



**TRAUMA RECOVERY CENTRE**  
(A company limited by guarantee)

**Financial Statements**

**Year Ended: 31<sup>st</sup> March 2021**

**Charity No: 1141659**  
**Company No: 7526611**

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**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 24<sup>th</sup> January 2021)

**Company Secretary:** Rowan Fisher (appointed 2<sup>nd</sup> December 2020)

Jennifer Stetson (resigned 2<sup>nd</sup> 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 31<sup>st</sup> 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 11<sup>th</sup> February 2011 and registered as a charity on 3<sup>rd</sup> 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.

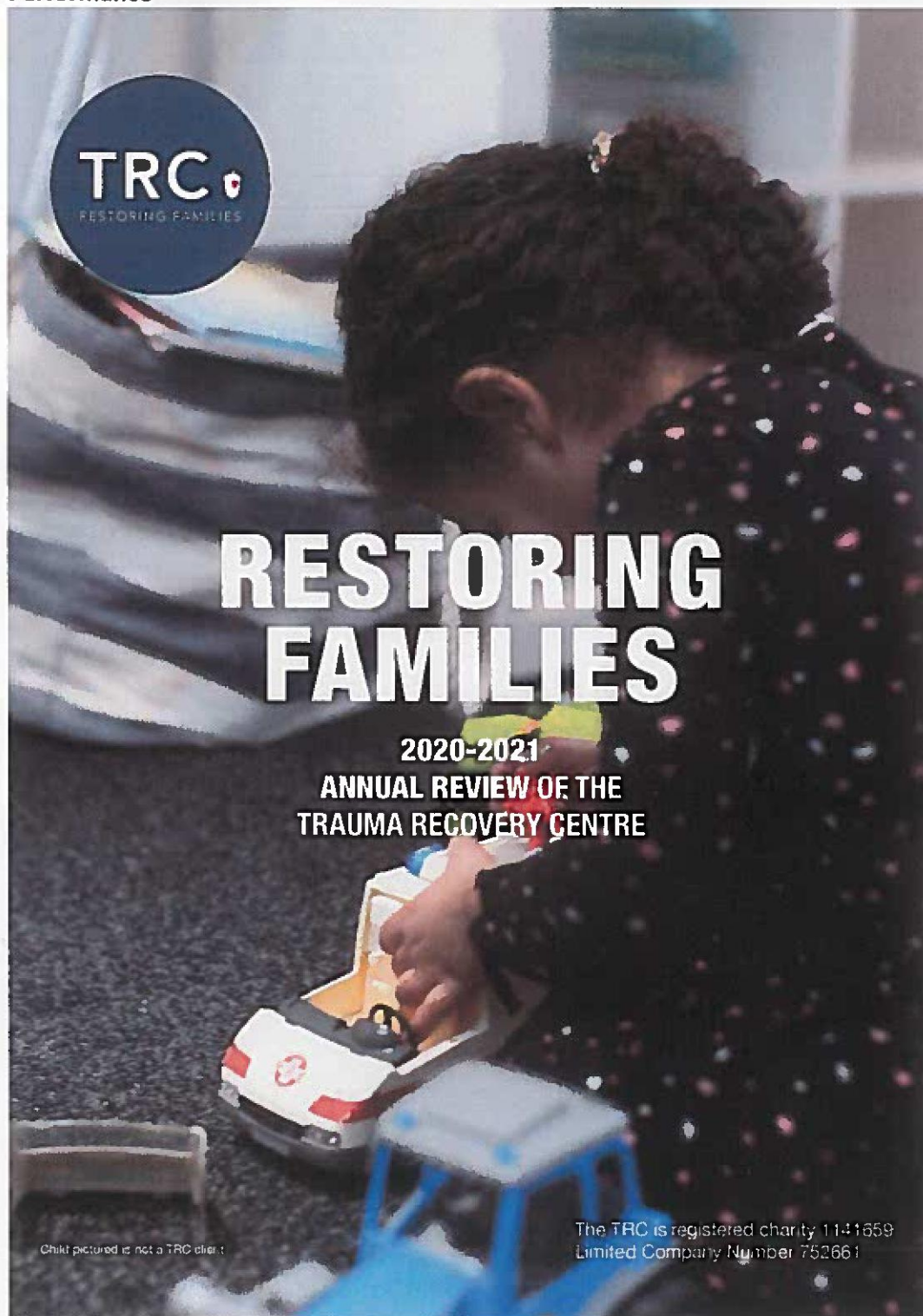
2. Oakside Creative Assessment Project is an intensive assessment program for children who are struggling with mainstream education. We focus on the child recovering from trauma. At the end of the 12 week assessment we are able to create a treatment plan for the child, identifying key struggles and the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



Child pictured is not a TRC client.

The TRC is registered charity 1141659  
Limited Company Number 752661

## TRAUMA RECOVERY CENTRE

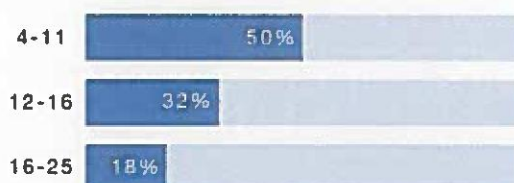
The Trauma Recovery Centre (TRC) exists with the sole purpose of bringing positive, hopeful and strategic intervention to families who are struggling having experienced trauma.

### 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

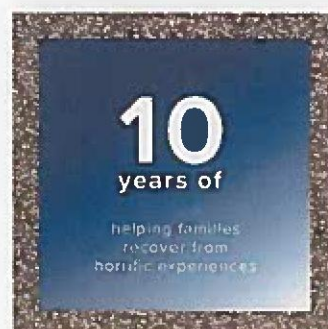
NUMBER OF CLIENTS

**1350**  
**Clients**

NUMBER OF CLIENTS  
AGE 3-25 YRS

**766**  
**Clients**

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

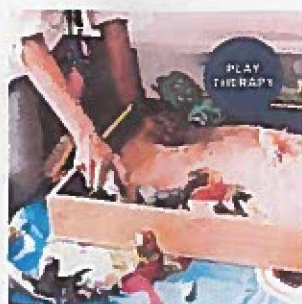




## TRC CELEBRATE THEIR 10TH BIRTHDAY

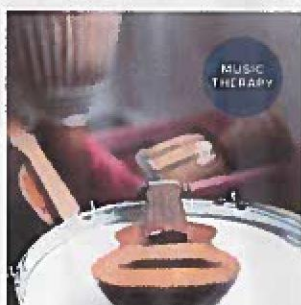
**10**  
years of

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



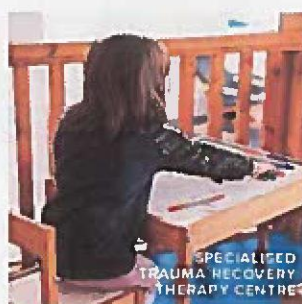
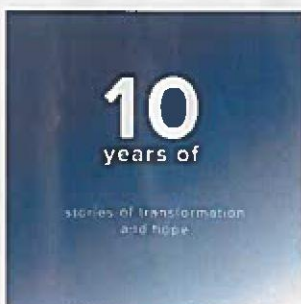
**10**  
years of

helping children and  
young people find  
their voice



**10**  
years of

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 EHWPB 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 ISSTD's Accredited Trainer, [www.bictd.org/about](http://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.

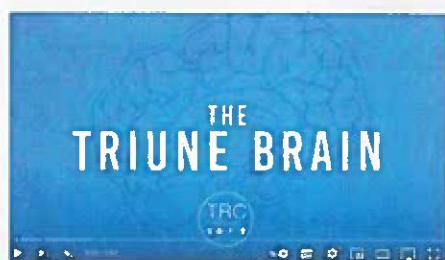
In the periods where we had to close our centres due to COVID, our clinical team transferred their work online, offering continued support to the children, young people and their families who were accessing our services with phone calls, zoom support for parents, an online support group for parents and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

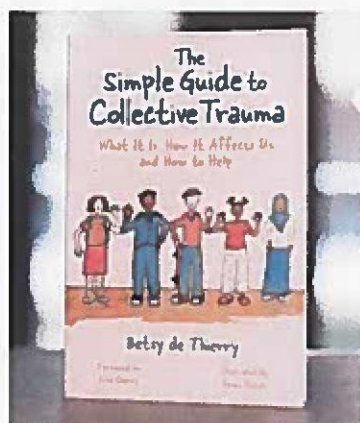
We were able to create a constant stream of new YouTube videos which were also shared on social media. These had both therapeutic stories and therapeutic exercises that were designed to help the clients stay in touch and see our faces as well as help the parents with helpful, therapeutic activities.

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.





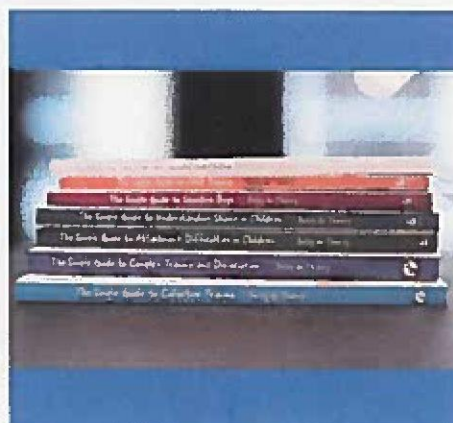
## THE IMPACT OF COVID 19



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
- TekTower
- ReLabelled Clothing
- Sangha House
- Waitrose, Guernsey
- Sainsbury's Green Park Station, Bath
- Scoop Wholefoods, Bath
- Julia Davey
- Fox & Kit Cafe, Bath
- Mokoto, Bath
- Dr Gelato, Bath
- Golden Fleece

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



## ANONYMISED CLIENT ASSESSMENT

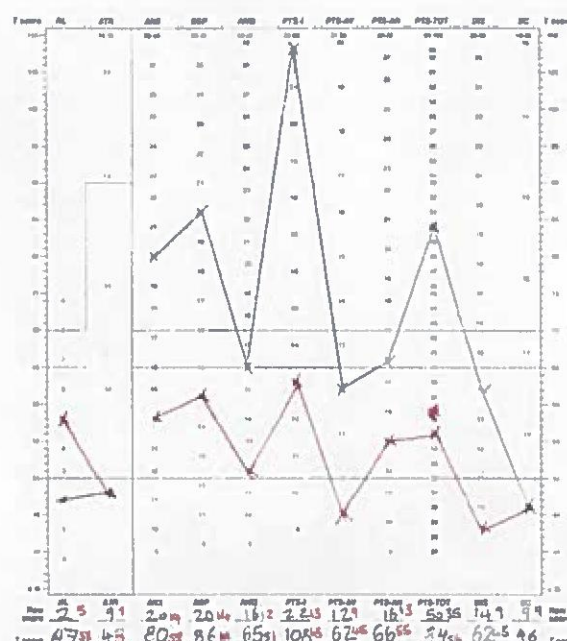
This clinical assessment measures the extent to which the caretaker endorses eight different types of potentially trauma-related symptoms for their child attending TRC. The assessment is completed at different times over the course of a child's therapy, and is one example of a clinical assessment tool used to assess recovery.

T scores less than or equal to 64 are considered normal, T scores between 65 and 69 are deemed potentially problematic, and T scores greater than or equal to 70 are interpreted as clinically significant.

The anonymised clinical client assessment shows a reduction in trauma symptoms, demonstrating improved mental well-being and an ability to flourish rather than survive.

The **blue line**, using data from the beginning of therapy, shows that all T scores for anxiety, depression and post-traumatic symptoms are within the clinical range, demonstrating significant emotional and behavioural difficulties for the child.

The **red line**, using data from the end of therapy, indicates that the significant reduction of trauma symptoms following several months of trauma recovery focused creative therapy. All T scores are now within the normal range for a child of that age.



This example of a client's reduction in trauma symptoms shows the effectiveness of the TRC's work and is one of many similar assessments showing trauma recovery.


## CONTACT US



[www.trc-uk.org](http://www.trc-uk.org)

[admin@trc-uk.org](mailto:admin@trc-uk.org)

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

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

 [UKTRC](https://www.facebook.com/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 8<sup>th</sup> 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:

A handwritten signature in black ink, appearing to be 'E J de Thierry', with a long horizontal line extending to the right.

Date: 14<sup>th</sup> December 2021

E J de Thierry (Chair of Trustees)



**Statement of Financial Activities  
Year Ending 31<sup>st</sup> March 2021**

	Note	Unrestricted Funds	Restricted Funds	Total for FY 31st March 2021	Total for FY 31st March 2020
<b>Income from:</b>					
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
<b>Total</b>		<b>93,052</b>	<b>105,671</b>	<b>198,723</b>	<b>217,337</b>
<b>Expenditure on:</b>					
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
<b>Total</b>		<b>35,532</b>	<b>125,620</b>	<b>161,152</b>	<b>206,732</b>
<b>Net Income / (Expenditure)</b>		<b>57,519</b>	<b>(19,948)</b>	<b>37,571</b>	<b>10,605</b>
<b>Transfers between funds</b>					
Gross transfers between funds	7	(30,651)	30,651	0	0
<b>Net Incoming Resources Before Other Recognised Gains / Losses</b>		<b>26,868</b>	<b>10,703</b>	<b>37,571</b>	<b>10,605</b>
<b>Other Recognised Gains / Losses</b>					
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
<b>Net Movement in Funds</b>		<b>26,868</b>	<b>10,703</b>	<b>37,571</b>	<b>10,605</b>
<b>Reconciliation of Funds</b>					
Total funds brought forward from previous year		26,298	5,301	31,599	20,994
<b>Total Funds Carried Forward</b>		<b>53,166</b>	<b>16,004</b>	<b>69,170</b>	<b>31,599</b>

**Balance Sheet**  
**At 31<sup>st</sup> March 2021**

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

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 6<sup>th</sup> October 2021



Mrs E J de Thierry (Trustee)



Mrs H Brown (Trustee)



**Statement of Cash Flows**  
**Year Ending 31<sup>st</sup> March 2021**

	Note	Total for FY 31st March 2021	Total for FY 31st March 2020
<b>Cashflows from Operating Activities</b>			
Net cash provided by (used in) operating activities	20	37,691	9,149
<b>Cashflows from Investing Activities</b>			
Purchase of property, plant and equipment	8	0	0
<b>Cashflows from Financing Activities</b>		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 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> 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
<b>Total</b>	<b>68,846</b>	<b>80,845</b>	<b>145,691</b>	<b>156,353</b>

### Note 2: Income from Charitable Activities

	Unrestricted Funds	Restricted Funds	Total for FY ending 31 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> 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
<b>Total</b>	<b>24,305</b>	<b>24,493</b>	<b>48,799</b>	<b>50,484</b>

### Note 3: Income from Other Trading Activities

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

### Note 4: Expenditure on Raising Funds

	Unrestricted Funds	Restricted Funds	Total for FY ending 31 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> 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
<b>Total</b>	<b>1,114</b>	<b>1</b>	<b>1,115</b>	<b>3,558</b>

Note 5: Charitable Activities

	Unrestricted Funds	Restricted Funds	Total for FY ending 31 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> 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
<b>Total</b>	<b>31,909</b>	<b>125,064</b>	<b>156,972</b>	<b>199,624</b>

Note 6: Other Expenditure

	Unrestricted Funds	Restricted Funds	Total for FY ending 31 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> 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
<b>Total</b>	<b>2,510</b>	<b>555</b>	<b>3,065</b>	<b>3,550</b>

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)	
	<b>(30,651)</b>	<b>30,651</b>



**Note 8: Tangible Fixed Assets**

	Fixtures & Fittings		Office Equipment		Total
	Unrestricted Funds	Restricted Fund Big Lottery: Awards for All	Unrestricted Funds	Restricted Funds	
	£	£	£	£	£
<b>Cost</b>					
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
<b>Depreciations</b>					
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
<b>NBV at 31st March 2021</b>	0	0	385	0	385

**Note 9: Intangible Fixed Assets**

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

Note 10: Debtors

	Unrestricted Funds	Restricted Funds	Total for FY ending 31 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> 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 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> 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 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> 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	<u>9</u>

**Note 16: Fees for Examination of the Accounts**

Fee for Independent Examination £540

**Note 17: Staff Costs**

	Total for FY ending 31 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> March 2020
Salaries	102,535	115,331
Employers NI	0	1,840
Pension Auto-Enrolment Contributions	1,071	1,343
Total Cost	<u>103,606</u>	<u>118,515</u>
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 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> March 2020
<b>Net income/(expenditure) for the reporting period (as per the statement of financial activities)</b>	37,571	10,605
<b>Adjustments for:</b>		
Depreciation Charges	193	383
(increase)/decrease in debtors	767	(592)
Increase/(decrease) in creditors	(839)	(1,247)
<b>Net cash provided by (used in) operating activities</b>	<b>37,691</b>	<b>9,149</b>

#### Note 21: Analysis of cash and cash equivalents

	Total for FY ending 31 <sup>st</sup> March 2021	Total for FY ending 31 <sup>st</sup> 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