



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

**Financial Statements**

Year Ended: 31<sup>st</sup> March 2024

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 Susan Mary Patterson

Mr Kenneth Whitelaw-Jones (resigned 9<sup>th</sup> May 2023)

Dr Laura Aruparayil

Mr Malachi Dingis

Kathleen Bassett (appointed 15<sup>th</sup> June 2023)

**Company Secretary:** Rowan Fisher

**Bankers:**

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

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

## **Trustees' Report**

### **For the year ended 31<sup>st</sup> March 2024**

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

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

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

The organisation is a charitable company limited by guarantee, incorporated on 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 therapy and psychotherapy to children and young people who are facing trauma and extreme challenges, specialising in complex trauma recovery. We provide individual sessions to children and young people as well as adult counselling and parenting groups to their parents/carers. We specialise in working with complex trauma including children, young people & their carers who have been rescued from human trafficking.

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

The TRC is supported by a team of volunteers.

## Achievements and Performance

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

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

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

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

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

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

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

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

### **Referrals this year:**

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

### **The people we worked with**

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

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

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

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

5 children aged 6-15 accessed the Therapeutic Activity Group

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



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

Case conferences

CIN - Child in Need process

Phone calls with professional

Strategy meetings

Team around the family/child meetings

EHCP Reviews

**Client Referral Reasons:**

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

Domestic Violence 39%

Early Life Trauma 57%

Emotional Abuse 48%

Physical Abuse 18%

Sexual Abuse 17%

Bereavement 17%

Neglect 23%

Refugee 3%

One off trauma 3%

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

**Age of Children and Young People:**

4 to 11: 44%

12 to 15: 41%

16-25: 13%

25+: 2%

**Gender of Children and Young People:**

Male 48%

Female 49%

Transgender 2%

Gender Neutral 1%

### **Outcomes for families:**

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

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

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

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

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

Here are some voices of those we supported this year:

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

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

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

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

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

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

## Financial Review

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

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

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

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

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

### Reserves Policy

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

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

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

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

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

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

#### Plans for Future Periods

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

Signed:



Date: Dec 17<sup>th</sup> 2024

E J de Thierry (Chair of Trustees)

**Statement of Financial Activities  
Year Ending 31<sup>st</sup> March 2024**

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

**Balance Sheet**  
**At 31<sup>st</sup> March 2024**

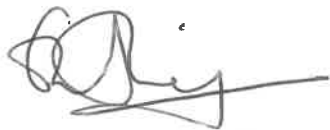
	Note	Unrestricted Funds	Restricted Funds	Total at 31st March 2024	Total at 31st March 2023
<b>Fixed Assets</b>					
Tangible Assets	8	0	677	677	595
Intangible Assets	9	0	0	0	0
Total Fixed Assets		0	677	677	595
<b>Current Assets</b>					
Debtors	10	3,186	19,860	23,046	10,172
Cash at Bank and In Hand	11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

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

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

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

These accounts were approved by the Board on 27<sup>th</sup> November 2024.



Mrs E J de Thierry (Trustee)



Mrs S M Patterson (Trustee)



**Statement of Cash Flows**  
**Year Ending 31<sup>st</sup> March 2024**

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

## Notes to the Accounts

### Note 1: Income from Donations and Legacies

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total for FY ending 31<sup>st</sup> March 2024</b>	<b>Total for FY ending 31<sup>st</sup> March 2023</b>
Donations	46,441	1,120	47,561	26,885
Grant Funding	3,000	90,200	93,200	52,000
Gift Aid Tax Claimed	6,415	0	6,415	4,539
Donated Services and Facilities	2,473	26,566	29,039	1,983
Other Income	0	0	0	377
<b>Total</b>	<b>58,329</b>	<b>117,886</b>	<b>176,215</b>	<b>85,784</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 2024</b>	<b>Total for FY ending 31<sup>st</sup> March 2023</b>
Client Family Contributions	0	20,040	20,040	24,824
Therapy Fees	0	69,700	69,700	34,475
Training Days	9,075	0	9,075	8,318
<b>Total</b>	<b>9,075</b>	<b>89,740</b>	<b>98,815</b>	<b>67,617</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 2024</b>	<b>Total for FY ending 31<sup>st</sup> March 2023</b>
Sales of Goods	630	0	630	895
Fundraising Events	7,239	445	7,684	4,920
<b>Total</b>	<b>7,869</b>	<b>445</b>	<b>8,314</b>	<b>5,815</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 2024</b>	<b>Total for FY ending 31<sup>st</sup> March 2023</b>
Donor Administration	653	98	751	476
Direct Event Costs	758	0	758	1,206
Goods for Resale	670	0	670	727
<b>Total</b>	<b>2,081</b>	<b>98</b>	<b>2,179</b>	<b>2,409</b>

### Note 5: Charitable Activities

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

### Note 6: Other Expenditure

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

### Note 7: Gross Transfers Between Funds

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>
Therapy		2,912
Guernsey		7,772
Oxford		1,937
Training	(1,500)	
General Fund	(11,121)	
	<b>(12,621)</b>	<b>12,621</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 2023	1,030	9,928	3,533	991	15,482
Additions	0	0	0	350	350
Disposals	(1,030)	0	(2,345)	0	(1,895)
At 31st March 2024	0	9,928	1,188	1,341	13,937
<b>Depreciations</b>					
At 31st March 2023	1,030	9,928	3,533	396	14,887
Charge this year	0	0	0	268	268
Disposals	(1,030)	0	(2,345)	0	(1,895)
At 31st March 2024	0	9,928	1,188	664	13,260
<b>NBV at 31st March 2024</b>	0	0	0	677	677

## Note 9: Intangible Fixed Assets

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

### Note 10: Debtors

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

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

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

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

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

### Note 13: Restricted Income Funds

	<b>Balance at 1st April 2023</b>	<b>Incoming Resources</b>	<b>Outgoing Resources</b>	<b>Transfers Between Funds</b>	<b>Balance at 31st March 2024</b>
Bath Therapy Centre	15,196	102,030	101,742	2,912	18,396
Guernsey Therapy Centre	0	90,370	56,786	7,772	41,356
Oxford Therapy Centre	0	15,671	17,608	1,937	0
<b>Total</b>	<b>15,196</b>	<b>208,071</b>	<b>176,136</b>	<b>12,621</b>	<b>59,752</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 2024</b>	<b>Total for FY ending 31<sup>st</sup> March 2023</b>
Salaries	134,268	98,793
Employers NI	0	0
Pension Auto-Enrolment Contributions	1,169	858
Total Cost	<u>135,437</u>	<u>99,651</u>
Number of Employees	20	16
Number of Full Time Equivalent Employees	5.4	3.7

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

### Note 18: Related Party Transactions

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

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

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

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

### Note 19: Taxation

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

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

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

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

	<b>Total for FY ending 31<sup>st</sup> March 2024</b>	<b>Total for FY ending 31<sup>st</sup> March 2023</b>
Bank and cash balances	91,522	22,501

## Note 22: Accounting Policies

### **Basis of accounting**

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

### **Incoming resources**

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

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

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

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

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

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

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

### **Fund accounting**

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

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



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

### **Resources expended**

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

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

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

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

### **Fixed assets**

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

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

I report on the accounts of the company for the year ended 31 March 2024, which are set out on pages 12 to 23.

**Respective responsibilities of trustees and examiner**

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

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

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

**Basis of independent examiner's report**

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

**Independent examiner's statement**

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

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

Mark Garrett FCA  
Chartered Accountant

Mark Garrett Tax and Accountancy Ltd.

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