costs of the management of its assets and compliance with constitutional and statutory requirements and include fees and costs linked to the strategic management of the charity.

Fixed assets

Depreciation is to be provided on all tangible fixed assets bought in the UK costing more than £500 at rates calculated to write off the cost of each asset over its expected useful life.



Independent examiner's report to the trustees of Trauma Recovery Centre

I report on the accounts of the company for the year ended 31 March 2023, which are set out on pages 12 to 23.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) 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

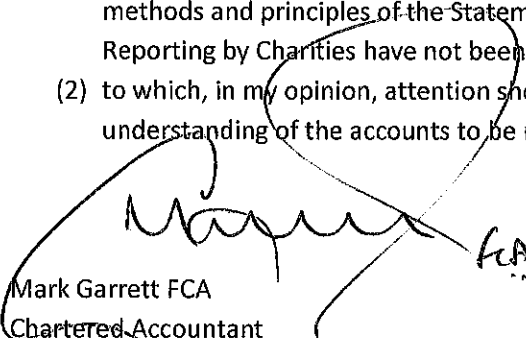
Basis of independent examiner's report

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 as 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:

- (1) 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 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirement 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 have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


Mark Garrett FCA
Chartered Accountant

Mark Garrett Tax and Accountancy Ltd.

23 Leafield Industrial Estate, Corsham, Wiltshire, SN13 9RS

18th August 2023

TRAUMA RECOVERY CENTRE

England & Wales - Charity number 1141659

Accounts



TRAUMA RECOVERY CENTRE
(A company limited by guarantee)

Financial Statements

Year Ended: 31st March 2022

Charity No: 1141659
Company No: 7526611

CONTENTS

| | Page |
|--|-------------|
| Reference and administrative information | 3 |
| Trustees Report | 4 |
| Achievements and Performance | 7 |
| Statement of Financial Activity | 30 |
| Balance Sheet | 31 |
| Statement of Cashflows | 33 |
| Notes to the Accounts | 34 |
| Accountants Report | 42 |

Reference and administrative information

Charity Name: Trauma Recovery Centre

Working Name: TRC

Charity Number: 1141659

Company Number: 7526611

Registered Office Address:

John Eccles House
Robert Robinson Avenue
Oxford
OX4 4GP

Trustees:

Trustees serving at the date of this report are:

Mrs Elizabeth de Thierry (Chair)
Mrs Heather Brown
Mrs Susan Mary Patterson
Mr Kenneth Whitelaw-Jones
Dr Laura Aruparayil (appointed 24th January 2021)

Company Secretary: Rowan Fisher (resigned 5th October 2021)
Jennifer Stetson (appointed 5th October 2021)

Bankers:

HSBC Bank PLC, 62 George White Street, Cabot Circus, Bristol, BS1 3BA

Independent Examiner: Mark Garrett FCA, Mark Garrett Tax and Accountancy Ltd.
23 Leafield Industrial Estate, Corsham, Wiltshire, SN13 9RS

Trustees' Report

For the year ended 31st March 2022

The Trustees have pleasure in presenting their report with the financial statements of the charity for the year ended 31st March 2022 which are also prepared to meet the requirements of a director's report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 11th February 2011 and registered as a charity on 3rd May 2011. The company was established under a Memorandum of Association and is governed under its Articles of Association.

The Trustees, who are also directors of the charity for the purposes of the Companies Act 1985, have the power to appoint new or additional trustees and to remove any trustee provided the number of Trustees does not fall below a minimum of three.

Trustees are selected to have a wide range of therapy, education, business and charity experience and are required to gain an understanding of all aspects of the charity's work. New trustees are provided with a Trustee Handbook that includes:

- An overview of the charity, including vision, aims, activities and governance;
- Information on the roles and responsibilities of trustees;
- Copy of Articles of Association and Board Policies;
- Details of current staff members and board members; and
- A copy of the Charity Commission guidance (CC3a) 'The Essential Trustee'.

Trustee meetings are held a minimum of three times per year and trustees are provided with up to date financial information. The trustees review major risks to which the charity is exposed, as identified by the board, with systems or procedures being established to manage those risks.

In addition to the Board of Trustees, each individual member of our therapy staff has an external supervisor. The team of supervisors have extensive experience of play, music and art in therapy, child counselling and all are approved clinical supervisors.

Future strategy for the charity is developed by the Trustees.

The daily running of the charity is undertaken by the Trustees and Senior Staff Team together with a team of staff and volunteers who provide a range of skills and experience.

Objectives and Activities

Trauma Recovery Centre's objects, as per the charity's articles of association are:

1. To relieve the mental and physical suffering of children and young people suffering from crisis or trauma which has caused emotional damage by the provision of counselling and support for such persons;
2. To advance the education of the public in the subject of trauma recovery;

Under these objects the charity has established the following vision:

The TRC exists to help children recover from trauma; defined as an experience which is overwhelming and hinders the child's safety and security. Trauma causes a child or young person to feel terrified and powerless. At the TRC we facilitate recovery for children and young people as they process trauma and support them as they piece their lives back together until a wholeness can be found. We also work to support parents/carers, as well as training and supporting teachers to form a holistic support service.

We believe that children and young people can recover from trauma.

In order to fulfil the vision the charity aims to:

- ☺ help children and young people process what is going on in their world;
- ☺ help them find their voice;
- ☺ see trauma symptoms reduced in their everyday life and future; and
- ☺ give them the time and space to work out what they are feeling, and why, so they can be empowered into a positive, bright future.

The charity works towards achieving these aims through:

- ☺ Using play, art, drama and music to help children process, think, learn and speak.
- ☺ Providing excellent creative play, art and music therapy, facilitated by workers trained to high professional standards.
- ☺ Ensuring that every child is valued, cared for, listened to, and that their feelings are validated and processed.

- ☺ Providing a network of excellent therapists, carers and other professionals, all committed to proactive intervention, giving children the possibility of a fantastic future.
- ☺ Supporting parents/ carers in groups and individually to enable them to process the shared trauma and begin to find hope that recovery is possible.
- ☺ Upskill the parents and carers in understanding neuroscience so that they are empowered to understand behaviour in their child's life, their own life and others lives.
- ☺ Believing that recovery from trauma is possible and that overcoming challenges leads to a better future.
- ☺ Believing it's worth it for each individual child and family.

The activities of the charity:

TRC Therapy Centres offer creative psychotherapy and counselling to children and young people who are facing trauma and extreme challenges, specialising in complex trauma recovery. We provide individual sessions to children and young people as well as adult counselling and parenting groups to their parents/carers. We specialise in working with complex trauma including children, young people & their carers who have been rescued from human trafficking.

In shaping the charity's objectives and activities the trustees have had regard to the charity commission's guidance on public benefit.

The TRC is supported by a team of volunteers.

Achievements and Performance

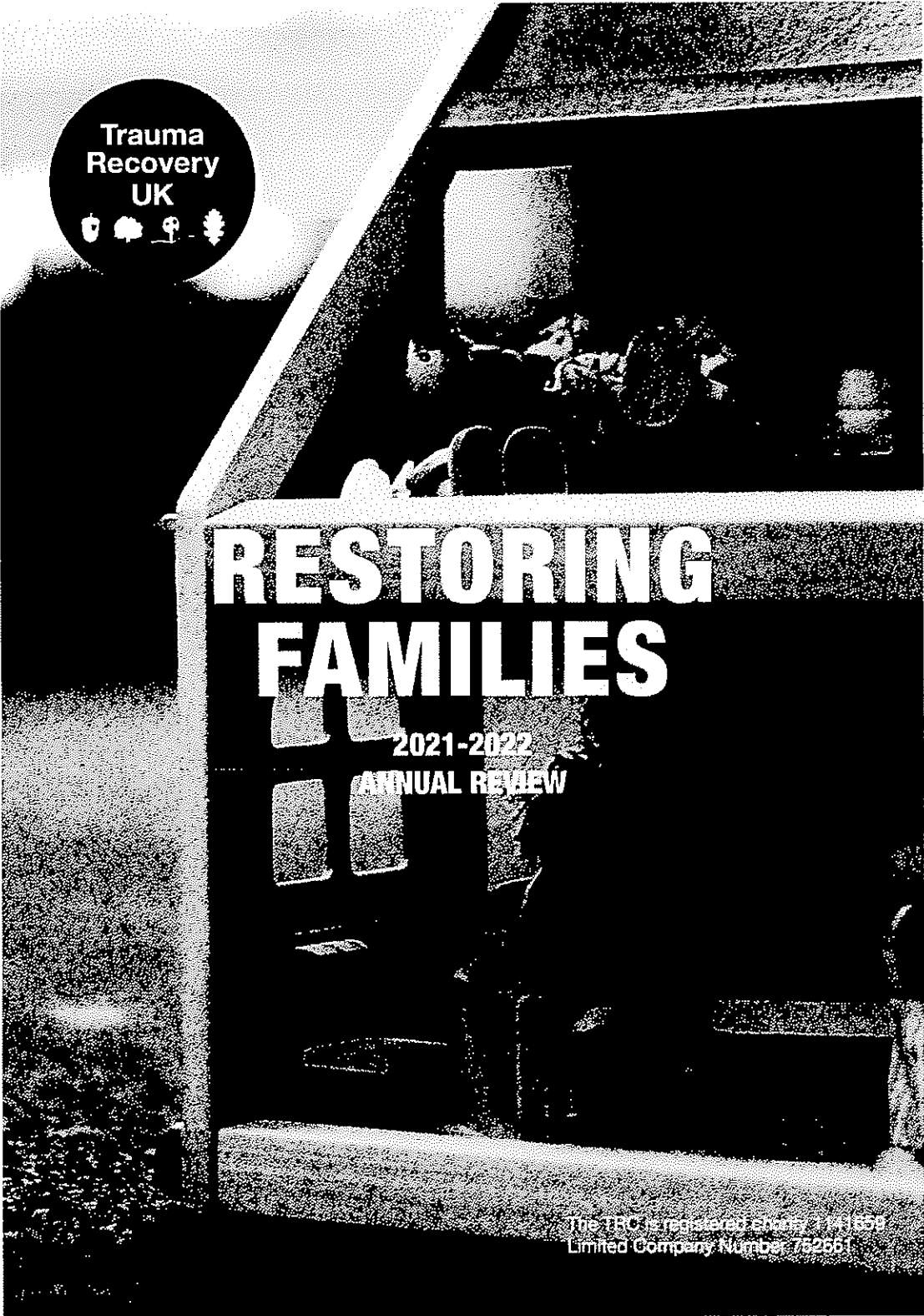
This year has in some ways been a harder year than others, and in some ways has been significant in being able to grow in clarity and ability to articulate more clearly our vision and specialist service.

Whilst we have had fewer staff than other years, our data evidences that each child has made impressive progress in recovering from trauma, with trauma symptoms being reduced in all areas of their life. The children and young people who have been able to access the TRC specialist therapy arrive with symptoms of their trauma that impact their emotions, behaviour, school life, relationships, eating, memories, learning and often lead to further anxiety, depression or other life altering challenges. We see all these symptoms reduced and most symptoms completely eradicate as a result of the specialised therapy and the parent/carer psychoeducation and support.

We are proud of the work we do and the results we see as we work hard with the child who is also working hard alongside the family who are working hard. We know there are few charities that exist with our specialism, and we are increasingly seeing CAMHS and other specialist services referring to us because we have a track record of seeing extraordinary positive changes. One of the reasons for that is our commitment to the child which is holistic because we are driven by wanting to see long term change and recovery from trauma. It is this that dictates the time they are with us, not session numbers. We want them to have access to our support until they don't need it anymore.

We know that fewer children have been helped this year due to less funds, and we recognise that along with many charities, the impact of covid was tough and we have found it difficult to continue to meet the demand for our help. This has led to spending some time wrestling with a change of financial strategy which will be implemented in the next year, where we look for partnerships and commissions, rather than rely on grant funding.

Our ambition is to be able to be there to help every child and young person who experiences trauma in BANES, Oxford and Guernsey, so that the impact of the trauma is immediately reduced. This will lead to less long-term mental health and physical health difficulties alongside leading to a better ability for them to engage in learning and succeed with their giftings.



RESTORING FAMILIES

2021-2022
ANNUAL REVIEW

The TRC is registered charity 1143658
Limited Company Number 762661

Trauma Recovery UK

Trauma Recovery UK help families recover from complex trauma, with highly specialist Trauma Recovery Centres in Bath and Guernsey. We facilitate the creative and purposeful recovery of children, young people, young adults, parents and carers who have experienced trauma, offering 1:1 creative trauma recovery psychotherapy alongside carer support groups.



"It's been a challenging few years due to funding since covid, but we are proud of our reputation as a national centre of excellence for trauma recovery.

I was delighted when the south west representative of the Big Lottery said in a meeting with me about the TRC; 'as anticipated, there was unanimous agreement around the importance of what you do and an appreciation that the TRC are pioneering in leading best practice in the sector.'

I am proud of all those who are working hard to make sure TRC continues to change lives!"

Betsy de Thierry

Charity Founder & Chair of Trustees

In the

11
YEARS

that Trauma Recovery
UK has been running
we have:



Delivered over

22,000

hours of Trauma Recovery Focused
Clinical Work

Provided to over

1465

Clients


Guernsey TRC has run for 5 years!

The fab team there run one day a week
and celebrated their 5th birthday in
summer 2022.

They've provided over

1500

hours of trauma recovery support to
46 children, parents and carers.



In 2021-2022 alone...

Over the past 12 months we have supported many courageous families across our Centres in Bath and Guernsey:

115 clients

Some of these clients have come for many years, and these 115 people have had over 4,600 hours of therapy sessions, parent sessions and client meetings.

100%

of the clients we have supported
have experienced

Type 2 Trauma:
multiple traumas

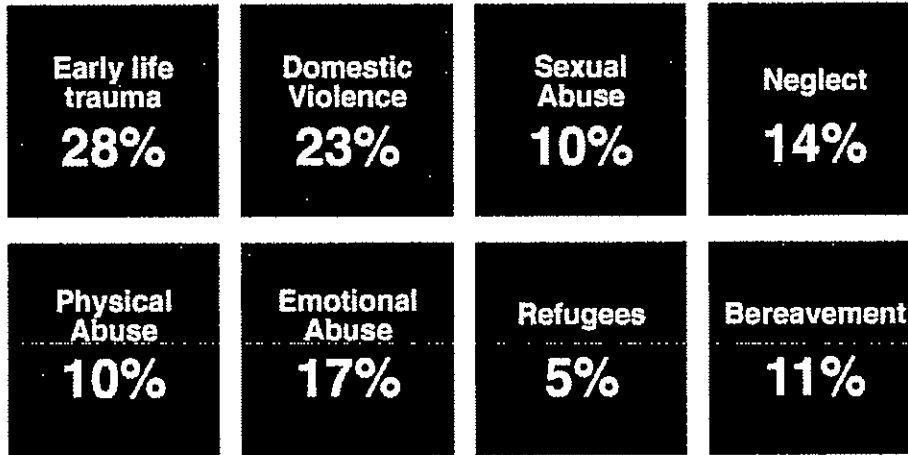
and

Type 3 Trauma:

multiple pervasive traumas from
early age that continue over
length of time

The Trauma Continuum
(de Thierry, 2015)

All the clients we work with have experienced multiple and
complex trauma:



Referral Age of
Children and
Young People



Gender



Referrals

In the first academic term of 2021, we received 28 referrals to our TRC's.

Sadly we had to close our waiting lists as we were inundated with requests for our support. When we work with a family for an average of year,

we have an ethical responsibility to ensure that our wait times are not years long.

We are always working hard to get more funding in so we can employ more therapists to meet the demands for our service.

We receive referrals for our specialist Trauma Recovery provision from:

| | | | | |
|-----------------------|------------------------|---------------|-----------------|-----------------------------|
| Schools | CAMHS | Police | GPs | Health Practitioners |
| Social Workers | Support Workers | NGO's | Churches | Self-Referrals |

and we enjoy working alongside all these organisations as we share the goal of seeing long term recovery for people from trauma.



In 2021-22, 1 in 3 of our clients told us about more experiences of trauma than what had initially been shared upon referral.

We know that as client families begin to feel safe in our setting, often they feel the courage to begin to explore the breadth of their experiences and the multi-faceted impact this has had upon their lives.

Why do we do this?

We know that when children have experienced trauma, it has an impact on their brain and affects their ability to learn and engage in education, to make healthy relationships, and to enjoy life (de Thierry, 2015).



At TRC we do what we do, because we believe it is worth it for every child.

The symptoms of trauma can impact long term in every area of their lives: psychologically, relationally and physically. When we intervene early though, we can stop these issues impacting long term, into adulthood, which gives them the best chance to fulfil their potential in life.

Trauma experiences can result in hyperarousal symptoms such as:

- **angry outbursts**
- **aggression**
- **violence**
- **hypervigilance**
- **anxiety**
- **an ability to focus in lessons and running away**

as well as hypoarousal symptoms such as:

- **self-harm**
- **suicidal thoughts**
- **depression**
- **daydreaming and dissociation**

These trauma symptoms can become increasingly severe until they are entrenched behaviours, UNLESS early interventions, such as ours, are offered to reduce the symptoms and therefore reduce the impact of trauma on their lives.

Therapy Centre Anonymised Client Assessment

TRC Therapy Centres use standardised clinical assessments to measure the severity of trauma symptoms, in order to track recovery progress and improved mental wellbeing. This graph shows the reduction of symptoms over time for a TRC client, allowing them to thrive and not just survive.

T Scores that are under 65 are recognised as a normal level for that age group.

T Scores between 65-70 are considered as borderline clinically significant.

T scores that are over 70 indicate a clinically significant level of a symptoms.

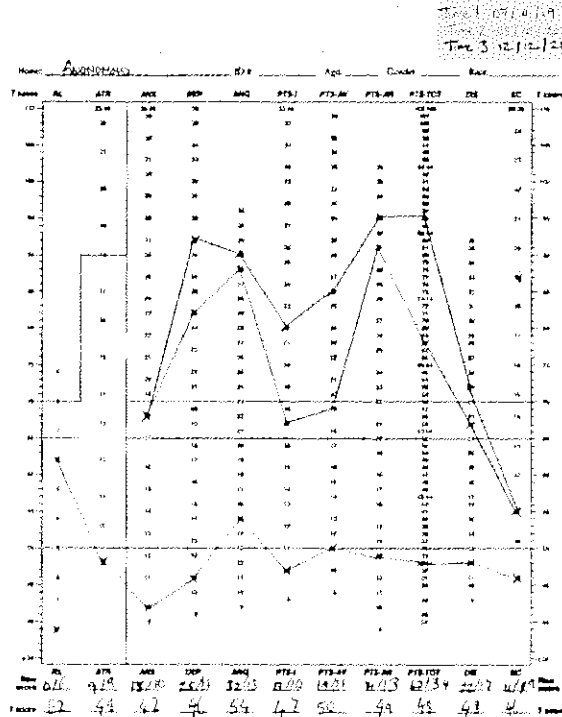
The red line, shows the trauma symptoms that the child was struggling with at the beginning of being referred to TRC for therapy. T Scores for the following symptoms were in a clinically significant range: Depression, Anger/Aggression, Post Traumatic Stress Symptoms, and Dissociation.


The green line, shows the same child's symptoms one year into therapy, and shows the reduction of symptoms as the child has started to process their trauma.

The blue line, shows the child's symptoms after 2 years of therapy, just as they are about to graduate from the TRC as they no longer need therapy. The graph shows the symptoms have reduced from being in a clinical range, and are now within the normal range for a child of that age. The results indicate a significant reduction of trauma symptoms.

We know this reduction in symptoms allows the client to reach their potential and reduce the statistical trend of entering youth offending or having school difficulties.

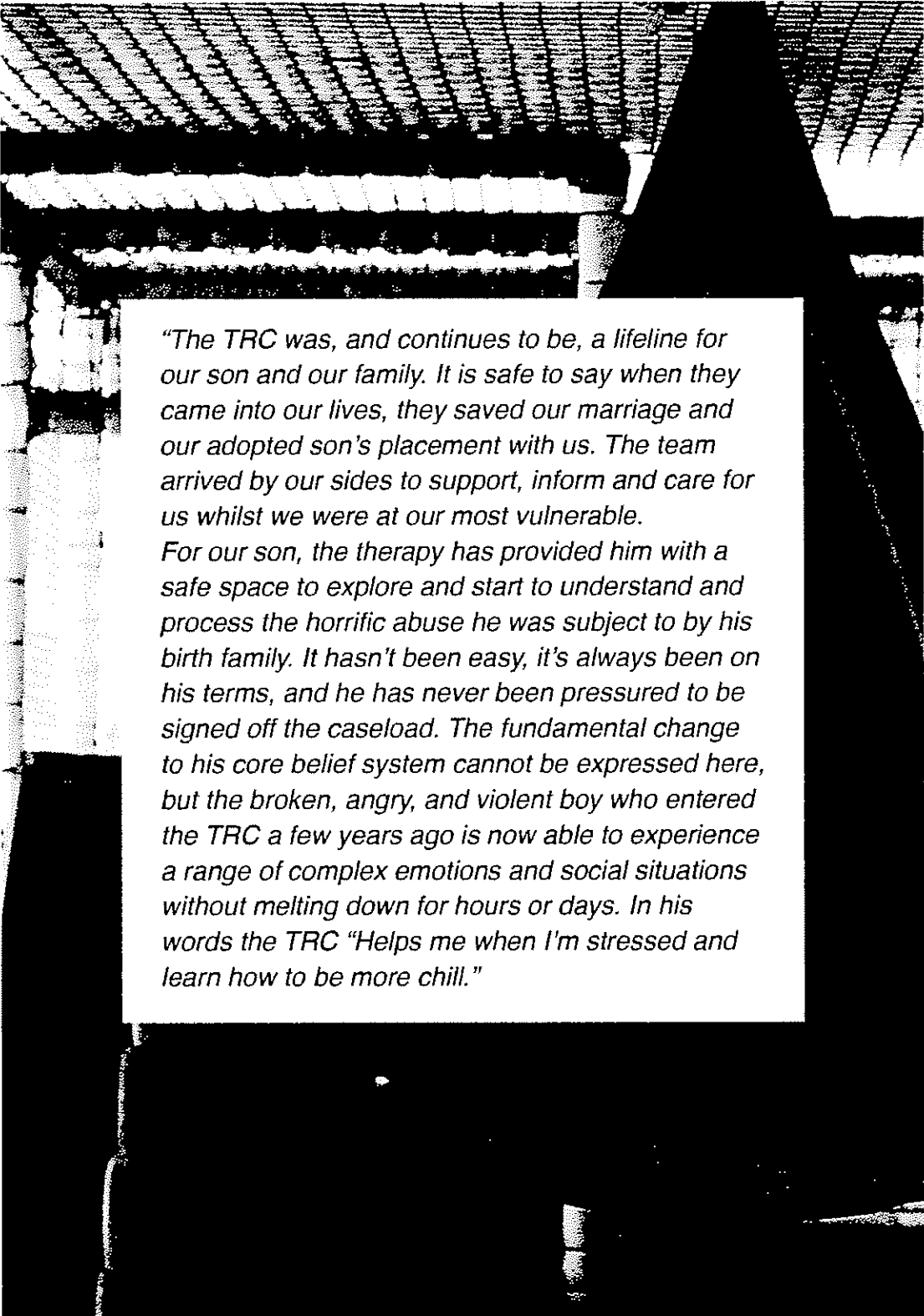
They have improved mental well-being, and have an increased understanding of their physiological and emotional response to trauma which in turn reduces shame. They also learn different healthy strategies to process difficult experiences, which sets them up for a bright future.





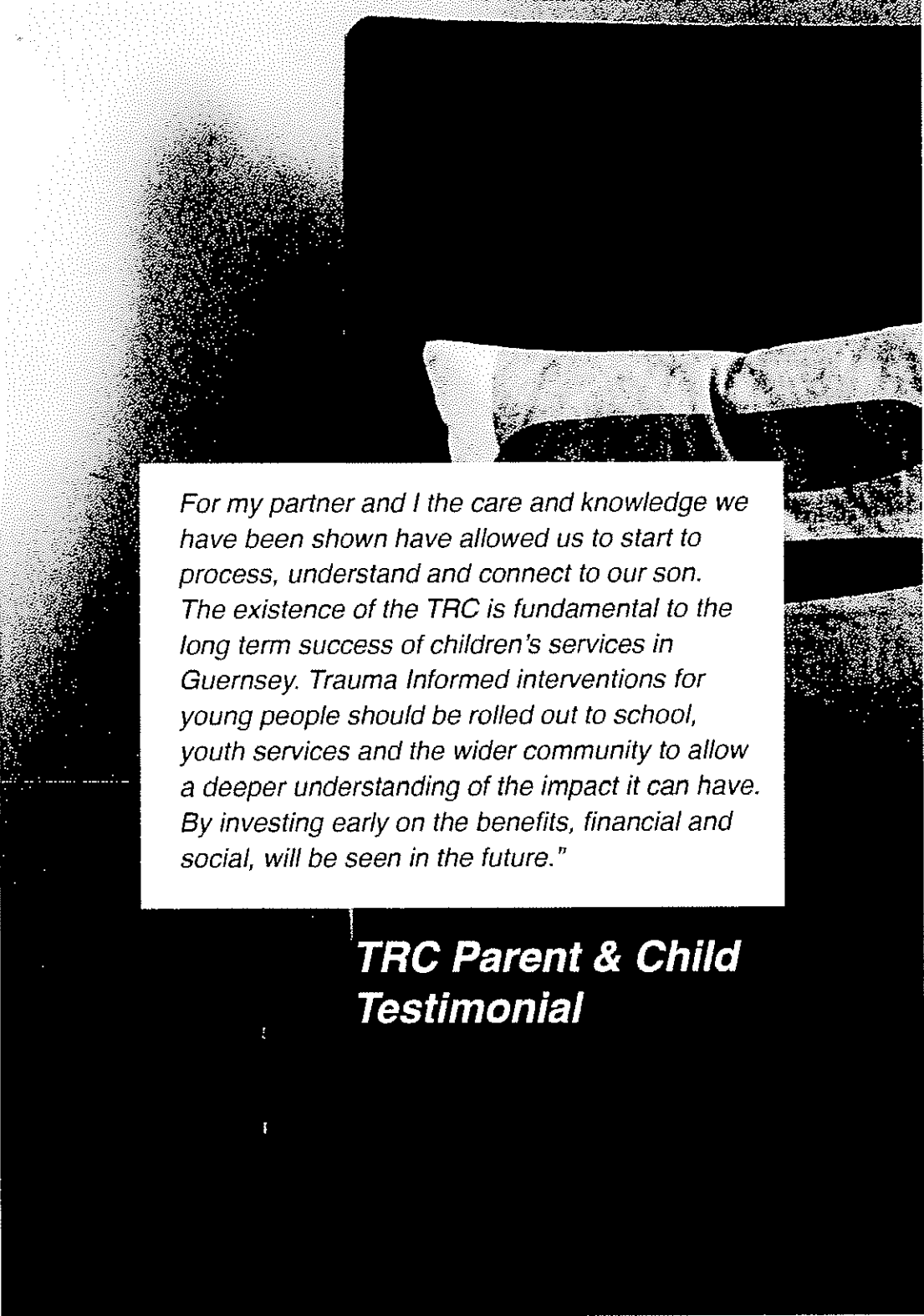
“Working with the parents who come to the TRC is a thought-provoking and humbling experience – a reminder of the ripple effects of trauma and the courage of families. Sharing the highs and lows with parents along their journeys is a total privilege and I am grateful that they allow me to be a part, however small, of their journey.”

Sophie Soar
Parent Support Worker, Bath Centre



"The TRC was, and continues to be, a lifeline for our son and our family. It is safe to say when they came into our lives, they saved our marriage and our adopted son's placement with us. The team arrived by our sides to support, inform and care for us whilst we were at our most vulnerable.

For our son, the therapy has provided him with a safe space to explore and start to understand and process the horrific abuse he was subject to by his birth family. It hasn't been easy, it's always been on his terms, and he has never been pressured to be signed off the caseload. The fundamental change to his core belief system cannot be expressed here, but the broken, angry, and violent boy who entered the TRC a few years ago is now able to experience a range of complex emotions and social situations without melting down for hours or days. In his words the TRC "Helps me when I'm stressed and learn how to be more chill."



For my partner and I the care and knowledge we have been shown have allowed us to start to process, understand and connect to our son. The existence of the TRC is fundamental to the long term success of children's services in Guernsey. Trauma Informed interventions for young people should be rolled out to school, youth services and the wider community to allow a deeper understanding of the impact it can have. By investing early on the benefits, financial and social, will be seen in the future."

TRC Parent & Child Testimonial



Rosy Corbin
Clinical Lead Guernsey,
Certified Play therapist
& Social worker,
Guernsey Centre



Nicki Rosser
Clinical Lead,
Certified Play Therapist,
Bath Centre

"I consider being part of the TRC and working with the families who come to us such a privilege. I am on a regular basis blown away by the courage and bravery of the families who come to the TRC and to be part of their journey towards recovery is an honour. I look forward to seeing what our 6th year brings in 2023, and am believing for continued growth in our Guernsey centre." - Rosy

"As we come out of the global pandemic, here at the TRC we are more convinced than ever of the incredible power of human connection to facilitate healing and recovery. Following lockdown, we have been privileged to see children begin again to calm and flourish, as their carers reconnect in supportive groups to learn about the brain and reflect on their achievements and find support with the struggles. The children and young people have continued to work with their therapists to process their experiences in creative ways and find healthy strategies to manage life better. The team in Bath have loved drawing on each other's expertise and look to connect with other professionals involved with their clients, to offer understanding and coherent support for each family. We look forward to continuing to work with these brave and courageous families as they work through and overcome the difficult life challenges." - Nicki

A Local Snapshot

Therapy Centres

Whilst this past year has been an incredibly challenging pandemic period, with increasing referrals and stretched charity finances, we continue to work hard to see children, young people and parent/carers lives transformed through our unique contribution to the local areas of our Trauma Recovery Centres.



Our Therapy Centres in Bath and Guernsey teams are growing with some brilliant new team members. We all continue to train in and use the BdT Trauma Recovery Focused Model, which is the approach we adopt in our Therapy Centres, where we see lots of effective clinical outcomes for the families we work with.



Tours and Connecting

We have been delighted to welcome professionals to our flagship Therapy Centre in Bath for a tour of our purpose-built facilities.

In both Bath and Guernsey, we have met with many amazing local -

organisations to speak about the works we all do support vulnerable people, and see how we can signpost between ourselves and work effectively together. Email us at admin@trc-uk.org if you want to connect!

Award Nominations

In Spring 2022, TRC were chosen as a Bath Life Awards 2022 Finalist in the Charity Category for our contribution towards the sector in Bath. It was great to reach the short list and we had a wonderful evening alongside other professionals and charities who were also nominated in various categories.



Award Nominations

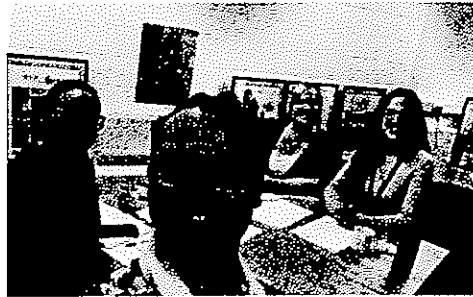


Claire & Nicki

Research

Trauma Recovery UK presented at the Public Engagement Workshop in the Department of Education, for PhD research students and researchers at the University of Bath. We shared with them about conducting research in community settings and recognise there are key considerations to how we do this sensitively and ethically when working with traumatised people.

We are passionate about evaluating our work and researching how effective our clinical sessions are, and we ensure that we maintain our trauma recovery focused approach in the ways we collect assessment data.



University of Bath

Placements

We have enjoyed providing another year long placement to a local university student as part of their degree with an integrated year in industry. They gained a unique insight into the daily running of a charity. Bethany brought a brilliant warm disposition to the team and we wish her all the best with finishing her degree!

We also provide a couple of placements for Trainee Clinicians. Be in touch with us to hear more!

Trustees

We welcomed a new Trustee to the team to bring a unique parent perspective. Thank you Malachi for joining the board of trustees. We are very grateful for our committed Trustees who support the running of the charity!

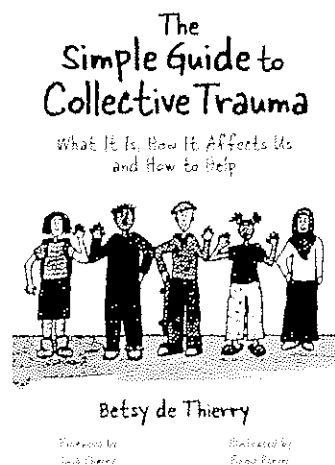


Our new Trustee, Malachi

National Picture

Betsy de Thierry

Our Chair of Trustees, and Charity Founder, Betsy, continues to train internationally in her BdT Trauma Recovery Focused Model, and it's brilliant to know there are more organisations trained in the same approach which we see to be so effective.



We benefitted from another 2 book publications:

The Simple Guide to Complex Trauma and Dissociation (de Thierry, 2021) gives an overview of what Complex Trauma is, and Complex Trauma symptoms, in a very accessible way. This is what the TRC Therapy Centres work with, and so this book is a helpful tool so that people can understand what Complex Trauma is, which means people can recognise and know when they need to refer to Complex Trauma recovery trained clinicians.

The Simple Guide to Collective Trauma (de Thierry, 2021) is another very timely book which we again have found so helpful to point people towards as they navigate a recovery journey from trauma experienced during the Covid-19 pandemic.

Alongside these books, we have been able to share Betsy's YouTube channel to a number of professionals in a broad range of settings, to equip them with an abundance of content which helps people navigate the collective trauma we have been through during the Pandemic.

Client Testimonial

Before I came to the TRC life was really hard because when I was younger, I had traumatic things happen at the hospital. My anxiety was at the top of the scale. I had really strong anxiety around hospitals. Even when I wasn't around hospitals, sometimes my body would go tense, I couldn't talk, I might cry. I could get angry and not want to be around my friends.

In therapy we would go in the soft play and knock down blocks which was like knocking down my worries.

Now I am finished at the TRC, things are much easier. I don't have triggers anymore; triggers are too strong a word. Now I can say words I couldn't say before, I can talk about things, and I don't need to cry so much.



**Thank you
TRC for
literally
changing
my life**

If I hadn't come to the TRC my life would have been much harder in the future.

Thank you TRC for literally changing my life.

Next Steps

The TRC Head Quarters has moved to Oxfordshire! We are looking forward to the next season of the TRC, and as we look to expand to more centres, we have moved our HQ out of our flagship Bath Centre to a bigger space in Oxfordshire.

We are due to re-start our Oxford Therapy centre in the next year, having had a pause since Covid-19. Watch this space..!

24th
February
2023

**Trauma
Recovery UK
Conference**

Hybrid
Event

**Traumatised Communities to
Trauma Informed &
Relationship Centred Communities**

Keynote Speakers:
Betsy de Thierry, MA, Founder and Chair of Trustees of the TRC
Lisa Cherry, MA, Founder and Chair of Trustees of the TRC

10AM - 4PM
Venue: The Old Bath House, Bath, BA1 1LJ
Trauma Recovery Centre, Bath
www.trc.uk.org

**Trauma
Recovery
UK**

We are also planning our Hybrid Trauma Recovery UK Conference, which will be on the 24th February 2023. We look forward to welcome Lisa Cherry, MA, and Betsy de Thierry, MA, (Founder and Chair of Trustees of the TRC) to explore 'Traumatised Communities to Trauma Informed & Relationship Centred Communities'. Find the ticket links on our social media platforms and come and join us!

Thank You

Thank you to our supporters

Thank you to our supporters for your part in restoring lives! We are so grateful to the individuals, business sponsors and grant funders who are so generous in their financial giving.

The Trustees were grateful to receive grants in the year from:

- Garfield Weston Foundation
- Lloyd Robinson Fund
- The Lloyds Foundation for the Channel Islands
- Kelly Family Charitable Trust
- The John Thaw Charitable Trust
- Lloyd Robinson Family Fund
- BANES Community Fund
- We Are One Foundation
- Countryside Community Fund

In addition, thank you to:

- Freedom Centre UK who support and host our Flagship Therapy Centre in Bath
- The Rock Community Church Guernsey, who host our Guernsey TRC.
- Cassia in Bath, who chose us as their charity of the year for 2022
- TRC Team, client families and members of the public who have fundraised for us!
- Our many 'Restorers' for their monthly generosity and individual fundraisers for their incredible efforts!



www.trc-uk.org
admin@trc-uk.org

 @trauma_recovery
 @trauma_recovery
 UKTRC

The TRC is registered charity 1141659
Limited Company Number 752661

Financial Review

Income for the year was £104,114 (previous year £198,723); coming from income from grants (20%), charitable activities (46%), general donations and fundraising (34%), and other income (less than 1%).

Expenditure for the year totaled £154,529 (previous year £161,152) with 95% spent on charitable activities.

The charity closed the year with funds of £18,754.

The trustees were grateful to receive grants in the year from Garfield Weston Foundation, Lloyds Bank Foundation for the Channel Islands, Lloyd Robinson Family Fund, Kelly Family Charitable Trust, John Thaw Charitable Trust.

There are no material concerns about the charity's ability to continue as a public benefit entity.

Reserves Policy

The trustees have developed a reserves policy to establish a level of reserves that are right for the TRC and to explain to the charity's stakeholders why holding these reserves is necessary.

The charity's trustees have identified the need to hold back some funds as reserves for the following reasons:

1. Covering unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sick absence
2. Funds might be needed to give the trustees time to take action if income falls below expectations
3. Funds might be needed to fund short-term cashflow deficits

The charity's trustees have considered the following in deciding reserves levels:

1. Income sources by project area
2. The charity's current expenditure budget and any future spending commitments
3. Long term grant funding secured
4. The minimum funding needed to avoid undue negative impacts on the TRC's beneficiaries, for example giving time for therapy to be ended with a planned ending
5. The funds needed to allow the TRC to wind up while meeting its obligations to staff and service users

Having given consideration to the above points the TRC's board of trustees have agreed to aim to keep a minimum of £15,000 of financial reserves as unrestricted funds.

Plans for Future Periods

- We have created a new financial strategy which is not so reliant on grants and look forward to this next year seeing the fruit of that.
- We plan on growing in strength in that skill to enable us to open new centres in cities where professionals have expressed an urgent need for our specialist provision.
- We plan on growing in skill in communicating our extraordinary success in the hard work we do with families who have such success stories, and have often had unsuccessful help with CAMHS and other therapy services.
- We plan on continuing the same excellent work we are doing and not changing our model or practice, but instead grow in remembering to celebrate every changed life.
- We plan on continuing to work hard to reduce our waiting lists.

Signed:



Date:

18/12/22

E J de Thierry (Chair of Trustees)

**Statement of Financial Activities
Year Ending 31st March 2022**

| | Note | Unrestricted Funds | Restricted Funds | Total for FY 31st March 2022 | Total for FY 31st March 2021 |
|--|------|--------------------|------------------|------------------------------|------------------------------|
| Income from: | | | | | |
| Donations and Legacies | 1 | 29,442 | 20,316 | 49,758 | 145,691 |
| Charitable Activities | 2 | 510 | 47,808 | 48,317 | 48,799 |
| Other Trading Activities | 3 | 6,038 | 0 | 6,038 | 4,233 |
| Total | | 35,991 | 68,124 | 104,114 | 198,723 |
| Expenditure on: | | | | | |
| Raising Funds | 4 | 1,211 | (221) | 990 | 1,115 |
| Charitable Activities | 5 | 22,053 | 125,504 | 147,557 | 156,972 |
| Other | 6 | 3,894 | 2,088 | 5,982 | 3,065 |
| Total | | 27,159 | 127,371 | 154,529 | 161,152 |
| Net Income / (Expenditure) | | 8,832 | (59,247) | (50,415) | 37,571 |
| Transfers between funds | | | | | |
| Gross transfers between funds | 7 | (52,472) | 52,472 | 0 | 0 |
| Net Incoming Resources Before Other Recognised Gains / Losses | | (43,640) | (6,775) | (50,415) | 37,571 |
| Other Recognised Gains / Losses | | 0 | 0 | 0 | 0 |
| Net Movement in Funds | | (43,640) | (6,775) | (50,415) | 37,571 |
| Reconciliation of Funds | | | | | |
| Total funds brought forward from previous year | | 53,166 | 16,004 | 69,170 | 31,599 |
| Total Funds Carried Forward | | 9,526 | 9,229 | 18,754 | 69,170 |

Balance Sheet
At 31st March 2022

| | Note | Unrestricted Funds | Restricted Funds | Total at 31st March 2022 | Total at 31st March 2021 |
|---|------|--------------------|------------------|--------------------------|--------------------------|
| Fixed Assets | | | | | |
| Tangible Assets | 8 | 193 | 793 | 985 | 385 |
| Intangible Assets | 9 | 0 | 0 | 0 | 0 |
| Total Fixed Assets | | 193 | 793 | 985 | 385 |
| Current Assets | | | | | |
| Debtors | 10 | 83 | 5,445 | 5,528 | 4,722 |
| Cash at Bank and In Hand | 11 | 9,841 | 4,020 | 13,861 | 65,322 |
| Total Current Assets | | 9,924 | 9,465 | 19,389 | 70,044 |
| Creditors: Amounts falling due in one year | 12 | 591 | 1,029 | 1,620 | 1,260 |
| Net Current Assets | | 9,333 | 8,436 | 17,769 | 68,784 |
| Total Assets less Current Liabilities | | 9,526 | 9,229 | 18,754 | 69,170 |
| Creditors: Amounts falling due after one year | | 0 | 0 | 0 | 0 |
| Provisions for liabilities and charges | | 0 | 0 | 0 | 0 |
| Net Assets | | 9,526 | 9,229 | 18,754 | 69,170 |
| Funds of the Charity | | | | | |
| General Fund | | 9,526 | 0 | 9,526 | 53,166 |
| Restricted Income Funds | 13 | 0 | 9,229 | 9,229 | 16,004 |
| Total Funds | | 9,526 | 9,229 | 18,754 | 69,170 |

For the year ending 31/03/2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These accounts were approved by the Board on 6th December 2022

 8/12/22

Mrs E J de Thierry (Trustee)

 14/12/22

Mr M D Dingis (Trustee)

Statement of Cash Flows
Year Ending 31st March 2022

| | Note | Total for FY 31st March 2022 | Total for FY 31st March 2021 |
|--|------|------------------------------------|------------------------------------|
| Cashflows from Operating Activities | | | |
| Net cash provided by (used in) operating activities | 20 | (50,471) | 37,691 |
| Cashflows from Investing Activities | | | |
| Purchase of property, plant and equipment | 8 | (991) | 0 |
| Cashflows from Financing Activities | | | |
| | | 0 | 0 |
| Change in cash and cash equivalents in the reporting period | | (51,462) | 37,691 |
| Cash and cash equivalents at the start of the reporting period | | 65,322 | 27,631 |
| Change in cash and cash equivalents due to exchange rate movements | | 0 | 0 |
| Cash and cash equivalents at the end of the reporting period | 21 | <u>13,861</u> | <u>65,322</u> |

Notes to the Accounts

Note 1: Income from Donations and Legacies

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|---------------------------------|-----------------------|---------------------|---|---|
| Donations | 25,083 | 201 | 25,284 | 26,285 |
| Grant Funding | 500 | 20,115 | 20,615 | 114,397 |
| Gift Aid Tax Claimed | 3,859 | 0 | 3,859 | 4,341 |
| Donated Services and Facilities | 0 | 0 | 0 | 648 |
| Other Income | 0 | 0 | 0 | 19 |
| Total | 29,442 | 20,316 | 49,758 | 145,691 |

Note 2: Income from Charitable Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|-----------------------------|-----------------------|---------------------|---|---|
| Client Family Contributions | 0 | 17,418 | 17,418 | 2,915 |
| Therapy Fees | 0 | 30,290 | 30,290 | 21,578 |
| Training Days | 0 | 100 | 100 | 5,410 |
| CJRS Grants | 510 | 0 | 510 | 18,895 |
| Total | 510 | 47,808 | 48,317 | 48,799 |

Note 3: Income from Other Trading Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|--------------------|-----------------------|---------------------|---|---|
| Sales of Goods | 797 | 0 | 797 | 292 |
| Fundraising Events | 5,241 | 0 | 5,241 | 3,942 |
| Total | 6,038 | 0 | 6,038 | 4,233 |

Note 4: Expenditure on Raising Funds

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|----------------------|-----------------------|---------------------|---|---|
| Donor Administration | 531 | 9 | 541 | 474 |
| Direct Event Costs | 411 | (230) | 181 | 0 |
| Goods for Resale | 269 | 0 | 269 | 641 |
| Total | 1,211 | (221) | 990 | 1,115 |

Note 5: Charitable Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|--|-----------------------|---------------------|---|---|
| Staff Costs | 11,704 | 98,278 | 109,982 | 106,765 |
| Staff & Volunteer Training | 25 | 958 | 983 | 3,670 |
| Sessional Staff Costs | 0 | 1,161 | 1,161 | 816 |
| Travel & Subsistence Costs | 107 | 0 | 107 | 101 |
| Volunteer Expenses | 0 | 52 | 52 | 152 |
| Premises Costs | 3,000 | 16,200 | 19,200 | 25,499 |
| Lease of Woodlands | 500 | 0 | 500 | 1,000 |
| Insurances | 1,156 | 1,300 | 2,456 | 2,656 |
| Craft Supplies, Toys & Other Equipment | 0 | 674 | 674 | 3,214 |
| Professional Memberships | 184 | 0 | 184 | 447 |
| IT Support and Consultancy | 678 | 2,322 | 3,000 | 3,600 |
| Conference Speakers | 0 | 0 | 0 | 331 |
| Other Costs (including office costs) | 4,699 | 4,559 | 9,258 | 8,722 |
| Total | 22,053 | 125,504 | 147,557 | 156,972 |

Note 6: Other Expenditure

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|--|-----------------------|---------------------|---|---|
| Bank Charges and Interest | 1,034 | 0 | 1,034 | 0 |
| Professional Fees (Legal & Accountancy) | 2,628 | 0 | 2,628 | 2,278 |
| Clinical Supervision | 0 | 1,890 | 1,890 | 555 |
| Annual Fees | 40 | 0 | 40 | 40 |
| Depreciation, Amortisation and Loss on Disposal of Fixed Assets | 193 | 198 | 391 | 193 |
| Total | 3,894 | 2,088 | 5,982 | 3,065 |

Note 7: Gross Transfers Between Funds

| | Unrestricted Funds | Restricted Funds |
|--------------|--------------------|------------------|
| Therapy | | 58,095 |
| Guernsey | | (5,680) |
| Oxford | | 57 |
| Oakside | 557 | |
| General Fund | (53,029) | |
| | (52,472) | 52,472 |

Note 8: Tangible Fixed Assets

| | Fixtures & Fittings | | Office Equipment | | Total |
|-------------------------------|---------------------|--------------------------------|------------------|------------|--------|
| | Unrestricted | Restricted Fund | Unrestricted | Restricted | |
| | Funds | Big Lottery: Awards for All | Funds | Funds | |
| | £ | £ | £ | £ | £ |
| Cost | | | | | |
| At 31st March 2021 | 1,030 | 9,928 | 3,533 | 0 | 14,742 |
| Additions | 0 | 0 | 0 | 991 | 991 |
| Disposals | 0 | 0 | 0 | 0 | 0 |
| At 31st March 2022 | 1,030 | 9,928 | 3,533 | 991 | 15,733 |
| Depreciations | | | | | |
| At 31st March 2021 | 1,030 | 9,928 | 3,148 | 0 | 14,357 |
| Charge this year | 0 | 0 | 192 | 198 | 391 |
| Disposals | 0 | 0 | 0 | 0 | 0 |
| At 31st March 2022 | 1,030 | 9,928 | 3,340 | 198 | 14,748 |
| NBV at 31st March 2022 | 0 | 0 | 193 | 793 | 985 |

Note 9: Intangible Fixed Assets

| Intellectual Property | Unrestricted Funds £ |
|-------------------------------|----------------------------|
| Cost | |
| At 1st April 2021 | 1,676 |
| Additions | 0 |
| Disposals | 0 |
| At 31st March 2022 | 1,676 |
| Depreciations | |
| At 1st April 2021 | 1,676 |
| Charge this year | 0 |
| Disposals | 0 |
| At 31st March 2022 | 1,676 |
| NBV at 31st March 2022 | 0 |

Note 10: Debtors

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|----------------------|--------------------|------------------|---|---|
| Outstanding Invoices | 0 | 2,380 | 2,380 | 4,470 |
| Accrued Income | 0 | 3,065 | 3,065 | 0 |
| Gift Aid Debtor | 83 | 0 | 83 | 252 |
| | <u>83</u> | <u>5,445</u> | <u>5,528</u> | <u>4,722</u> |

Note 11: Cash at Bank and In Hand

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|---------------------------------------|--------------------|------------------|---|---|
| HSBC Current Account ACC: 92546655 | 9,781 | 1,090 | 10,871 | 29,322 |
| HSBC Current Account ACC: 42719592 | 60 | 2,930 | 2,990 | 36,000 |
| | <u>9,841</u> | <u>4,020</u> | <u>13,861</u> | <u>65,322</u> |

Note 12: Creditors: Amounts Falling Due Within One Year

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|------------------|--------------------|------------------|---|---|
| Accrued Expenses | 591 | 1,029 | 1,620 | 1,260 |
| | <u>591</u> | <u>1,029</u> | <u>1,620</u> | <u>1,260</u> |

Note 13: Restricted Income Funds

| | Balance at 1st April 2021 | Incoming Resources | Outgoing Resources | Transfers Between Funds | Balance at 31st March 2022 |
|-------------------------|---------------------------|--------------------|--------------------|-------------------------|----------------------------|
| Bath Therapy Centre | 3,486 | 52,593 | 108,946 | 58,095 | 5,229 |
| Guernsey Therapy Centre | 12,268 | 15,781 | 18,368 | (5,680) | 4,000 |
| Oxford Therapy Centre | 250 | (250) | 57 | 57 | 0 |
| Total | <u>16,004</u> | <u>68,124</u> | <u>127,371</u> | <u>52,472</u> | <u>9,229</u> |

Transfers between funds have been made from unrestricted funds to fund the deficit on a restricted fund.

Note 14: Trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with Trauma Recovery Centre or a related entity.

Expenses were paid to one or more trustees to reimburse costs incurred by them in carrying out their duties as trustees of Trauma Recovery Centre.

Note 15: Reimbursement of Trustee Expenses

Number of Trustees Reimbursed 1

| | Total (£) |
|--------------------------|--------------|
| Travel and Accommodation | 0 |
| Subsistence | 85 |
| Total | <u>85</u> |

Note 16: Fees for Examination of the Accounts

Fee for Independent Examination £540

Note 17: Staff Costs

| | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|--|---|---|
| Salaries | 105,033 | 102,535 |
| Employers NI | 0 | 0 |
| Pension Auto-Enrolment Contributions | 941 | 1,071 |
| Total Cost | <u>105,973</u> | <u>103,606</u> |
| Number of Employees | 16 | 16 |
| Number of Full Time Equivalent Employees | 3.8 | 3.84 |

There were no employees in the year with emoluments above £60,000

Note 18: Related Party Transactions

Payments in the year totalling £858 for staff and volunteer training were paid to Betsy de Thierry Ltd, a limited company of which Mrs Elizabeth de Thierry is a director. These payments are permitted within the charity's governing document and all conditions outlined in the governing document were met.

Payments for rent of Freedom House, totalling £19,200, to Freedom-Bath, a charity of which Mrs Elizabeth de Thierry is a trustee.

Trauma Recovery Centre also received £500 from Freedom-Bath towards the cost of a TRC client's therapy sessions.



Note 19: Taxation

No taxation charges have arisen for the charity in the year.

Note 20: Reconciliation of net income/(expenditure) to net cash flow from operating activities

| | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|---|---|---|
| Net income/(expenditure) for the reporting period (as per the statement of financial activities) | (50,415) | 37,571 |
| Adjustments for: | | |
| Depreciation Charges | 391 | 193 |
| (increase)/decrease in debtors | (806) | 767 |
| Increase/(decrease)in creditors | 360 | (839) |
| Net cash provided by (used in) operating activities | (50,471) | 37,691 |

Note 21: Analysis of cash and cash equivalents

| | Total for FY ending 31 st March 2022 | Total for FY ending 31 st March 2021 |
|------------------------|---|---|
| Bank and cash balances | 13,861 | 65,322 |

Note 22: Accounting Policies

Basis of accounting

The financial statements are to be prepared under the historical cost convention and in accordance with applicable accounting standards. They should follow the recommendations in the 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 1st January 2015).

Incoming resources

Incoming resources are to be included in the Statement of Financial Activities when the charity becomes entitled to the resources, the trustees are virtually certain they will receive the resources and the monetary value can be measured with sufficient reliability.

Incoming resources should all be reported gross, and the Statement of Financial Activities should recognise all incoming resources becoming available to the charitable company during the year.

The value of services provided by volunteers is not to be included in the financial statements.

Donated services and facilities are to be included at the value to the charity where this can be quantified.

Incoming resources from charitable activities are to be accounted for when earned.

Legacy income is to be accounted for on a receivable basis. A legacy is considered receivable for the period only once the amount is known with certainty.

Income from grants is recognised where there is evidence of entitlement to the grant, receipt is probable and its amount can be measured reliably. Some grants will contain certain terms and conditions that must be met before the charity has entitlement to the resource. In these cases the income will not be recognised until all the terms and conditions have been met.

Fund accounting

Restricted funds are funds subject to specific conditions imposed by the funders and relate to specific projects. Expenditure which meets these criteria is to be charged to the funds.

Unrestricted funds comprise accumulated surpluses and deficits on general funds and are available for use at the discretion of the trustees in furtherance of the object of the charitable company.

Unrestricted funds should include a capital reserve representing the fixed assets. Interest earned on restricted income is not to be applied to the restricted fund unless specifically requested by the donor. Such interest will be treated as unrestricted income.

Resources expended

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

Resources expended are to be shown gross and accruals are to be included in creditors for all known liabilities relating to the year.

Cost of generating funds costs relate to the costs incurred by the charitable company in inducing others to make voluntary contributions to it and the costs for fund raising.

Governance costs of the charitable company comprise of costs of the management of its assets and compliance with constitutional and statutory requirements and include fees and costs linked to the strategic management of the charity.

Fixed assets

Depreciation is to be provided on all tangible fixed assets bought in the UK costing more than £500 at rates calculated to write off the cost of each asset over its expected useful life.

Independent examiner's report to the trustees of Trauma Recovery Centre

I report on the accounts of the company for the year ended 31 March 2022, which are set out on pages 30 to 41.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) 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

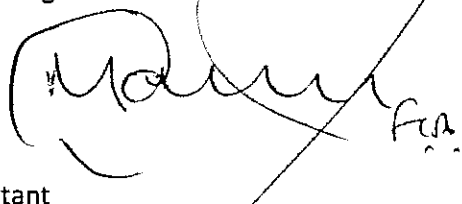
Basis of independent examiner's report

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 as 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:

- (1) 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 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirement 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 have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



 Mark Garrett FCA
 Chartered Accountant
 Mark Garrett Tax and Accountancy Ltd.
 23 Leafield Industrial Estate, Corsham, Wiltshire, SN13 9RS

20th December 2022.

TRAUMA RECOVERY CENTRE

England & Wales - Charity number 1141659

Accounts



TRAUMA RECOVERY CENTRE
(A company limited by guarantee)

Financial Statements

Year Ended: 31st March 2021

Charity No: 1141659
Company No: 7526611

CONTENTS

| | Page |
|--|-------------|
| Reference and administrative information | 3 |
| Trustees Report | 4 |
| Achievements and Performance | 7 |
| Statement of Financial Activity | 25 |
| Balance Sheet | 26 |
| Statement of Cashflows | 28 |
| Notes to the Accounts | 29 |
| Accountants Report | 37 |

Reference and administrative information

Charity Name: Trauma Recovery Centre

Working Name: TRC

Charity Number: 1141659

Company Number: 7526611

Registered Office and Operational Address:

Freedom House
Lower Bristol Road
Bath
BA2 1EP

Trustees:

Trustees serving at the date of this report are:

Mrs Elizabeth de Thierry (Chair)

Mrs Heather Brown

Mrs Susan Mary Patterson

Mr Kenneth Whitelaw-Jones

Dr Laura Aruparayil (appointed 24th January 2021)

Company Secretary: Rowan Fisher (appointed 2nd December 2020)

Jennifer Stetson (resigned 2nd December 2020)

Bankers:

HSBC Bank PLC, 62 George White Street, Cabot Circus, Bristol, BS1 3BA

Independent Examiner: Mark Garrett FCA, Mark Garrett Tax and Accountancy Ltd.

23 Leafield Industrial Estate, Corsham, Wiltshire, SN13 9RS

Trustees' Report

For the year ended 31st March 2021

The Trustees have pleasure in presenting their report with the financial statements of the charity for the year ended 31st March 2021 which are also prepared to meet the requirements of a director's report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 11th February 2011 and registered as a charity on 3rd May 2011. The company was established under a Memorandum of Association and is governed under its Articles of Association.

The Trustees, who are also directors of the charity for the purposes of the Companies Act 1985, have the power to appoint new or additional trustees and to remove any trustee provided the number of Trustees does not fall below a minimum of three.

Trustees are selected to have a wide range of therapy, education, business and charity experience and are required to gain an understanding of all aspects of the charity's work. New trustees are provided with a Trustee Handbook that includes:

- An overview of the charity, including vision, aims, activities and governance;
- Information on the roles and responsibilities of trustees;
- Copy of Articles of Association and Board Policies;
- Details of current staff members and board members; and
- A copy of the Charity Commission guidance (CC3a) 'The Essential Trustee'.

Trustee meetings are held a minimum of three times per year and trustees are provided with up to date financial information. The trustees review major risks to which the charity is exposed, as identified by the board, with systems or procedures being established to manage those risks.

In addition to the Board of Trustees, each individual member of our therapy staff has an external supervisor. The team of supervisors have extensive experience of play, music and art in therapy, child counselling and all are approved clinical supervisors.

Future strategy for the charity is developed by the Trustees.



The daily running of the charity is undertaken by the Trustees and Senior Staff Team together with a team of staff and volunteers who provide a range of skills and experience.

Objectives and Activities

Trauma Recovery Centre's objects, as per the charity's articles of association are:

1. To relieve the mental and physical suffering of children and young people suffering from crisis or trauma which has caused emotional damage by the provision of counselling and support for such persons;
2. To advance the education of the public in the subject of trauma recovery;

Under these objects the charity has established the following vision:

The TRC exists to help children recover from trauma; defined as an experience which is overwhelming and hinders the child's safety and security. Trauma causes a child or young person to feel terrified and powerless. At the TRC we facilitate recovery for children and young people as they process trauma and support them as they piece their lives back together until a wholeness can be found. We also work to support parents/carers, as well as training and supporting teachers to form a holistic support service.

We believe that children and young people can recover from trauma.

In order to fulfil the vision the charity aims to:

- ☺ help children and young people process what is going on in their world;
- ☺ help them find their voice;
- ☺ see trauma symptoms reduced in their everyday life and future; and
- ☺ give them the time and space to work out what they are feeling, and why, so they can be empowered into a positive, bright future.

The charity works towards achieving these aims through:

- ☺ Using play, art, drama and music to help children process, think, learn and speak.
- ☺ Providing excellent creative play, art and music therapy, facilitated by workers trained to high professional standards.
- ☺ Ensuring that every child is valued, cared for, listened to, and that their feelings are validated and processed.

- ☺ Providing a network of excellent therapists, carers and other professionals, all committed to proactive intervention, giving children the possibility of a fantastic future.
- ☺ Supporting parents/ carers in groups and individually to enable them to process the shared trauma and begin to find hope that recovery is possible.
- ☺ Upskill the parents and carers in understanding neuroscience so that they are empowered to understand behaviour in their child's life, their own life and others lives.
- ☺ Believing that recovery from trauma is possible and that overcoming challenges leads to a better future.
- ☺ Believing it's worth it for each individual child and family.

The activities of the charity are split into two project areas:

1. TRC Therapy Centres offer creative psychotherapy, counselling and mentoring to children and young people who are facing trauma and extreme challenges, specialising in complex trauma recovery. We provide individual sessions to children and young people as well as adult counselling and parenting groups to their parents/carers. We specialise in working with complex trauma including children, young people & their carers who have been rescued from human trafficking.

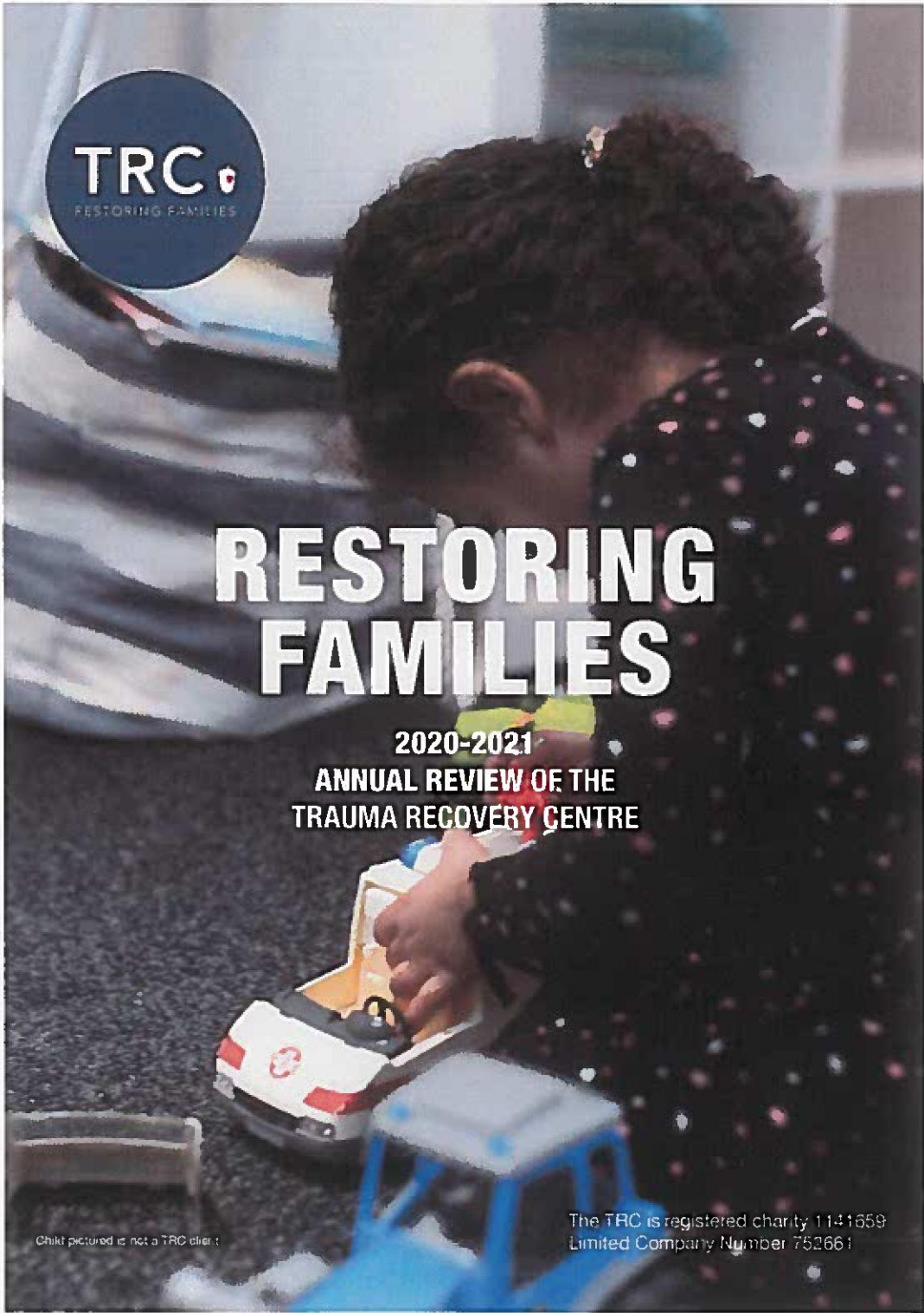
2. Oakside Creative Assessment Project is an intensive assessment program for children who are struggling with mainstream education. We focus on the child recovering from trauma. At the end of the 12 week assessment we are able to create a treatment plan for the child, identifying key struggles and the needed treatment and intervention to enable them to engage in their appropriate education setting.

In shaping the charity's objectives and activities the trustees have had regard to the charity commission's guidance on public benefit.

The TRC is supported by a team of volunteers.



**Achievements and
Performance**



RESTORING FAMILIES

**2020-2021
ANNUAL REVIEW OF THE
TRAUMA RECOVERY CENTRE**

Child pictured is not a TRC client.

The TRC is registered charity 1141659
Limited Company Number 752661

TRAUMA RECOVERY CENTRE

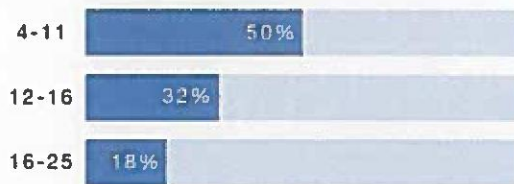
The Trauma Recovery Centre (TRC) exists with the sole purpose of bringing positive, hopeful and strategic intervention to families who are struggling having experienced trauma.

2020-2021 Stats

141 Clients

1500 hours sessions (approx)

AGE OF CHILDREN REFERRED



GENDER OF CHILD REFERRED



REFERRAL REASON

| | | | |
|-------------------|-----|---------------------------------|-----|
| Multiple Abuse | 59% | Emotional Abuse | 32% |
| Neglect | 18% | Bereavement | 15% |
| Sexual Abuse | 15% | Health difficulty in the family | 21% |
| Domestic Violence | 26% | Bullying | 11% |
| Early Life Trauma | 29% | House move | 5% |
| Refugee | 11% | School move | 3% |
| Physical Abuse | 20% | | |

TESTIMONIALS



The TRC was, and continues to be, a lifeline for our child and our family.

The fundamental change to our child's core belief system cannot be expressed here, but the broken, angry, and violent boy who entered the TRC a few years ago is now able to experience a range of complex emotions and social situations without melting down for hours or days. In our child's words the TRC "Helps me when I'm stressed and learn how to be more chill."

For my partner and I the care and knowledge we have been shown have allowed us to start to process, understand and connect to our child. The existence of the TRC is fundamental to the long term success of children's services... Trauma Informed interventions for young people should be rolled out to school, youth services and the wider community to allow a deeper understanding of the impact it can have. By investing early on the benefits, financial and social, will be seen in the future.



TRC Family



I have seen a positive change in my child's happiness. She panics less, can communicate better, understands her feelings and can talk easier.



TRC Family



I am so grateful for the support we get from the TRC. It's like a weight is lifted from my shoulders and I can trust he's getting the help he needs.



TRC Family

TESTIMONIALS

Over 2021 It has been incredible to see, even with additional strains and challenges that Covid has presented , that we've had another year where courageous families have been able to access support and find recovery for their children.

One little girl told me she felt glad that the bad stuff was finally leaving her alone so she can "get on with happy stuff now".

Another parent commented how grateful they were to have their child back when they had felt lost to them for such a long time.

Much of the time we are just helping families understand just how the impact of their experiences have led to the behaviours which so far have kept them alive. Within the safety of the centre they have been able to find more helpful coping strategies to move forward.

With trauma, there is almost never quick fixes, but it continues to be such a privilege to work with caregivers who are prepared to be vulnerable enough to share their stories and ask for help. We provide a place of connection where families can come to see their child or young person not as 'weird' or 'broken', but as a brave survivor, and begin to see that alongside the child having therapy, they, the caregivers, are the ones who can provide the child with the very best context in which they can recover.

TESTIMONIALS

Where lockdown has happened this has been all the more relevant and we have seen how amazing families have survived the isolation and confinement with incredible strength. While online sessions for some children were helpful, and we supported each family with regular check-ins, I was never more grateful to be able to get back to meet these amazing families face to face again.

We look forward to supporting more families again over the coming year with new therapy staff and a dedicated team.

Nicki Rosser,
Joint Lead Professional of the TRC Bath



TRC CELEBRATE THEIR
10TH BIRTHDAY

10 years of the TRC

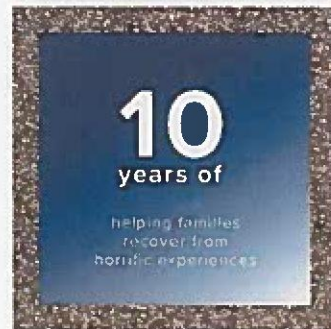
NUMBER OF CLIENTS

**1350
Clients**

NUMBER OF CLIENTS
AGE 3-25 YRS

**766
Clients**

Over 20,000 hours
of face to face
trauma recovery
specialist support

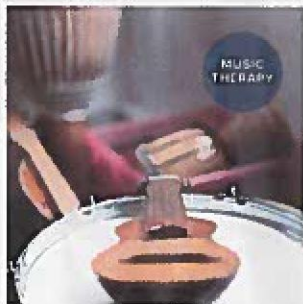


**TRC CELEBRATE THEIR
10TH BIRTHDAY**

10
years of
providing 1000's of hours of
highly specialised help to
children and young people
who need to recover from trauma



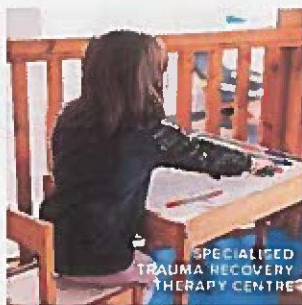
10
years of
being trauma informed
and trauma recovery focused



10
years of
helping children and
young people find
their voice



10
years of
stories of transformation
and hope



10
years of
support to help piece lives
back together until a
wholeness is found

Child pictured is not a TRC client

A LOCAL SNAPSHOT



The TRC remain to be active in the local inter-agency groups, including the Early Health and Wellbeing Board for Bath and North East Somerset, the 3rd Sector Group for BANES and the Children and Young People's Network (CYPN).

TRC have been active members of the CYPN for the last 6 years and taken an active role in supporting other 3rd sector organisations working with children and young people in B&NES. They have represented the voluntary sector on the EHWB and parenting strategy sub-group and also spoken to members about Trauma informed practice at our Network meetings and contributed to local policy on behalf of the CYPN. Their contributions to the CYPN have been extremely valuable and have helped support us improve collaborative support across the sector. We wish them all the best celebrating their anniversary and look forward to continuing to work with them in the future.

Gilly Sammudin,
Children & Young People's Network Co-ordinator

TRC CONFERENCE



We ran our first online conference in January 2021, welcoming professionals from across the UK and Europe to join us in a day exploring 'Complex Trauma and Dissociation'. We were privileged to have our guest speakers, Dr Renee P Marks (Consultant Therapist and ISSD's Accredited Trainer, www.bictd.org/about), and Penny McKissock, Director of Southside organisation who also works in Bath near our TRC HQ Centre.



We are so grateful to have the TRC down the road from us in Bath and we often refer to them when our clients at Southside could benefit from their trauma recovery service.

The different interventions we both provide complement each other to bring a comprehensive support to those seeking our help, and we appreciate working together in this way. It's a pleasure to be part of the TRC conference as we work together towards the same goals to help people through such difficult experiences.



Penny McKissock,
Southside Bath

Our Founder and Chair of Trustees, Betsy de Thierry, provided a key note speaking from her extensive experience and framework which she trains and consults from all over the world, and our TRC Bath Lead Clinicians Nicki Rosser and Cheryl Unthank also shared their expertise from working in specific settings to support children, young people and families in recovery from complex trauma and dissociation.

THE IMPACT OF COVID 19

In response to the COVID-19 Pandemic and the nationwide UK lockdown, TRC had to close its physical centres in March 2020. We re-opened in September 2020 but had one other period of closing between January 2021 and March 2021, with very few interruptions happening since then.

In the periods where we had to close our centres due to COVID, our clinical team transferred their work online, offering continued support to the children, young people and their families who were accessing our services with phone calls, zoom support for parents, an online support group for parents and online sessions for clients.

Each time we reopened our Centres, the team worked hard to ensure that our practices were COVID-19 secure and in line with government guidance. We were excited to again be able to see children and young people for individual therapy sessions as well as their parents/carers for parenting support in person when we're opened. During this whole period, we have had high levels of new referrals and pleas for support.



We continue to focus our services in Bath and Guernsey whilst our centre in Oxford is currently paused until this difficult COVID season has become more stable. Our services continue to be in high demand. On a weekly basis Social Workers, Headteachers, local Charities and parents/carers get in contact, urging us to support children or young people who have experienced trauma.

THE IMPACT OF COVID 19



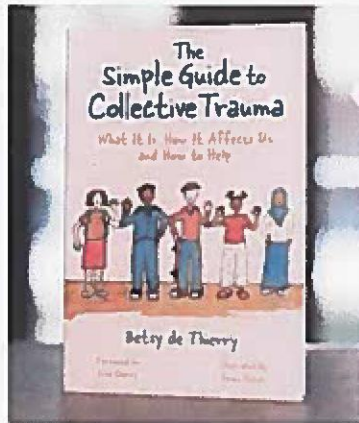
March 2020-March 2021 has been an incredibly challenging period of time, with increasing referrals, many stressed families and continual decisions to be made to enable a safe working environment and a safe therapy space for all. We feel proud of the team and pleased with how much we were able to do to help those who needed us.

We were able to create a constant stream of new YouTube videos which were also shared on social media. These had both therapeutic stories and therapeutic exercises that were designed to help the clients stay in touch and see our faces as well as help the parents with helpful, therapeutic activities.

Our YouTube subscriptions grew to 381 people with our two professionally produced videos, having over 35,000 and 5,000 views. Both videos, 'The Triune Brain' and 'How Can you Help Us' were written to support traumatised families but of course, became very helpful for all parents and children in COVID lockdowns. They help people understand both the impact of trauma and how to help children and young people who are traumatised.



THE IMPACT OF COVID 19



Our Founder and Chair of Trustees, Betsy de Thierry, released her new book, 'The Simple Guide to Collective Trauma - what it is, how it affects us and how to help' in July 2021.

This is the next book in the 'Simple Guide' series and has been a timely resource. These resources are so beneficial for anyone supporting people who have experienced trauma or those who are looking to understand the impact of trauma more.

Our future plans are to build on and continue the work we are doing and to recruit more restorers who can give regularly so that we can expand our staff team to meet the increasing demand for our work.



THANK YOU

Thank you to our supporters for your part in restoring lives! We are so grateful to the individuals, business sponsors and grant funders who are so generous in their financial giving.

The trustees were grateful to receive grants in the year from:

- Garfield Weston Foundation
- Lloyds Bank Foundation for the Channel Islands
- Charities Aid Foundation
- Quartet Community Foundation Coronavirus Recovery and Stabilisation Programme and Quartet Community Foundation Express Grant Scheme
- Julia and Hans Rausing Trust
- Shine Bright Funding
- Sobell Foundation
- Society of Merchant Venturers
- Kelly Family Charitable Trust

Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to cover the cost of therapists and parenting workers, and purchase equipment required for therapy sessions. Thanks to the Government for making this possible.

In addition, thank you to:

- Freedom Centre UK
- St Michael's Church, Twerton
- Lemongrass Marketing
- Co-op Local Giving Fund
- DS Book Keeping and Business

Support

- The Father's House, Bath
- The Bradfords Group
- MacStaff
- 3D FD
- TekTowr
- ReLabelled Clothing
- Sangha House
- Waitrose, Guernsey
- Sainsbury's Green Park Station, Bath
- Scoop Wholefoods, Bath
- Julia Davey
- Fox & Kit Cafe, Bath
- Mokoto, Bath
- Dr Gélato, Bath
- Golden Fleece

And many individual Restorers for their monthly generosity and individual fundraisers for their incredible efforts!

CONTACT US



www.trc-uk.org
admin@trc-uk.org

 [@trauma_recovery](https://www.instagram.com/trauma_recovery)

 [@trauma_recovery](https://twitter.com/trauma_recovery)

 UKTRC

We believe in the recovery from trauma

The TRC is registered charity 1141659
Limited Company Number 752661

Financial Review

Income for the year was £198,723 (previous year £217,337); coming from income from grants (58%), charitable activities (25%), general donations and fundraising (15%), and other income (2%).

Expenditure for the year totaled £161,152 (previous year £206,732) with 97% spent on charitable activities.

The charity closed the year with funds of £69,170.

The trustees were grateful to receive grants in the year from Garfield Weston Foundation, Lloyds Bank Foundation for the Channel Islands, Charities Aid Foundation, Quartet Community Foundation Coronavirus Recovery and Stabilisation Programme and Quartet Community Foundation Express Grant Scheme, Julia and Hans Rausing Trust, Shine Bright Funding, Sobell Foundation, Society of Merchant Venturers, Kelly Family Charitable Trust. Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to cover the cost of therapists and parenting workers, and purchase equipment required for therapy sessions. Thanks to the Government for making this possible. There are no material concerns about the charity's ability to continue as a public benefit entity.

Reserves Policy

The trustees have developed a reserves policy to establish a level of reserves that are right for the TRC and to explain to the charity's stakeholders why holding these reserves is necessary.

The charity's trustees have identified the need to hold back some funds as reserves for the following reasons:

1. Covering unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sick absence
2. Funds might be needed to give the trustees time to take action if income falls below expectations
3. Funds might be needed to fund short-term cashflow deficits

The charity's trustees have considered the following in deciding reserves levels:

1. Income sources by project area. For example, Oakside is self-funded through referrals and staff levels are able to be adjusted to meet demand
2. The charity's current expenditure budget and any future spending commitments
3. Long term grant funding secured

4. The minimum funding needed to avoid undue negative impacts on the TRC's beneficiaries, for example giving time for therapy to be ended with a planned ending.
5. The funds needed to allow the TRC to wind up while meeting its obligations to staff and service users

Having given consideration to the above points the TRC's board of trustees have agreed to aim to keep a minimum of £15,000 of financial reserves as unrestricted funds.

Plans for Future Periods

In response to the COVID-19 Pandemic and the nationwide UK lockdown, TRC had to close its' physical centres in March 2020 and re-opened in September 2020 but had to close again in January 2021 and re-opened again on 8th March 2021, with very few interruptions happening since then. In the periods where we had to close our centres due to COVID, our clinical team transferred their work online, offering continued support to the children, young people and their families who were accessing our services with phone calls, Zoom support for parents, an online support group for parents and online sessions for clients.

Each time we re-opened our centres we had ensured that our practices were COVID-19 secure and in line with government guidance. We were excited to again be able to see children and young people for individual therapy sessions as well as their parents/carers for parenting support in person when we re-opened.

The team has worked hard to reopen the centres to be COVID-19 secure. During this whole period, we have had high levels of new referrals and pleas for support.

We continue to focus our services in Bath and Guernsey whilst our centre in Oxford is currently paused until this difficult COVID season has become more stable. Our services continue to be in high demand. On a weekly basis Social Workers, Headteachers, local Charities and parents/carers get in contact, urging us to support children or young people who have experienced trauma.

We were able to create a constant stream of new YouTube videos which were also shared on social media. These had both therapeutic stories and therapeutic exercises that were designed to help the clients stay in touch and see our faces as well as help the parents with helpful, therapeutic activities. Our YouTube subscriptions grew to 381 people with our two professionally produced videos, having over 35,000 and 5,000 views. Both videos, 'The Triune Brain' and 'How Can You Help U' were written to support traumatised families but of course, became very helpful for all parents and children in COVID lockdowns. They help people understand both the impact of trauma and how to help children and young people who are traumatised.



In January 2021 we held the TRC national conference online which was focused on Complex Trauma and Dissociation. The speakers were the senior team in TRC Bath, and the conference was a success in raising money for the centres and training others in the trauma recovery philosophy.

March 2020-March 2021 has been an incredibly challenging period, with increasing referrals, many stressed families and continual decisions to be made to enable a safe working environment and a safe therapy space for all. We feel proud of the team and pleased with how much we were able to do to help those who needed us.

Our future plans are to build on and continue the work we are doing and to recruit more restorers who can give regularly so that we can expand our staff team to meet the increasing demand for our work.

Signed: 

Date: 14th December 2021

E J de Thierry (Chair of Trustees)

**Statement of Financial Activities
Year Ending 31st March 2021**

| | Note | Unrestricted Funds | Restricted Funds | Total for FY 31st March 2021 | Total for FY 31st March 2020 |
|---|------|--------------------|------------------|------------------------------|------------------------------|
| Income from: | | | | | |
| Donations and Legacies | 1 | 64,846 | 80,845 | 145,691 | 156,353 |
| Charitable Activities | 2 | 24,305 | 24,493 | 48,799 | 50,484 |
| Other Trading Activities | 3 | 3,900 | 333 | 4,233 | 10,501 |
| Total | | 93,052 | 105,671 | 198,723 | 217,337 |
| Expenditure on: | | | | | |
| Raising Funds | 4 | 1,114 | 1 | 1,115 | 3,558 |
| Charitable Activities | 5 | 31,909 | 125,064 | 156,972 | 199,624 |
| Other | 6 | 2,510 | 555 | 3,065 | 3,550 |
| Total | | 35,532 | 125,620 | 161,152 | 206,732 |
| Net Income / (Expenditure) | | 57,519 | (19,948) | 37,571 | 10,605 |
| Transfers between funds | | | | | |
| Gross transfers between funds | 7 | (30,651) | 30,651 | 0 | 0 |
| Net Incoming Resources Before Other Recognised Gains / Losses | | 26,868 | 10,703 | 37,571 | 10,605 |
| Other Recognised Gains / Losses | | | | | |
| Gains and losses on revaluation of fixed assets for charity's own use | | 0 | 0 | 0 | 0 |
| Gains and losses on investment assets | | 0 | 0 | 0 | 0 |
| Net Movement in Funds | | 26,868 | 10,703 | 37,571 | 10,605 |
| Reconciliation of Funds | | | | | |
| Total funds brought forward from previous year | | 26,298 | 5,301 | 31,599 | 20,994 |
| Total Funds Carried Forward | | 53,166 | 16,004 | 69,170 | 31,599 |

Balance Sheet
At 31st March 2021

| | Note | Unrestricted Funds | Restricted Funds | Total at 31st March 2021 | Total at 31st March 2020 |
|---|------|--------------------|------------------|--------------------------|--------------------------|
| Fixed Assets | | | | | |
| Tangible Assets | 8 | 385 | 0 | 385 | 578 |
| Intangible Assets | 9 | 0 | 0 | 0 | 0 |
| Total Fixed Assets | | 385 | 0 | 385 | 578 |
| Current Assets | | | | | |
| Debtors | 10 | 252 | 4,470 | 4,722 | 5,489 |
| Cash at Bank and In Hand | 11 | 53,055 | 12,268 | 65,322 | 27,631 |
| Total Current Assets | | 53,307 | 16,738 | 70,044 | 33,120 |
| Creditors: Amounts falling due in one year | 12 | 526 | 734 | 1,260 | 2,099 |
| Net Current Assets | | 52,781 | 16,004 | 68,784 | 31,021 |
| Total Assets less Current Liabilities | | 53,166 | 16,004 | 69,170 | 31,599 |
| Creditors: Amounts falling due after one year | | 0 | 0 | 0 | 0 |
| Provisions for liabilities and charges | | 0 | 0 | 0 | 0 |
| Net Assets | | 53,166 | 16,004 | 69,170 | 31,599 |
| Funds of the Charity | | | | | |
| General Fund | | 53,166 | 0 | 53,166 | 26,298 |
| Designated Funds | | 0 | 0 | 0 | 0 |
| Restricted Income Funds | 13 | 0 | 16,004 | 16,004 | 5,301 |
| Endowment Funds | | 0 | 0 | 0 | 0 |
| Total Funds | | 53,166 | 16,004 | 69,170 | 31,599 |

For the year ending 31/03/2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These accounts were approved by the Board on 6th October 2021



Mrs E J de Thierry (Trustee)



Mrs H Brown (Trustee)

Statement of Cash Flows
Year Ending 31st March 2021

| | Note | Total for FY 31st March 2021 | Total for FY 31st March 2020 |
|--|------|------------------------------------|------------------------------------|
| Cashflows from Operating Activities | | | |
| Net cash provided by (used in) operating activities | 20 | 37,691 | 9,149 |
| Cashflows from Investing Activities | | | |
| Purchase of property, plant and equipment | 8 | 0 | 0 |
| Cashflows from Financing Activities | | | |
| | | 0 | 0 |
| Change in cash and cash equivalents in the reporting period | | 37,691 | 9,149 |
| Cash and cash equivalents at the start of the reporting period | | 27,631 | 18,482 |
| Change in cash and cash equivalents due to exchange rate movements | | 0 | 0 |
| Cash and cash equivalents at the end of the reporting period | 21 | <u>65,322</u> | <u>27,631</u> |

Notes to the Accounts

Note 1: Income from Donations and Legacies

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|---------------------------------|-----------------------|---------------------|---|---|
| Donations | 26,165 | 120 | 26,285 | 45,880 |
| Grant Funding | 33,672 | 80,725 | 114,397 | 85,204 |
| Gift Aid Tax Claimed | 4,341 | 0 | 4,341 | 4,179 |
| Donated Services and Facilities | 648 | 0 | 648 | 21,068 |
| Other Income | 19 | 0 | 19 | 22 |
| Total | 68,846 | 80,845 | 145,691 | 156,353 |

Note 2: Income from Charitable Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|-----------------------------|-----------------------|---------------------|---|---|
| Client Family Contributions | 0 | 2,915 | 2,915 | 10,417 |
| Therapy Fees | 0 | 21,578 | 21,578 | 31,752 |
| Training Days | 5,410 | 0 | 5,410 | 8,315 |
| CJRS Grants | 18,895 | 0 | 18,895 | 0 |
| Total | 24,305 | 24,493 | 48,799 | 50,484 |

Note 3: Income from Other Trading Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|--------------------|-----------------------|---------------------|---|---|
| Sales of Goods | 292 | 0 | 292 | 1,645 |
| Fundraising Events | 3,609 | 333 | 3,942 | 8,856 |
| Total | 3,900 | 333 | 4,233 | 10,501 |

Note 4: Expenditure on Raising Funds

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|---------------------------------|-----------------------|---------------------|---|---|
| Donor Administration | 473 | 1 | 474 | 631 |
| Direct Event Costs | 0 | 0 | 0 | 1,113 |
| Goods for Resale | 641 | 0 | 641 | 1,307 |
| Fundraising Materials/Equipment | 0 | 0 | 0 | 455 |
| Other Fundraising Costs | 0 | 0 | 0 | 52 |
| Total | 1,114 | 1 | 1,115 | 3,558 |

Note 5: Charitable Activities

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|--|--------------------|------------------|---|---|
| Staff Costs | 18,639 | 88,126 | 106,765 | 122,529 |
| Staff & Volunteer Training | 0 | 3,670 | 3,670 | 39 |
| Sessional Staff Costs | 0 | 816 | 816 | 0 |
| Travel & Subsistence Costs | 101 | 0 | 101 | 272 |
| Volunteer Expenses | 0 | 152 | 152 | 249 |
| Premises Costs | 3,449 | 22,050 | 25,499 | 53,091 |
| Lease of Woodlands | 1,000 | 0 | 1,000 | 1,086 |
| Insurances | 1,430 | 1,226 | 2,656 | 2,662 |
| Craft Supplies, Toys & Other Equipment | 7 | 3,207 | 3,214 | 886 |
| Professional Memberships | 447 | 0 | 447 | 554 |
| IT Support and Consultancy | 1,202 | 2,398 | 3,600 | 3,801 |
| Conference Speakers | 331 | 0 | 331 | 1,642 |
| Other Costs (including office costs) | 5,304 | 3,418 | 8,721.65 | 12,813 |
| Total | 31,909 | 125,064 | 156,972 | 199,624 |

Note 6: Other Expenditure

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|---|--------------------|------------------|---|---|
| Professional Fees (Legal & Accountancy) | 2,278 | 0 | 2,278 | 2,847 |
| Clinical Supervision | 0 | 555 | 555 | 280 |
| Annual Fees | 40 | 0 | 40 | 40 |
| Audit Report on Therapy Centres | 0 | 0 | 0 | 0 |
| Depreciation, Amortisation and Loss on Disposal of Fixed Assets | 193 | 0 | 193 | 383 |
| Total | 2,510 | 555 | 3,065 | 3,550 |

Note 7: Gross Transfers Between Funds

| | Unrestricted Funds | Restricted Funds |
|--------------|--------------------|------------------|
| Therapy | | 27,917 |
| Bristol | | 0 |
| BigLottery | | 0 |
| Bradford | | 0 |
| Oxford | | 2,734 |
| Oakside | 1,221 | |
| Training | (4,746) | |
| General Fund | (27,126) | |
| | (30,651) | 30,651 |

Note 8: Tangible Fixed Assets

| | Fixtures & Fittings | | Office Equipment | | Total |
|-------------------------------|---------------------|---|--------------------|------------------|--------|
| | Unrestricted Funds | Restricted Fund Big Lottery: Awards for All | Unrestricted Funds | Restricted Funds | |
| | £ | £ | £ | £ | |
| Cost | | | | | |
| At 31st March 2020 | 1,030 | 9,928 | 3,533 | 251 | 14,742 |
| Additions | 0 | 0 | 0 | 0 | 0 |
| Disposals | | | | | 0 |
| At 31st March 2021 | 1,030 | 9,928 | 3,533 | 251 | 14,742 |
| Depreciations | | | | | |
| At 31st March 2020 | 1,030 | 9,928 | 2,955 | 251 | 14,165 |
| Charge this year | 0 | 0 | 193 | 0 | 193 |
| Disposals | | | | | 0 |
| At 31st March 2021 | 1,030 | 9,928 | 3,148 | 251 | 14,357 |
| NBV at 31st March 2021 | 0 | 0 | 385 | 0 | 385 |

Note 9: Intangible Fixed Assets

| Intellectual Property | Unrestricted Funds |
|-------------------------------|--------------------|
| | £ |
| Cost | |
| At 1st April 2020 | 1,676 |
| Additions | 0 |
| Disposals | 0 |
| At 31st March 2021 | 1,676 |
| Depreciations | |
| At 1st April 2020 | 1,676 |
| Charge this year | 0 |
| Disposals | |
| At 31st March 2021 | 1,676 |
| NBV at 31st March 2021 | 0 |

Note 10: Debtors

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|----------------------|--------------------|------------------|---|---|
| Outstanding Invoices | 0 | 4,470 | 4,470 | 5,472 |
| Gift Aid Debtor | 252 | 0 | 252 | 17 |
| | <u>252</u> | <u>4,470</u> | <u>4,722</u> | <u>5,489</u> |

Note 11: Cash at Bank and In Hand

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|---------------------------------------|--------------------|------------------|---|---|
| HSBC Current Account ACC: 92546655 | 37,055 | (7,732) | 29,322 | 2,300 |
| HSBC Current Account ACC: 42719592 | 16,000 | 20,000 | 36,000 | 25,331 |
| | <u>53,055</u> | <u>12,268</u> | <u>65,322</u> | <u>27,631</u> |

Note 12: Creditors: Amounts Falling Due Within One Year

| | Unrestricted Funds | Restricted Funds | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|------------------|--------------------|------------------|---|---|
| Accrued Expenses | 526 | 734 | 1,260 | 2,099 |
| | <u>526</u> | <u>734</u> | <u>1,260</u> | <u>2,099</u> |

Note 13: Restricted Income Funds

| | Balance at 1st April 2020 | Incoming Resources | Outgoing Resources | Transfers Between Funds | Balance at 31st March 2021 |
|-----------------------------------|---------------------------|--------------------|--------------------|-------------------------|----------------------------|
| Bath Therapy Centre | 2,070 | 79,022 | 105,523 | 27,917 | 3,486 |
| Bristol Therapy Centre | 0 | 0 | 0 | 0 | 0 |
| Bradford Therapy Centre | 0 | 0 | 0 | 0 | 0 |
| Guernsey Therapy Centre | 3,088 | 26,191 | 17,011 | 0 | 12,268 |
| Oxford Therapy Centre | 143 | 458 | 3,086 | 2,734 | 250 |
| Big Lottery: Reaching Communities | 0 | 0 | 0 | 0 | 0 |
| Total | <u>5,301</u> | <u>117,971</u> | <u>125,620</u> | <u>18,352</u> | <u>16,004</u> |

Transfers between funds have been made from unrestricted funds to fund the deficit on a restricted fund.

Note 14: Trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with Trauma Recovery Centre or a related entity.

Expenses were paid to one or more trustees to reimburse costs incurred by them in carrying out their duties as trustees of Trauma Recovery Centre.

Note 15: Reimbursement of Trustee Expenses

Number of Trustees Reimbursed 1

| | Total (£) |
|--------------------------|--------------|
| Travel and Accommodation | 0 |
| Subsistence | 9 |
| Total | 9 |

Note 16: Fees for Examination of the Accounts

Fee for Independent Examination £540

Note 17: Staff Costs

| | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|--|---|---|
| Salaries | 102,535 | 115,331 |
| Employers NI | 0 | 1,840 |
| Pension Auto-Enrolment Contributions | 1,071 | 1,343 |
| Total Cost | 103,606 | 118,515 |
| | | |
| Number of Employees | 16 | 14 |
| Number of Full Time Equivalent Employees | 3.84 | 3.76 |
| | 102,535 | 115,331 |

There were no employees in the year with emoluments above £60,000

Note 18: Related Party Transactions

Payments in the year totalling £1,444 for staff and volunteer training were paid to Betsy de Thierry Ltd, a limited company of which Mrs Elizabeth de Thierry is a director. These payments are permitted within the charity's governing document and all conditions outlined in the governing document were met.

Payments for rent of Freedom House, totalling £25,200, to Freedom-Bath, a charity of which Mr Andrew de Thierry (husband of Mrs Elizabeth de Thierry) is a trustee.

Trauma Recovery Centre also received gifts in kind for services of seconded staff from Freedom-Bath, totalling £648.41.

Note 19: Taxation

No taxation charges have arisen for the charity in the year.

Note 20: Reconciliation of net income/(expenditure) to net cash flow from operating activities

| | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|---|---|---|
| Net income/(expenditure) for the reporting period (as per the statement of financial activities) | 37,571 | 10,605 |
| Adjustments for: | | |
| Depreciation Charges | 193 | 383 |
| (increase)/decrease in debtors | 767 | (592) |
| Increase/(decrease)in creditors | (839) | (1,247) |
| Net cash provided by (used in) operating activities | 37,691 | 9,149 |

Note 21: Analysis of cash and cash equivalents

| | Total for FY ending 31 st March 2021 | Total for FY ending 31 st March 2020 |
|------------------------|---|---|
| Bank and cash balances | 65,322 | 27,631 |

Note 22: Accounting Policies

Basis of accounting

The financial statements are to be prepared under the historical cost convention and in accordance with applicable accounting standards. They should follow the recommendations in the 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 1st January 2015).

Incoming resources

Incoming resources are to be included in the Statement of Financial Activities when the charity becomes entitled to the resources, the trustees are virtually certain they will receive the resources and the monetary value can be measured with sufficient reliability.

Incoming resources should all be reported gross, and the Statement of Financial Activities should recognise all incoming resources becoming available to the charitable company during the year.

The value of services provided by volunteers is not to be included in the financial statements.

Donated services and facilities are to be included at the value to the charity where this can be quantified.

Incoming resources from charitable activities are to be accounted for when earned.

Legacy income is to be accounted for on a receivable basis. A legacy is considered receivable for the period only once the amount is known with certainty.

Income from grants is recognised where there is evidence of entitlement to the grant, receipt is probable and its amount can be measured reliably. Some grants will contain certain terms and conditions that must be met before the charity has entitlement to the resource. In these cases the income will not be recognised until all the terms and conditions have been met.

Fund accounting

Restricted funds are funds subject to specific conditions imposed by the funders and relate to specific projects. Expenditure which meets these criteria is to be charged to the funds.

Unrestricted funds comprise accumulated surpluses and deficits on general funds and are available for use at the discretion of the trustees in furtherance of the object of the charitable company.

Unrestricted funds should include a capital reserve representing the fixed assets. Interest earned on restricted income is not to be applied to the restricted fund unless specifically requested by the donor. Such interest will be treated as unrestricted income.

Resources expended

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

Resources expended are to be shown gross and accruals are to be included in creditors for all known liabilities relating to the year.

Cost of generating funds costs relate to the costs incurred by the charitable company in inducing others to make voluntary contributions to it and the costs for fund raising.

Governance costs of the charitable company comprise of costs of the management of its assets and compliance with constitutional and statutory requirements and include fees and costs linked to the strategic management of the charity.

Fixed assets

Depreciation is to be provided on all tangible fixed assets bought in the UK costing more than £500 at rates calculated to write off the cost of each asset over its expected useful life.

Independent examiner's report to the trustees of Trauma Recovery Centre
I report on the accounts of the company for the year ended 31 March 2021, which are set out on pages 25 to 36.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) 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 as 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:

- (1) 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 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirement 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 have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


Mark Garrett FCA
Chartered Accountant

Mark Garrett Tax and Accountancy Ltd.

23 Leafield Industrial Estate, Corsham, Wiltshire, SN13 9RS

1st December 2021