



# TRAUMA RECOVERY CENTRE

(A company limited by guarantee)

## Financial Statements

Year Ended: 31<sup>st</sup> March 2023

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 (resigned 14<sup>th</sup> June 2022)  
Mrs Susan Mary Patterson  
Mr Kenneth Whitelaw-Jones  
Dr Laura Aruparayil  
Mr Malachi Dingis (appointed 14<sup>th</sup> June 2022)

**Company Secretary:** Rowan Fisher (appointed 31<sup>st</sup> January 2023)  
Jennifer Stetson (resigned 31<sup>st</sup> January 2023)

**Bankers:**

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

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

## **Trustees' Report**

### **For the year ended 31<sup>st</sup> March 2023**

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

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

### **Structure, Governance and Management**

The organisation is a charitable company limited by guarantee, incorporated on 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:

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

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

The TRC is supported by a team of volunteers.

## **Achievements and Performance**

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

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

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

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

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

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

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

**Referrals this year:**

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

**The people we worked with**

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

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

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

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

5 children aged 6-15 accessed the Therapeutic Activity Group

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

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

Case conferences

CIN - Child in Need process

Phone calls with professional

Strategy meetings

Team around the family/child meetings

EHCP Reviews

The clients we work with have experienced multiple traumas.

**Client Referral Reasons:**

Domestic Violence 23%

Early Life Trauma 35%

Emotional Abuse 17%

Physical Abuse 12%

Sexual Abuse 17%



Bereavement 5%

Neglect 25%

Refugee 3%

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

**Age of Children and Young People:**

4 to 11: 43%

12 to 15: 43%

16-25: 14%

**Gender of Children and Young People:**

Male 35%

Female 61%

Transgender 2%

Gender Neutral 2%

**Outcomes for families:**

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

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

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

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

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

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

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

## Financial Review

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

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

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

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

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

### Reserves Policy

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

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

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

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

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

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

### Plans for Future Periods

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

Signed:



Date:

August 20<sup>th</sup> '23

E J de Thierry (Chair of Trustees)

**Statement of Financial Activities  
Year Ending 31<sup>st</sup> March 2023**

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

**Balance Sheet**  
**At 31<sup>st</sup> March 2023**

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

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

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

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

These accounts were approved by the Board on 18<sup>th</sup> August 2023.

A handwritten signature in blue ink, appearing to be 'E J de Thierry'.

Mrs E J de Thierry (Trustee)

August 20<sup>th</sup> 2023

A handwritten signature in blue ink, appearing to be 'S M Patterson'.

Mrs S M Patterson (Trustee)

20/08/23 .

**Statement of Cash Flows**  
**Year Ending 31<sup>st</sup> March 2023**

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

## Notes to the Accounts

### Note 1: Income from Donations and Legacies

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

### Note 2: Income from Charitable Activities

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

### Note 3: Income from Other Trading Activities

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

### Note 4: Expenditure on Raising Funds

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



### Note 5: Charitable Activities

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

### Note 6: Other Expenditure

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

### Note 7: Gross Transfers Between Funds

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>
Therapy		36,420
Bristol		(377)
Guernsey		9,080
Training	(5,317)	
General Fund	(39,806)	
	<b>(45,123)</b>	<b>45,123</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 2022	1,030	9,928	3,533	991	15,482
Additions	0	0	0	0	0
Disposals	0	0	0	0	0
At 31st March 2023	1,030	9,928	3,533	991	15,482
<b>Depreciations</b>					
At 31st March 2022	1,030	9,928	3,340	198	14,496
Charge this year	0	0	193	198	391
Disposals	0	0	0	0	0
At 31st March 2023	1,030	9,928	3,533	396	14,887
<b>NBV at 31st March 2023</b>	0	0	0	595	595

## Note 9: Intangible Fixed Assets

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

#### Note 10: Debtors

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

#### Note 11: Cash at Bank and In Hand

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

#### Note 12: Creditors: Amounts Falling Due Within One Year

	Unrestricted Funds	Restricted Funds	Total for FY ending 31 <sup>st</sup> March 2023	Total for FY ending 31 <sup>st</sup> March 2022
Accrued Expenses	932	840	1,772	1,620
	<b>932</b>	<b>840</b>	<b>1,772</b>	<b>1,620</b>

#### Note 13: Restricted Income Funds

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

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

#### Note 14: Trustees

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

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

#### Note 15: Reimbursement of Trustee Expenses

Number of Trustees Reimbursed      0

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

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

Fee for Independent Examination      £540

#### Note 17: Staff Costs

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

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

#### Note 18: Related Party Transactions

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

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

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

### Note 19: Taxation

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

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

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

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

	<b>Total for FY ending 31<sup>st</sup> March 2023</b>	<b>Total for FY ending 31<sup>st</sup> March 2022</b>
Bank and cash balances	22,501	13,861

## Note 22: Accounting Policies

### **Basis of accounting**

The financial statements are to be prepared under the historical cost convention and in accordance with applicable accounting standards. They should follow the recommendations in the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1st January 2015).

### **Incoming resources**

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

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

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

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

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

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

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

### **Fund accounting**

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

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

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

### **Resources expended**

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

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

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

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

### **Fixed assets**

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



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

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

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

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

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

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention

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

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

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

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

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirement of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

  
Mark Garrett FCA

Chartered Accountant

Mark Garrett Tax and Accountancy Ltd.

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

18<sup>th</sup> August 2023