

**Trauma  
Recovery  
UK**



# Trauma Recovery Centre

(A company limited by guarantee)



## Financial Statements

Year ended: 31st March 2025

Charity No: 1141659  
Company No: 7526611

# Contents

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



## Reference and administrative information

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



# Trustees' Report

**For the year ended 31st March 2025**

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

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

## Structure, Governance and Management

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

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

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

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





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

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

Future strategy for the charity is developed by the Trustees.

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

## Objectives and Activities

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



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

Under these objects the charity has established the following vision:

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



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

In order to fulfil the vision the charity aims to:

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

The charity works towards achieving these aims through:

Using play, art, drama and music to help children process, think, learn and speak.

Providing excellent creative play, art and music therapy, facilitated by workers trained to high professional standards.

Ensuring that every child is valued, cared for, listened to, and that their feelings are validated and processed.

Providing a network of excellent therapists, carers and other professionals, all committed to proactive intervention, giving children the possibility of a fantastic future.

Supporting parents/carers in groups and individually to enable them to process the shared trauma and begin to find hope that recovery is possible.

Upskill the parents and carers in understanding neuroscience so that they are empowered to understand behaviour in their child's life, their own life and others lives.

Believing that recovery from trauma is possible and that overcoming challenges leads to a better future.

Believing it's worth it for each individual child and family.

The activities of the charity:

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

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



# Achievements and Performance

For the year ended 31st March 2025

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

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

Here are some other highlights from this year:

## Congratulations to our Founder and Chair of Trustees

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

## Continued Strengthening of the TRC Team

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

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





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



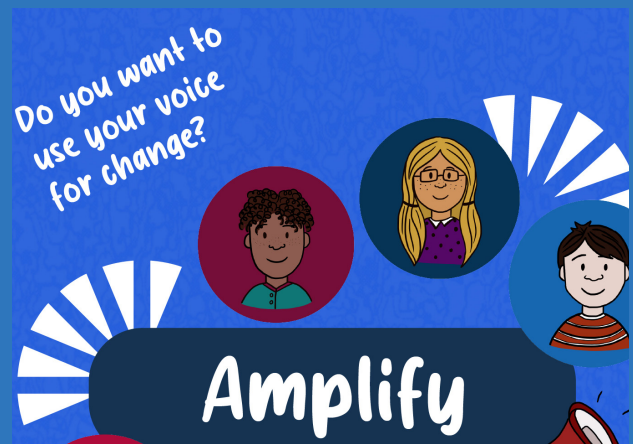
The TRC Team attended the Trauma Recovery Global Conference - a fantastic two days and we loved hearing from keynote speakers, Betsy de Thierry MBE, Dr Graham Music and Dr Elly Hanson. Our Choir made up of TRC parents, carers, graduated children and mentees, and our team bravely performed to the room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

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

## 14 Years of Trauma Recovery UK

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

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



## Growth

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







## Sustainable Grant Funding

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

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

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

## Partnerships and Growing our Network

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

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

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

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

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

### The people we worked with:

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

**99**

children and young people aged 3-24 accessed TRC:

**19**

accessed Therapeutic Mentoring

**TRC**

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

**79**

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

**84**

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

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

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

### Client Referral reasons

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

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

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

### Age of children and young people

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

### Gender of Children and Young People:

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

### Outcomes for families:

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

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





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

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

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

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

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

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

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

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

TRC teenage client.

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

I felt bad about myself, I kept things inside. I didn't feel able to go out much.

At the TRC I found a safe place to talk about my experiences and how I felt I was able to trust that what I said wouldn't be

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

TRC young adult client.

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

Parent of a child client.

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

Parent of a child client.

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

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

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

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

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# Financial Review



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

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

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

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

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

## Reserves Policy

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

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

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





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

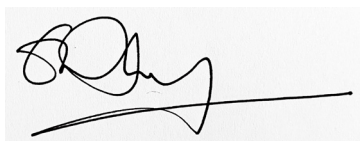
1. Income sources by project area
2. The charity's current expenditure budget and any future spending commitments
3. Long term grant funding secured
4. The minimum funding needed to avoid undue negative impacts on the TRC's beneficiaries, for example giving time for therapy to be ended with a planned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

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

### **Plans for Future Periods**

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

Signed:



Date: 16th December 2025

E J de Thierry (Chair of Trustees)



# Statement of Financial Activities

For the year ended 31st March 2025

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



# Balance Sheet

At 31st March 2025

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





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

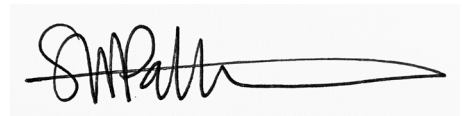
- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

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



Mrs E J de Thierry (Trustee)



Mrs S M Patterson (Trustee)

# Statement of Cash Flows

Year ending 31st March 2025

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

# Notes to the Accounts

## Note 1: Income from Donations and Legacies

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

## Note 2: Income from Charitable Activities

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

## Note 3: Income from Other Trading Activities

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

## Note 4: Expenditure on Raising Funds

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

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## Note 5: Charitable Activities

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

## Note 6: Other Expenditure

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

## Note 7: Gross Transfers Between Funds

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

**Trauma  
Recovery  
UK**



## Note 8: Tangible Fixed Assets

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

## Note 9: Intangible Fixed Assets

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



## Note 10: Debtors

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

## Note 11: Cash at Bank and In Hand

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

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

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

## Note 13: Restricted Income Funds

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

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

## Note 14: Trustees

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

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

## Note 15: Reimbursement of Trustee Expenses

Number of Trustees Reimbursed 0

	Total (£)
Travel and Accommodation	-
Subsistence	-
<b>Total</b>	-

## Note 16: Fees for Examination of the Accounts

Fee for Independent Examination £570

## Note 17: Staff Costs

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

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

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





## Note 18: Related Party Transactions

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

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

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

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

## Note 19: Taxation

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

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

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

## Note 21: Analysis of cash and cash equivalents

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

**Trauma  
Recovery  
UK**



## **Note 22: Accounting Policies**

### **Basis of accounting**

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

### **Incoming resources**

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

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

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

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

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

### **Fund accounting**

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

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

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

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

## **Resources expended**

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

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

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

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

## **Fixed assets**

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

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

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

## Respective responsibilities of trustees and examiner

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

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

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

## Basis of independent examiner's report

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

## Independent examiner's statement

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

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



**Mark Garrett FCA**

Chartered Accountant

Mark Garrett Tax and Accountancy Ltd.

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

