



TRAUMA RECOVERY CENTRE
(A company limited by guarantee)

Financial Statements

Year Ended: 31st March 2022

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 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.

Trauma
Recovery
UK



RESTORING FAMILIES

2021-2022
ANNUAL REVIEW

The TRC is registered charity 1141658
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:

TRC
Bath



TRC
Guernsey



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.

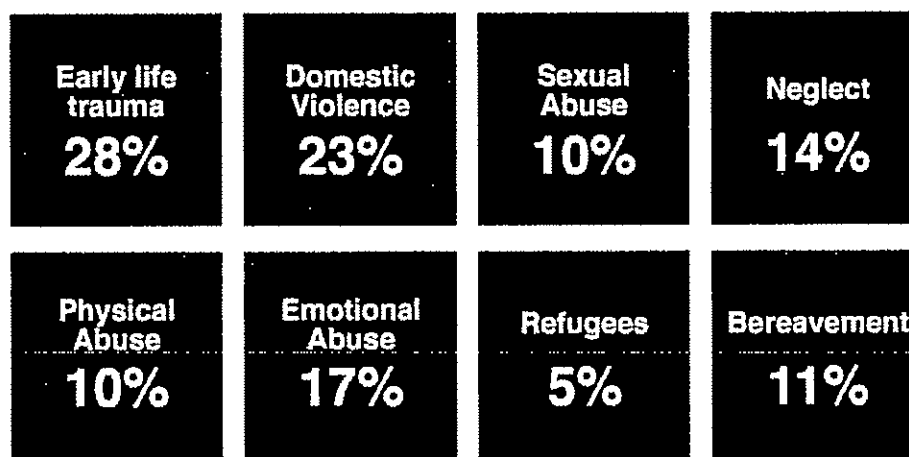
100%

of the clients we have supported
have experienced

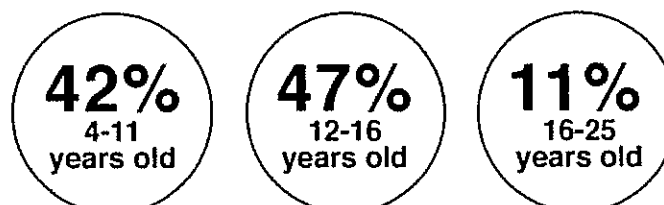
Type 2 Trauma: multiple traumas **and** **Type 3 Trauma:** multiple pervasive traumas from early age that continue over length of time

The Trauma Continuum
(de Thierry, 2015)

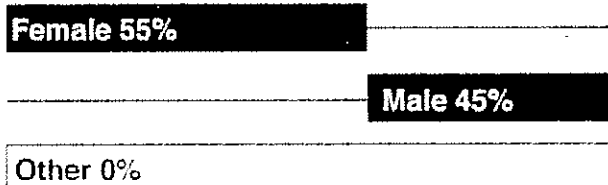
All the clients we work with have experienced multiple and complex trauma:



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.

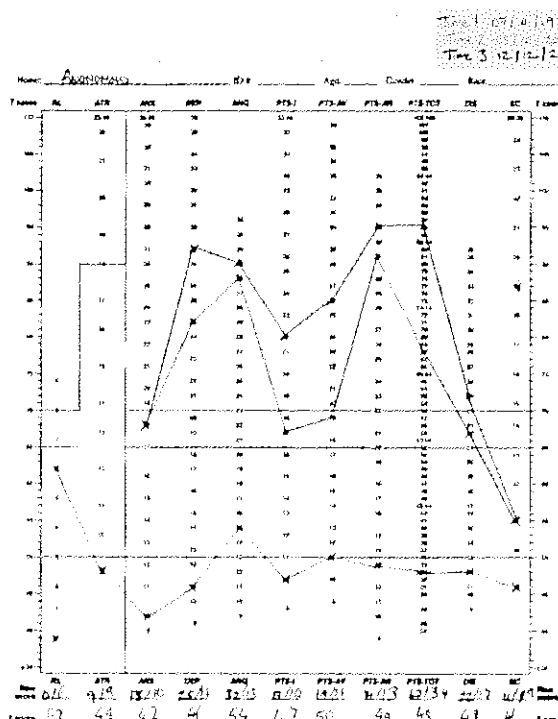
T scores that are over 70 indicate a clinically significant level of a symptoms.

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.

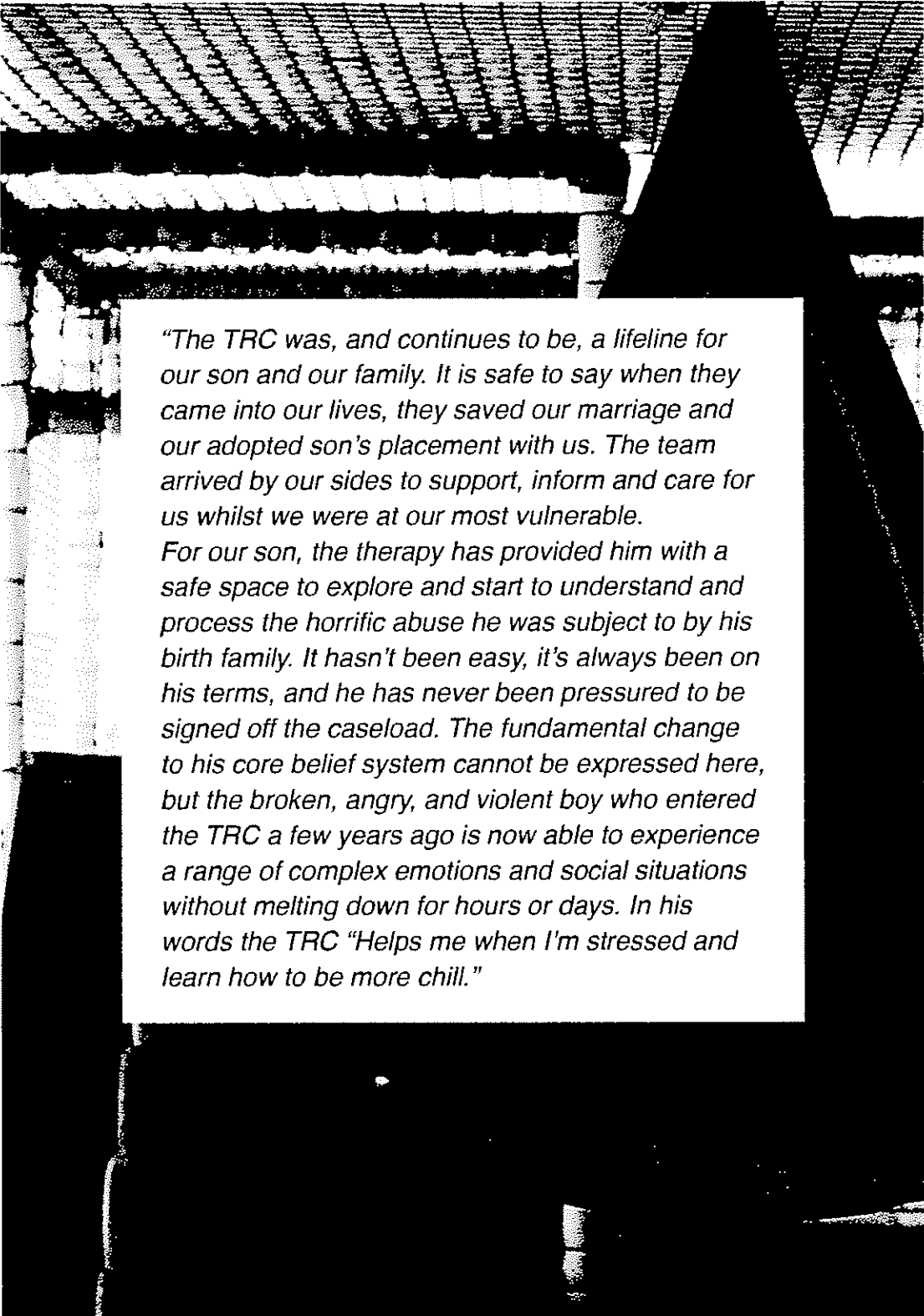
The blue line, shows the child's symptoms after 2 years of therapy, just as they are about to graduate from the TRC as they no longer need therapy. The graph shows the symptoms have reduced from being in a clinical range, and are now within the normal range for a child of that age. The results indicate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

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.



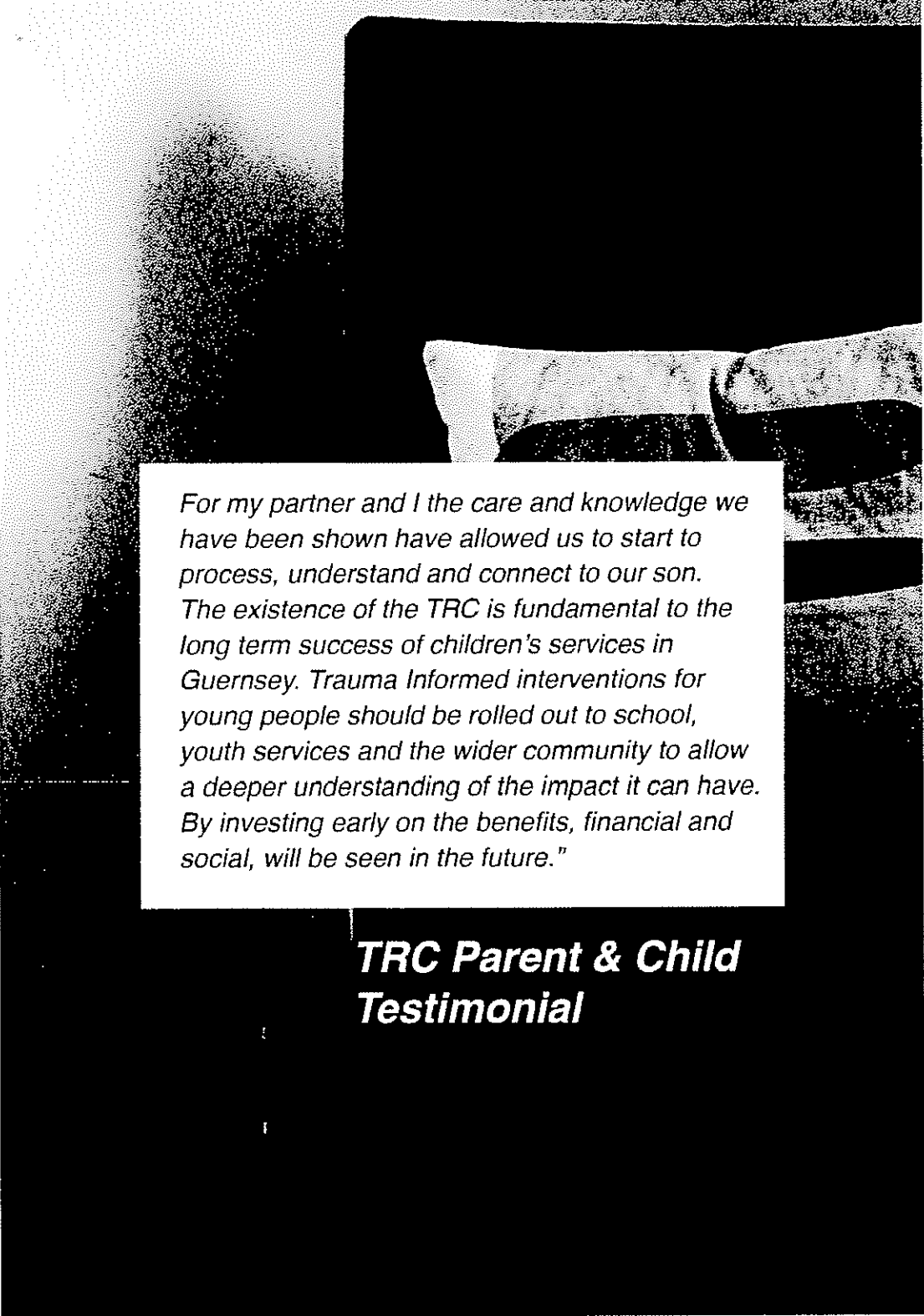
“Working with the parents who come to the TRC is a thought-provoking and humbling experience – a reminder of the ripple effects of trauma and the courage of families. Sharing the highs and lows with parents along their journeys is a total privilege and I am grateful that they allow me to be a part, however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

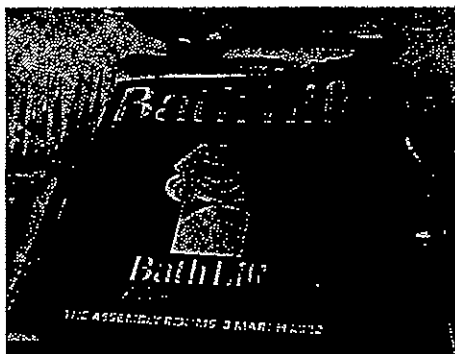
We have been delighted to welcome professionals to our flagship Therapy Centre in Bath for a tour of our purpose-built facilities.

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

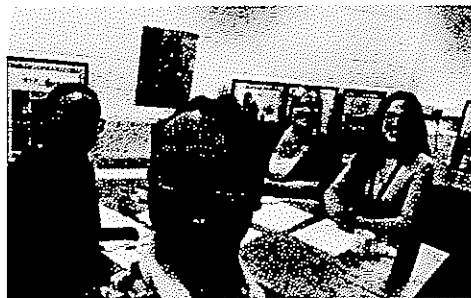


Claire & Nicki

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!

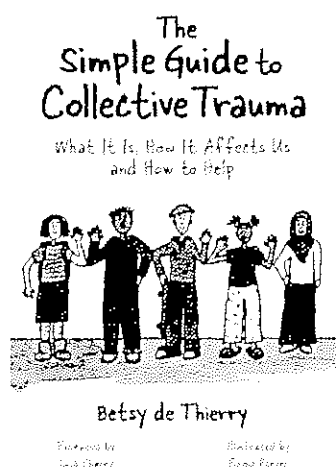


Our new Trustee, Malachi

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.

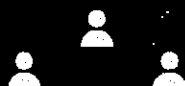
We are due to re-start our Oxford Therapy centre in the next year, having had a pause since Covid-19. Watch this space..!

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
Online and in-person hybrid event, bookings open
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 Funds	Restricted Fund Big Lottery: Awards for All	Unrestricted Funds	Restricted 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

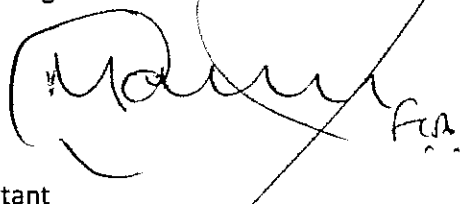
Basis of independent examiner's report

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