QUETZAL

England & Wales · Charity number 1141890

Details

Other names	QUETZAL, THE QUETZAL PROJECT, The Quetzal Project
Status	Registered
Legal form	Charitable company
Company number	05319865
Registered	2011-05-12
Register	View on the Charity Commission register

Contact

Address	Business Box 3 Oswin Road Leicester LE3 1HR
Phone	03331014280
Email	help@quetzal.org.uk
Website	www.quetzal.org.uk

Activities

Objects: TO RELIEVE WOMEN IN LEICESTERSHIRE (LEICESTER CITY, LEICESTERSHIRE COUNTY AND RUTLAND) WHO HAVE EXPERIENCED SEXUAL ABUSE AND WHO ARE IN CIRCUMSTANCES OF NEED AND HARDSHIP AND DISTRESS, WHERE SUCH PERSONS CAN SECURE BY COUNSELLING AND EMOTIONAL SUPPORT TO:A) PROMOTE THE PRESERVATION AND SAFEGUARDING OF MENTAL HEALTH;B) ASSIST IN RELIEVING AND REHABILITATING PERSONS SUFFERING MENTAL DISTRESS.

Activities: The project's objectives are to provide counselling and emotional support to women in Leicestershire who have experienced sexual abuse and who are in circumstances of need, hardship and distress.

Downloaded from opencharities.uk/ew/1141890

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Leicestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£269,871	£277,326	-	-
2024-03-31	£280,197	£270,935	-	-
2023-03-31	£222,964	£208,466	-	-
2022-03-31	£179,545	£175,565	-	-
2021-03-31	£236,593	£158,251	-	-

Trustees

Name	Role	Appointed
Liz Ryley	Chair	2020-11-12
Bushra Ali		2024-08-27
Carla Simone Thomas		2025-01-28
Fazeela Patel		2016-09-01
Helen Louise Owen		2025-01-21
Nicola Paula Hurley		2023-02-01
Richard Antony Seaman		2025-01-28

Downloaded from opencharities.uk/ew/1141890

QUETZAL

England & Wales - Charity number 1141890

Accounts

Company registration number: 05319865
Charity registration number: 1141890

The Quetzal Project

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

The Quetzal Project

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 7
Independent Examiner's Report	8
Statement of Financial Activities	9 to 10
Balance Sheet	11
Notes to the Financial Statements	12 to 22

The Quetzal Project

Reference and Administrative Details

Trustees	Shirley Munden Fazeela Patel Elizabeth Sarah Ryley Priya Luharia Nicola Hurley Sophie Wesson Bushra Ali Helen Owen Carla Simone Thomas Richard Seaman
Secretary	Sophie Wesson
Senior Management Team	Deborah Knight, Chief Executive Officer
Charity Registration Number	1141890
Company Registration Number	05319865
Registered Office	14-16 Talbot Lane Leicester LE1 4LR
Independent Examiner	Eva Stevens, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

The Quetzal Project

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2025.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Shirley Munden
	Fazeela Patel
	Elizabeth Sarah Ryley
	Priya Luharia
	Nicola Hurley
	Sophie Wesson
	Bushra Ali (appointed 6 June 2024)
	Helen Owen (appointed 21 January 2025)
	Carla Simone Thomas (appointed 28 January 2025)
	Richard Seaman (appointed 28 January 2025)
Secretary:	Sophie Wesson

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 22 November 2004 and most recently amended 30 November 2020. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

Trustee roles were advertised on our website, social media and trustee recruitment websites. Interested applicants were initially sent a trustee recruitment pack including a role description and personal specification. If the applicant wished to continue with the application, they were asked to provide a CV and cover letter for assessment. Applications were assessed by the existing board of trustees with the assistance of the CEO. Short listed applicants were invited for interview and background checks were carried out. Those successful were asked to attend the AGM to be officially appointed by being proposed and seconded by existing board members. Full induction and training is provided ensuring all trustees are well equipped to govern the organisation effectively.

Major risks and management of those risks

A small number of significant funders represent a proportion of Quetzal's income. Loss of these could impact service continuity. The Board monitors funding dependencies and seeks to build financial resilience through reserves and diverse funding streams.

Even with our key funders in place, If we were unable to secure sufficient new future grants this would pose a significant risk to the organisation. Quetzal have developed a fundraising strategy to diversify income generation and we continue to increase funding from sources other than grants and foundations to manage this risk.

Rising operational costs pose an ongoing risk to financial stability. The organisation monitors budgets closely and reviews expenditure regularly to ensure value for money and efficiency.

The Board of Trustees oversees financial planning and risk management through regular review of budgets, reserves, and income forecasts.

Objectives and activities

Objects and aims

Quetzal provides free and inclusive counselling and support to women aged 16 and over, living in Leicester, Leicestershire and Rutland that have experienced childhood sexual abuse.

Our Aims
Give women a voice to be heard and enable agency and control;
Work with local communities to challenge the shame and taboo narratives and raise awareness of childhood sexual abuse;
Work in a trauma-informed way that doesn't re-traumatise women, or staff and volunteers;
Keep the voice of those with lived experience central to how we work and shape what we do.

Our Objectives
Provide high quality tailored support to survivors of childhood sexual abuse that meets their individual needs;
Ensure support is accessible and available when needed;
Work in collaboration with other local organisations to ensure the best possible standard of service delivery;
Raise awareness of the effects of childhood sexual abuse and of trauma-informed care.

The Quetzal Project

Trustees' Report

Objectives, strategies and activities

Quetzal provides:
- Individual Counselling: Following an assessment to ensure clients are eligible for our service, they receive one to one counselling. All of our counsellors are either qualified or undertaking final training and receive additional specialist training and support from our clinical lead. Counselling takes place at the same time weekly with the same counsellor to ensure you have consistency, for up to one year. We are able to offer this service through face-to-face, telephone or on-line methods.

- Single session therapy (SST): SST is an approach to therapy that aims to address a client's concerns and achieve meaningful change within a single therapy session. It is designed to be a focused, solution-oriented approach that offers immediate support. Single session therapy can offer effective and timely support, allowing clients to experience relief, gain insights, and develop strategies for change within a short period of time.

-Emotional Support Services: We run a 'Check and Chat' Service and drop in workshops to provide emotional support to clients both on the waiting list and after counselling.

- EMDR (Eye Movement Desensitisation and Reprocessing) Therapy: We provide EMDR which is a therapeutic approach developed to help individuals process and overcome traumatic memories.

-Counsellor-Led Group Sessions designed to support women on the waiting list for counselling. These were psycho-educational support groups providing coping tools and emotional awareness in a safe, non-judgemental setting. Each weekly session focused on a key theme such as Processing Emotions, Anxiety, Anger, Defence Mechanisms, Relationships, and Resilience. Participants could attend individual sessions or the full series. The groups aimed to enhance emotional understanding, build resilience, and prepare participants for one-to-one counselling, contributing to recovery and wellbeing within a trauma-informed framework.

Quetzal also delivers a range of workshops, groups and outreach activities to support our charitable aims.

Public benefit

Quetzal enables service users to improve their mental health and wellbeing, increase their confidence and better manage their lives and relationships. Our services allow women that have experienced childhood sexual abuse to begin to recover from this trauma and improve their personal situation and engage more freely in their community.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

The Quetzal Project

Trustees' Report

Achievements

Delivery

April 2024-March 2025

•348 New referrals received.
•354 Clinical Assessments completed.
•305 New clients started therapy.
•3789 Counselling Sessions delivered (42% face to face, 24% online, 34% Telephone).
•463 Check and Chat (Emotional support) calls completed.

Other workshops and events delivered in 24/25

Join the Conversation: Neurodiversity & CSA-an informal session in person at Quetzal, to raise awareness about neurodiversity and childhood sexual abuse.

Craft O-Clock - free crafts workshops of painting, flower making, yarn crafts, beading etc.

Project Healing Words - Creative Writing Workshops and Support. Consisting of six half-day workshops for survivors, with individual support and a platform for storytelling.

Quetzal's Week of Activism 2024 a week of events raising awareness of childhood sexual abuse, enabling community participation, support and fundraising.

Healing Words Anthology Launch launching the anthology of creative work from the Healing Words project.

Vinted Pop-Ups- pop-ups to promote fundraising via Vinted.

During 24/25 Quetzal also worked on the project "Trauma-Informed Welfare Advocacy Partnership". A collaborative piece between Quetzal, Shama Women's Centre, and Charity Link Leicester funded by Lloyds Bank Foundation. The partnership brings together three local organisations to promote trauma-informed approaches within the welfare system. The project aims to ensure that people who have experienced trauma are treated with understanding and dignity when accessing welfare support.

During the year, the partnership gathered insights from lived experience, engaged with local welfare professionals, and began developing training and awareness materials to influence more compassionate, trauma-aware practice. The project focuses on advocacy and systems change rather than individual casework, contributing to a fairer and more supportive environment for survivors.

The Quetzal Project

Trustees' Report

Financial review

Despite an increasing challenging fundraising environment we continue to diversify our income and work towards less reliance on grant funding. While cautious about the stability of future income we believe we are in a good financial position.

Policy on reserves

The trustees have examined the charity's requirements for reserves in light of the main risks to the organisation. The charity is seeking to build general funds to cover six months of annual costs. Quetzal's exit plan is based on the expectation that reserves are available should the organisation ever need to be wound down.

Principal risks and uncertainties

A small number of significant funders represent a proportion of Quetzal's income. Loss of these could impact service continuity. The Board monitors funding dependencies and seeks to build financial resilience through reserves and diverse funding streams.

Even with our key funders in place, If we were unable to secure sufficient new future grants this would pose a significant risk to the organisation. Quetzal have developed a fundraising strategy to diversify income generation and we continue to increase funding from sources other than grants and foundations to manage this risk.

Rising operational costs pose an ongoing risk to financial stability. The organisation monitors budgets closely and reviews expenditure regularly to ensure value for money and efficiency.

The Board of Trustees oversees financial planning and risk management through regular review of budgets, reserves, and income forecasts.

The Quetzal Project

Trustees' Report

Statement of Responsibilities

The trustees (who are also the directors of The Quetzal Project for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 01/12/25 and signed on its behalf by:

K. Ryley

Elizabeth Sarah Ryley
Trustee

The Quetzal Project

Independent Examiner's Report to the trustees of The Quetzal Project ('the Company')

Independent examiner's report to the trustees of The Quetzal Project ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2025.

Responsibilities and basis of report

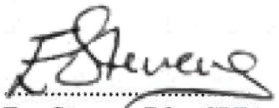
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Chartered Institute of Public Finance and Accountancy (CIPFA), which is one of the listed bodies.
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Eva Stevens, BSc, CPFA, employee of Community Accounting Plus
member of the Chartered Institute of Public Finance and Accountancy (CIPFA)

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date: 02/12/2025

The Quetzal Project

Statement of Financial Activities for the Year Ended 31 March 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2025 £	Total 2024 £
Income and Endowments from:					
Donations and legacies	2	69,121	-	69,121	91,374
Charitable activities	3	13,134	185,254	198,388	187,393
Investment income	5	2,362	-	2,362	1,430
Total income		84,617	185,254	269,871	280,197
Expenditure on:					
Charitable activities	6	(78,433)	(198,893)	(277,326)	(270,935)
Total expenditure		(78,433)	(198,893)	(277,326)	(270,935)
Net income/(expenditure)		6,184	(13,639)	(7,455)	9,262
Transfers between funds		(10,758)	10,758	-	-
Net movement in funds		(4,574)	(2,881)	(7,455)	9,262
Reconciliation of funds					
Total funds brought forward		134,604	54,396	189,000	179,738
Total funds carried forward	14	130,030	51,515	181,545	189,000

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 14.

The Quetzal Project

(Registration number: 05319865)
Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	9	975	1,063
Current assets			
Debtors	10	223	2,007
Cash at bank and in hand	11	196,161	190,941
		196,384	192,948
Creditors: Amounts falling due within one year	12	(15,814)	(5,011)
Net current assets		180,570	187,937
Net assets		181,545	189,000
Funds of the charity:			
Restricted income funds			
Restricted funds	14	51,515	54,396
Unrestricted income funds			
Unrestricted funds		130,030	134,604
Total funds	14	181,545	189,000

For the financial year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 9 to 22 were approved by the trustees, and authorised for issue on 01/12/2025 and signed on their behalf by:

E. Ryley

Elizabeth Sarah Ryley
Trustee

The notes on pages 12 to 22 form an integral part of these financial statements.

1 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
The financial statements have been prepared in accordance with 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
The Quetzal Project meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Exemption from preparing a cash flow statement
Under the exemption available to smaller charities the Board of Trustees has chosen not to include a Statement of Cash Flows within the financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33.3% straight line
Furniture and equipment	20% straight line

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	-	-	37,500
Donations from individuals	9,459	9,459	4,668
Grants, including capital grants;			
Government grants	47,162	47,162	49,206
Grants from other charities	12,500	12,500	-
	69,121	69,121	91,374

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Service delivery	13,134	-	13,134	644
Grants	-	185,254	185,254	186,731
Sundry income	-	-	-	18
	13,134	185,254	198,388	187,393

4 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Freeva	-	41,860	41,860
Leicester City Council	47,162	11,895	59,057
Garfield Weston	-	30,000	30,000
Office of the Police and Crime Commissioner	-	7,625	7,625
The National Lottery Community Fund	-	58,936	58,936
LRMCA	-	5,000	5,000
Seven Friends Foundations	2,500	-	2,500
Rosa Fund	-	23,021	23,021
Henry Smith	10,000	-	10,000
Smallwood Trust	-	6,917	6,917
Sundry grants & donations	9,459	-	9,459
	69,121	185,254	254,375

5 Investment income

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Interest receivable and similar income;			
Interest receivable on bank deposits	2,362	2,362	1,430

6 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Cleaning & hygiene	2,873	-	2,873	2,348
Office rent	4,344	6,760	11,104	11,032
Repair & maintenance	419	-	419	125
Utilities	3,306	1,514	4,820	4,538
Recruitment & training	150	250	400	1,055
Salaries, NI & pensions	31,929	132,854	164,783	146,429
Staff travel & expenses	371	188	559	691
Legal & professional	1,978	-	1,978	2,137
Business support costs	418	-	418	1,805
IT service support costs	2,335	49	2,384	4,920
Licences & website	-	949	949	881
Office equipment & supplies	983	596	1,579	2,818
Phone Costs	1,184	-	1,184	714
Printing & postage	109	-	109	88
Insurances	1,887	-	1,887	1,133
Projects & events	1,558	4,486	6,044	32,966
Marketing & awareness	358	486	844	1,246
Paid Counsellors	18,957	49,769	68,726	49,194
Volunteer expenses & resources	152	822	974	1,497
Volunteer supervision	2,350	170	2,520	855
Volunteer training	2,046	-	2,046	3,571
Depreciation	726	-	726	516
Sundry expenditure	-	-	-	376
	78,433	198,893	277,326	270,935

7 Net incoming/outgoing resources

Net (outgoing)/incoming resources for the year include:

	2025 £	2024 £
Depreciation of fixed assets	726	516

8 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	156,050	139,104
Social security costs	6,593	4,762
Pension costs	2,140	2,563
	164,783	146,429

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2025 No	2024 No
Average number of employees	8	9

3 (2024 - 5) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £2,140 (2024 - £2,563).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £44,516 (2024 - £42,395).

9 Tangible fixed assets

	Furniture and equipment £	Computer equipment £	Total £
Cost			
At 1 April 2024	912	22,949	23,861
Additions	-	638	638
At 31 March 2025	912	23,587	24,499
Depreciation			
At 1 April 2024	183	22,615	22,798
Charge for the year	182	544	726
At 31 March 2025	365	23,159	23,524
Net book value			
At 31 March 2025	547	428	975
At 31 March 2024	729	334	1,063

10 Debtors

	2025 £	2024 £
Trade debtors	-	120
Prepayments	223	1,887
	223	2,007

11 Cash and cash equivalents

	2025 £	2024 £
Cash at bank	196,161	190,941

12 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	14,203	3,321
Other creditors	1,611	1,690
	15,814	5,011

13 Obligations under leases and hire purchase contracts

The total value of future minimum lease payments was as follows:

	2025 £	2024 £
Within one year	9,600	9,600
In two to five years	16,800	26,400
	26,400	36,000

14 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2025 £
Unrestricted funds					
General					
General fund	74,495	84,617	(78,433)	(10,758)	69,921
Designated					
Reserves	60,109	-	-	-	60,109
Total unrestricted funds	134,604	84,617	(78,433)	(10,758)	130,030
Restricted funds					
Awards for All	7,019	-	(7,019)	-	-
Lloyds Local Colabs	19,600	-	(17,849)	-	1,751
National Lottery Community Fund	27,777	58,935	(58,736)	-	27,976
RASAF	-	41,860	(41,860)	-	-
SARC	-	-	(10,758)	10,758	-
MH Project	-	11,896	(11,896)	-	-
MOJ	-	7,625	(7,625)	-	-
Garfield Weston	-	30,000	(30,000)	-	-
LRMA	-	5,000	(5,000)	-	-
Rosa	-	23,021	(3,838)	-	19,183
Smallwood Trust	-	6,917	(4,312)	-	2,605
Total restricted funds	54,396	185,254	(198,893)	10,758	51,515
Total funds	189,000	269,871	(277,326)	-	181,545

The Quetzal Project

Notes to the Financial Statements for the Year Ended 31 March 2025

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Unrestricted funds					
General					
General fund	100,169	93,466	(89,140)	(30,000)	74,495
Designated					
Reserves	30,109	-	-	30,000	60,109
Total unrestricted funds	130,278	93,466	(89,140)	-	134,604
Restricted					
Awards for All	-	8,819	(1,800)	-	7,019
Lloyds Local Colabs	-	48,100	(28,500)	-	19,600
National Lottery Community Fund	25,918	59,065	(57,206)	-	27,777
Community Matters Fund	-	4,650	(4,650)	-	-
Lloyds Bank Foundation fund	10,567	-	(10,567)	-	-
RASAF	-	32,562	(32,562)	-	-
SARC	-	10,450	(10,450)	-	-
MH Project	11,525	-	(11,525)	-	-
Carlton Hayes Mental Health Trust	-	8,600	(8,600)	-	-
MOJ	1,450	7,625	(9,075)	-	-
OPCC Commissioners Safety fund	-	6,860	(6,860)	-	-
Total restricted funds	49,460	186,731	(181,795)	-	54,396
Total funds	179,738	280,197	(270,935)	-	189,000

The specific purposes for which the funds are to be applied are as follows:

Awards for All - funding contributing toward staff salaries, service delivery and development;
Community Matters Fund - funding contributing toward activity sessions;
Lloyds Bank Foundation fund - core costs support to pay for senior staff;
Lloyds Local Colabs - funding contributing toward influencing partnership work;
RASAF - funding contributing toward service delivery including EMDR service;
SARC - funding contributing toward service delivery;
Making Local Life Better - funding contributing toward the costs of training for two Clinical Supervisors;
MH Project - outreach and counselling in the Market Harborough district;
Carlton Hayes Mental Health Trust - funding for Counselling sessions;
MOJ - Delivery of Counselling services;
National Lottery - Contributions towards Project Costs;
OPCC Commissioners Safety fund - Delivery of counselling services;
Garfield Weston- core costs support;
LRMA- funding contributing towards Employability Project;
Rosa- funding contributing toward Organisational Development;
Smallwood- funding contributing toward Disabled Women service.

The transfer from the General fund to the SARC fund is to cover the deficit on this activity.

15 Analysis of net assets between funds

	Unrestricted			
	General £	Designated £	Restricted £	2025 Total funds £
Tangible fixed assets	975	-	-	975
Current assets	84,760	60,109	51,515	196,384
Current liabilities	(15,814)	-	-	(15,814)
Total net assets	69,921	60,109	51,515	181,545

	Unrestricted			
	General £	Designated £	Restricted £	2024 Total funds £
Tangible fixed assets	1,063	-	-	1,063
Current assets	78,443	60,109	54,396	192,948
Current liabilities	(5,011)	-	-	(5,011)
Total net assets	74,495	60,109	54,396	189,000

16 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2025 £	2024 £
Independent examination	1,010	870
Other financial services	-	180
	1,010	1,050

17 Taxation

The charity is a registered charity and is therefore exempt from corporation taxation.

18 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

19 Related party transactions

There were no related party transactions in the year.

QUETZAL

England & Wales - Charity number 1141890

Accounts

Company registration number: 05319865

Charity registration number: 1141890

The Quetzal Project

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2024

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

The Quetzal Project

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 6
Independent Examiner's Report	7
Statement of Financial Activities	8 to 9
Balance Sheet	10
Notes to the Financial Statements	11 to 21

The Quetzal Project

Reference and Administrative Details

Trustees	Shirley Munden Fazeela Patel Elizabeth Sarah Ryley Priya Luharia Nicola Hurley Sophie Wesson Bushra Ali
Secretary	Sophie Wesson
Senior Management Team	Deborah Knight, Chief Executive Officer
Charity Registration Number	1141890
Company Registration Number	05319865
Registered Office	14-16 Talbot Lane Leicester LE1 4LR
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

The Quetzal Project

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 31 March 2024.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Shirley Munden
	Fazeela Patel
	Richard John Fresia-Farrelly (resigned 26 February 2024)
	Elizabeth Sarah Ryley
	Manjora Singh Bisla (resigned 28 February 2024)
	Priya Luharia
	Nicola Hurley
	Sophie Wesson
	Bushra Ali (appointed 6 June 2024)
Secretary:	Sophie Wesson

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 22 November 2004 and most recently amended 30 November 2020. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

Trustee roles were advertised on our website, social media and trustee recruitment websites. Interested applicants were initially sent a trustee recruitment pack including a role description and personal specification. If the applicant wished to continue with the application, they were asked to provide a CV and cover letter for assessment. Applications were assessed by the existing board of trustees with the assistance of the CEO. Shortlisted applicants were invited for interview and background checks were carried out. Those successful were asked to attend the AGM to be officially appointed by being proposed and seconded by existing board members. Full induction and training is provided ensuring all trustees are well equipped to govern the organisation effectively.

The Quetzal Project

Trustees' Report

Objectives and activities

Objects and aims

Quetzal provides free and inclusive counselling and support to women aged 16 and over, living in Leicester, Leicestershire and Rutland that have experienced childhood sexual abuse.

Our Aims
Give women a voice to be heard and enable agency and control;
Work with local communities to challenge the shame and taboo narratives and raise awareness of childhood sexual abuse;
Work in a trauma-informed way that doesn't re-traumatise women, or staff and volunteers;
Keep the voice of those with lived experience central to how we work and shape what we do.

Our Objectives
Provide high quality tailored support to survivors of childhood sexual abuse that meets their individual needs;
Ensure support is accessible and available when needed;
Work in collaboration with other local organisations to ensure the best possible standard of service delivery;
Raise awareness of the effects of childhood sexual abuse and of trauma-informed care.

Objectives, strategies and activities

Long Term Counselling
Following an assessment to ensure clients are suitable for our service, they receive one to one counselling. All of our counsellors are either qualified or undertaking final training and receive additional specialist training and support from our clinical lead. Counselling takes place at the same time weekly with the same counsellor to ensure you have consistency, for up to one year. We are able to offer this service through face-to-face, telephone or on-line methods.

Single session therapy (SST)
SST is an approach to therapy that aims to address a client's concerns and achieve meaningful change within a single therapy session. It is designed to be a focused, solution-orientated approach that offers immediate support. Single session therapy can offer effective and timely support, allowing clients to experience relief, gain insights, and develop strategies for change within a short period of time.

Emotional Support Services
We run a 'Check and Chat' Service and weekly drop in workshops to provide emotional support to clients both on the waiting list and after counselling.

EMDR therapy
Eye Movement Desensitisation and Reprocessing (EMDR) is a therapeutic approach that was originally developed to help individuals process and overcome traumatic memories. The goal of EMDR therapy is to alleviate the distress associated with traumatic experiences and facilitate the individual's adaptive processing of those memories.

Quetzal also provide training in the area of childhood sexual abuse and the benefits of counselling to both community groups, counsellors and professionals.

Public benefit

Quetzal enables service users to improve their mental health and wellbeing, increase their confidence and better manage their lives and relationships. Our services allow women that have experienced childhood sexual abuse to begin to recover from this trauma and improve their personal situation and engage more freely in their community.

The Quetzal Project

Trustees' Report

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements

During the period Quetzal reviewed and updated its strategic plan and set 6 new strategic aims for the next 3 years. These are:

1. Continuously improve our offer to best serve survivors of childhood sexual abuse and the local community while always maintaining our commitment to trauma informed practice.

2. Involve and empower our beneficiaries in the design, delivery, and evaluation of services, ensuring they have a voice in shaping the services they receive, and that services are responsive, accessible, and inclusive.

3. Raise awareness of the needs of all women who have experienced childhood sexual abuse through providing data insights that will influence policymaking and educate the public.

4. Invest in the wellbeing, training and development of staff, trustees, practitioners, counsellors and volunteers to increase our quality, capacity and outcomes.

5. Diversify our income streams to reduce risk and increase our resilience during uncertain times.

6. Develop an agile, robust, and efficient management and operational infrastructure that supports Quetzal to meet its objectives and drives long-term success.
Delivery

April 2023-March 2024

- 432 New referrals received.
- 308 Clinical Assessments completed.
- 374 New clients started therapy.
- 3254 Counselling Sessions delivered (44% face to face, 24% online, 32% Telephone).
- 184 Single Session Therapy sessions delivered.
- 934 Check and Chat (Emotional support) calls made.

The Quetzal Project

Trustees' Report

During the financial year 23-24 Quetzal achieved a 25% increase in the number of counselling sessions delivered compared to the previous year. We also successfully launched a new service providing EMDR therapy.

The number of emotional support calls that were delivered is double the previous year, this is due to the recruitment and training of additional volunteers.

This year Quetzal hosted two interns from Citizens of Change through the University of Leicester. We also saw the completion of placements for three social workers at Quetzal.

We continue to focus on counsellor recruitment and training, and this year we conducted another round of onboarding. Our process had become significantly more efficient, halving the time needed to onboard new counsellors.

We ran a number of additonal events and workshops to support survivors and raise awareness of our cause, these included yoga, art and craft and peer support sessions.

Our partnership with Age UK for a Menopause Awareness Session was a great success, receiving fantastic feedback. A member of the team has trained to become a Menopause Champion, offering support to clients during drop-in sessions and over the phone.

TST accreditation
This year we gained full accreditation for The Survivors Trust. The narrative from the report reads:
“Throughout the inspection process, Quetzal evidenced a sincere commitment to meeting the needs of survivors and advocating on their behalf. The inspection evidenced a high quality of decision making at board level and a thoughtful, considered approach to challenges and opportunities. This can be seen in the way in which the board has managed changes in the membership of the board and senior staff team. The inspection also evidenced a nurturing management approach whereby opportunities are provided for staff to learn new skills, develop their interests, and thrive within the organisation. This was reflected in the positive way in which staff and volunteers spoke about their roles, their relationships with peers and managers, and their enjoyment of being part of the Quetzal team. Interviews with staff and the Deputy Chair, as well as analysis of documentary evidence provided, evidenced a real commitment to continuous improvement across governance, management, safeguarding, and service delivery. Overall, the inspection process established that Quetzal is well governed and managed, with a clear focus on survivors. The organisation is attuned to the changing experiences and needs of survivors and pro-actively safeguards staff and clients. Staff describe Quetzal as a great place to work”

Financial review

Policy on reserves

The trustees have examined the charity's requirements for reserves in light of the main risks to the organisation. The charity is seeking to build general funds to cover six months of annual costs. Quetzal’s exit plan is based on the expectation that reserves are available should the organisation ever need to be wound down.

The Quetzal Project

Trustees' Report

Statement of Responsibilities

The trustees (who are also the directors of The Quetzal Project for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 30/9/24 and signed on its behalf by:

E. Ryley

Elizabeth Sarah Ryley
Trustee

The Quetzal Project

Independent Examiner's Report to the trustees of The Quetzal Project ('the Company')

Independent examiner's report to the trustees of The Quetzal Project ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024.

Responsibilities and basis of report

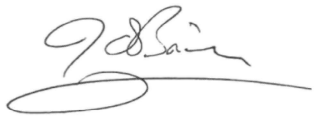
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member and Fellow of the Association of Charity Independent Examiners, which is one of the listed bodies.
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



.....
John O'Brien MSc, FAIA, FCCA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date:03/10/2024.....

The Quetzal Project

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
Income and Endowments from:					
Donations and legacies	2	91,374	-	91,374	88,602
Charitable activities	3	662	186,731	187,393	133,765
Other trading activities	4	-	-	-	83
Investment income	6	1,430	-	1,430	514
Total income		93,466	186,731	280,197	222,964
Expenditure on:					
Charitable activities	7	(89,140)	(181,795)	(270,935)	(208,466)
Total expenditure		(89,140)	(181,795)	(270,935)	(208,466)
Net income		4,326	4,936	9,262	14,498
Net movement in funds		4,326	4,936	9,262	14,498
Reconciliation of funds					
Total funds brought forward		130,278	49,460	179,738	165,240
Total funds carried forward	15	134,604	54,396	189,000	179,738

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 15.

The Quetzal Project

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	2	88,602	-	88,602
Charitable activities	3	272	133,493	133,765
Other trading activities	4	83	-	83
Investment income	6	514	-	514
Total income		89,471	133,493	222,964
Expenditure on:				
Charitable activities	7	(64,464)	(144,002)	(208,466)
Total expenditure		(64,464)	(144,002)	(208,466)
Net income/(expenditure)		25,007	(10,509)	14,498
Transfers between funds		(2,631)	2,631	-
Net movement in funds		22,376	(7,878)	14,498
Reconciliation of funds				
Total funds brought forward		107,902	57,338	165,240
Total funds carried forward	15	130,278	49,460	179,738

The notes on pages 11 to 21 form an integral part of these financial statements.

The Quetzal Project

(Registration number: 05319865)
Balance Sheet as at 31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	10	1,063	667
Current assets			
Debtors	11	2,007	2,528
Cash at bank and in hand	12	190,941	181,376
		192,948	183,904
Creditors: Amounts falling due within one year	13	(5,011)	(4,833)
Net current assets		187,937	179,071
Net assets		189,000	179,738
Funds of the charity:			
Restricted income funds			
Restricted funds	15	54,396	49,460
Unrestricted income funds			
Unrestricted funds		134,604	130,278
Total funds	15	189,000	179,738

For the financial year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 8 to 21 were approved by the trustees, and authorised for issue on 30/09/24 and signed on their behalf by:

E. Ryley

Elizabeth Sarah Ryley
Trustee

The notes on pages 11 to 21 form an integral part of these financial statements.

The Quetzal Project

Notes to the Financial Statements for the Year Ended 31 March 2024

1 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
The financial statements have been prepared in accordance with 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
The Quetzal Project meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Exemption from preparing a cash flow statement
Under the exemption available to smaller charities the Board of Trustees has chosen not to include a Statement of Cash Flows within the financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Government grants
Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33.3% straight line
Furniture and equipment	20% straight line

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	37,500	37,500	-
Donations from individuals	4,668	4,668	9,943
Grants, including capital grants;			
Government grants	49,206	49,206	49,659
Grants from other charities	-	-	29,000
	91,374	91,374	88,602

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Service delivery	644	-	644	251
Grants	-	186,731	186,731	133,444
Sundry income	18	-	18	70
	662	186,731	187,393	133,765

4 Income from other trading activities

	Total 2024 £	Total 2023 £
Local fundraising and street collection income	-	83
	-	83

5 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
MOJ RASAF	-	32,562	32,562
The National Lottery - Awards for All	-	67,884	67,884
Lloyds Bank Foundation	25,000	48,100	73,100
Office of the Police and Crime Commissioner	-	14,485	14,485
SARC	-	10,450	10,450
Carlton Hayes Mental Health Charity	-	8,600	8,600
National Grid - Community Matters Fund - Active Communities Fund	-	4,650	4,650
Leicester ICB	47,582	-	47,582
Henry Smith	10,000	-	10,000
Ann Rylands Small Grants	2,000	-	2,000
Charnwood Borough Council	1,624	-	1,624
University of Leicester	500	-	500
Sundry grants & donations	4,668	-	4,668
	91,374	186,731	278,105

6 Investment income

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Interest receivable and similar income;			
Interest receivable on bank deposits	1,430	1,430	514

7 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Cleaning & hygiene	348	2,000	2,348	1,909
Office rent	2,738	8,294	11,032	9,720
Repair & maintenance	-	125	125	11,168
Utilities	1,097	3,441	4,538	4,283
Recruitment & training	-	1,055	1,055	1,407
Salaries, NI & pensions	71,753	74,676	146,429	121,692
Staff travel & expenses	623	68	691	467
Legal & professional	2,137	-	2,137	1,291
Business support costs	1,705	100	1,805	3,143
IT service support costs	2,408	2,512	4,920	3,726
Licences & website	881	-	881	1,085
Office equipment & supplies	-	2,818	2,818	1,320
Phone Costs	714	-	714	1,552
Printing & postage	88	-	88	805
Activities - outreach venues	-	-	-	125
Insurances	1,133	-	1,133	2,688
Projects & events	860	32,106	32,966	5,086
Marketing & awareness	320	926	1,246	319
Paid Counsellors	-	49,194	49,194	28,300
Volunteer expenses & resources	938	559	1,497	1,238
Volunteer supervision	505	350	855	1,349
Volunteer training	-	3,571	3,571	5,452
Depreciation	516	-	516	333
Sundry expenditure	376	-	376	8
	89,140	181,795	270,935	208,466

8 Net incoming/outgoing resources

Net incoming resources for the year include:

	2024 £	2023 £
Depreciation of fixed assets	516	333

9 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	139,104	115,462
Social security costs	4,762	3,886
Pension costs	2,563	2,344
	146,429	121,692

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2024 No	2023 No
Average number of employees	9	8

5 (2023 - 5) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £2,563 (2023 - £2,344).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £42,395 (2023 - £37,662).

10 Tangible fixed assets

	Furniture and equipment £	Computer equipment £	Total £
Cost			
At 1 April 2023	-	22,949	22,949
Additions	912	-	912
At 31 March 2024	912	22,949	23,861
Depreciation			
At 1 April 2023	-	22,282	22,282
Charge for the year	183	333	516
At 31 March 2024	183	22,615	22,798
Net book value			
At 31 March 2024	729	334	1,063
At 31 March 2023	-	667	667

11 Debtors

	2024 £	2023 £
Trade debtors	120	343
Prepayments	1,887	2,185
	2,007	2,528

12 Cash and cash equivalents

	2024 £	2023 £
Cash at bank	190,941	181,376

13 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	3,321	3,420
Other creditors	1,690	1,413
	5,011	4,833

14 Obligations under leases and hire purchase contracts

The total value of future minimum lease payments was as follows:

	2024 £	2023 £
Within one year	9,600	9,600
In two to five years	26,400	9,600
	36,000	19,200

15 Funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Unrestricted funds					
General					
General fund	100,169	93,466	(89,140)	(30,000)	74,495
Designated					
Reserves	30,109	-	-	30,000	60,109
Total unrestricted funds	130,278	93,466	(89,140)	-	134,604
Restricted funds					
Awards for All	-	8,819	(1,800)	-	7,019
Community Matters Fund	-	4,650	(4,650)	-	-
Lloyds Bank Foundation fund	10,567	-	(10,567)	-	-
Lloyds Local Colabs	-	48,100	(28,500)	-	19,600
RASAF	-	32,562	(32,562)	-	-
SARC	-	10,450	(10,450)	-	-
MH Project	11,525	-	(11,525)	-	-
Carlton Hayes Mental Health Trust	-	8,600	(8,600)	-	-
MOJ	1,450	7,625	(9,075)	-	-
National Lottery	25,918	59,065	(57,206)	-	27,777
OPCC Commissioners Safety fund	-	6,860	(6,860)	-	-
Total restricted funds	49,460	186,731	(181,795)	-	54,396
Total funds	179,738	280,197	(270,935)	-	189,000

The Quetzal Project

Notes to the Financial Statements for the Year Ended 31 March 2024

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
General					
General fund	77,793	89,471	(64,464)	(2,631)	100,169
Designated					
Reserves	30,109	-	-	-	30,109
Total unrestricted funds	107,902	89,471	(64,464)	(2,631)	130,278
Restricted					
Lloyds Bank Foundation fund	-	27,250	(16,683)	-	10,567
Making Local Life Better	695	-	(695)	-	-
MH Project	19,756	-	(8,231)	-	11,525
Carlton Hayes Mental Health Trust	4,270	-	(4,270)	-	-
MOJ	-	7,625	(6,175)	-	1,450
National Lottery	-	30,030	(4,112)	-	25,918
OPCC Commissioners Safety fund	-	-	(1,305)	1,305	-
Comic Relief	5,425	46	(5,471)	-	-
NW Leicestershire DC fund	6,332	-	(6,332)	-	-
Office of the Police & Crime Commisisoner fund	4,281	-	(4,281)	-	-
NHS Surge	4,722	-	(4,722)	-	-
Renovations	501	9,003	(10,830)	1,326	-
CR Continuation fund	-	52,517	(52,517)	-	-
The Shires fund	-	1,000	(1,000)	-	-
Randal Charitable	8,725	-	(8,725)	-	-
Peer Support Groups	-	6,022	(6,022)	-	-
The Queen and I	2,631	-	(2,631)	-	-
Total restricted funds	57,338	133,493	(144,002)	2,631	49,460
Total funds	165,240	222,964	(208,466)	-	179,738

The specific purposes for which the funds are to be applied are as follows:

Awards for All - funding contributing toward staff salaries, service delivery and development;
Community Matters Fund - funding contributing toward activity sessions;
Lloyds Bank Foundation fund - core costs support to pay for senior staff;
Lloyds Local Colabs - funding contributing toward influencing partnership work;
RASAF - funding contributing toward service delivery including EMDR service;
SARC - funding contributing toward service delivery;
Making Local Life Better - funding contributing toward the costs of training for two Clinical Supervisors;
MH Project - outreach and counselling in the Market Harborough district;
Carlton Hayes Mental Health Trust - funding for Counselling sessions;
MOJ - Delivery of Counselling services;
National Lottery - Contributions towards Project Costs;
OPCC Commissioners Safety fund - Delivery of counselling services.

16 Analysis of net assets between funds

	Unrestricted			
	General	Designated	Restricted	2024 Total funds
	£	£	£	£
Tangible fixed assets	1,063	-	-	1,063
Current assets	78,443	60,109	54,396	192,948
Current liabilities	(5,011)	-	-	(5,011)
Total net assets	74,495	60,109	54,396	189,000

	Unrestricted			
	General	Designated	Restricted	2023 Total funds
	£	£	£	£
Tangible fixed assets	667	-	-	667
Current assets	104,335	30,109	49,460	183,904
Current liabilities	(4,833)	-	-	(4,833)
Total net assets	100,169	30,109	49,460	179,738

17 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2024	2023
	£	£
Independent examination	870	825
Other financial services	180	168
	1,050	993

18 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

19 Taxation

The charity is a registered charity and is therefore exempt from taxation.

20 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

21 Related party transactions

There were no related party transactions in the year.

QUETZAL

England & Wales - Charity number 1141890

Accounts

Company registration number: 05319865

Charity registration number: 1141890

The Quetzal Project

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2023

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

The Quetzal Project

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7 to 8
Balance Sheet	9
Notes to the Financial Statements	10 to 20

The Quetzal Project

Reference and Administrative Details

Trustees	Shirley Munden Fazeela Patel Richard John Fresia-Farrelly Elizabeth Sarah Ryley Manjora Singh Bisla Priya Luharia Nicola Hurley Sophie Wesson
Senior Management Team	Deborah Knight, Chief Executive Officer
Charity Registration Number	1141890
Company Registration Number	05319865
Registered Office	14-16 Talbot Lane Leicester LE1 4LR
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

The Quetzal Project

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2023.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Shirley Munden
	Fazeela Patel
	Richard John Fresia-Farrelly
	Elizabeth Sarah Ryley
	Jan Sibley (resigned 8 March 2023)
	Manjora Singh Bisla
	Meena Kumari (resigned 17 January 2023)
	Priya Luharia (appointed 1 February 2023)
	Nicola Hurley (appointed 1 February 2023)
	Sophie Wesson (appointed 1 February 2023)

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 22 November 2004 and most recently amended 30 November 2020. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

Trustee roles were advertised on our website, social media and trustee recruitment websites. Interested applicants were initially sent a trustee recruitment pack including a role description and personal specification. If the applicant wished to continue with the application, they were asked to provide a CV and cover letter for assessment. Applications were assessed by the existing board of trustees with the assistance of the CEO. Shortlisted applicants were invited for interview and background checks were carried out. Those successful were asked to attend the AGM to be officially appointed by being proposed and seconded by existing board members. Full induction and training is provided ensuring all trustees are well equipped to govern the organisation effectively.

The Quetzal Project

Trustees' Report

Objectives and activities

Objects and aims

Quetzal provides free and inclusive counselling and support to women aged 16 and over, living in Leicester, Leicestershire and Rutland that have experienced childhood sexual abuse.

Our Aims
Give women a voice to be heard and enable agency and control;
Work with local communities to challenge the shame and taboo narratives and raise awareness of childhood sexual abuse;
Work in a trauma-informed way that doesn't re-traumatise women, or staff and volunteers;
Keep the voice of those with lived experience central to how we work and shape what we do.

Our Objectives
Provide high quality tailored support to survivors of childhood sexual abuse that meets their individual needs;
Ensure support is accessible and available when needed;
Work in collaboration with other local organisations to ensure the best possible standard of service delivery;
Raise awareness of the effects of childhood sexual abuse and of trauma-informed care.

Objectives, strategies and activities

Long Term Counselling
Following an assessment to ensure clients are suitable for our service, they receive one to one counselling. All of our counsellors are either qualified or undertaking final training and receive additional specialist training and support from our clinical lead. Counselling takes place at the same time weekly with the same counsellor to ensure you have consistency, for up to one year. We are able to offer this service through face-to-face, telephone or on-line methods.

Single Session Therapy (SST)
SST is an approach to therapy that aims to address a client's concerns and achieve meaningful change within a single therapy session. It is designed to be a focused, solution-oriented approach that offers immediate support.
The usefulness of single session therapy lies in several key aspects:
Immediate Support - SST provides clients with an opportunity to receive support and guidance promptly. It can be particularly beneficial for individuals who are in crisis or experiencing urgent issues, as they can quickly access therapeutic assistance without needing to commit to long-term therapy.
Goal-Oriented Approach - SST focuses on setting and achieving specific, realistic goals within the session(s). The therapist collaborates with the client to identify the desired outcomes and works towards concrete solutions or coping strategies. This goal-oriented approach can provide a sense of direction and empowerment to the client.
Enhanced Self-Efficacy - Through the single session, clients may gain a sense of self-efficacy and empowerment as they actively participate in problem-solving and decision-making. This can boost their confidence in their ability to address future challenges independently.

Single session therapy can offer effective and timely support, allowing clients to experience relief, gain insights, and develop strategies for change within a short period of time.

Emotional Support Services
We run a 'Check and Chat' Service and weekly drop in workshops to provide emotional support to clients both on the waiting list and after counselling.

Quetzal also provide training in the area of childhood sexual abuse and the benefits of counselling to both community groups, counsellors and professionals.

The Quetzal Project

Trustees' Report

Public benefit

Quetzal enables service users to improve their mental health and wellbeing, increase their confidence and better manage their lives and relationships. Our services allow women that have experienced childhood sexual abuse to begin to recover from this trauma and improve their personal situation and engage more freely in their community.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements

During the financial year 2022/2023 We delivered the following number of sessions:
Clinical Assessments: 324
Emotional support calls: 537
Face to Face counselling sessions: 786
Telephone Counselling sessions: 1032
Online counselling sessions: 774
Single Session therapy sessions: 159

We also had the following other achievements:
Collaborated with Yoga practitioner Aishwarya Padmanabhan to deliver a Trauma-Informed Yoga session
Delivered 'Crafternoons' for women recovering from trauma and a monthly coffee morning.
Delivered online awareness raising session about the impacts of childhood sexual abuse on adult survivors.
Delivered ''Let's Discuss & Craft'' a workshop and discussion at St Nicholas Church, Leicester. The central question was ''What can we do to better support LGBTQ+ Child Sexual Abuse Survivors.
Quetzal continued its outreach activities in Harborough District, sending targeted mails to GPs, churches, village halls, and local businesses and appearing in publications including the Harborough Mail and Broughton in Touch
Quetzal delivered 'The Queen and I' - with Leicester-based artist Khush Kali to celebrate the Queen's Jubilee, honouring late patron Sue Townsend and celebrating the talents of female survivors.
Quetzal supported the delivery of a charity dinner celebrating the Queen's Jubilee in Leicester Gheeta Bhavan Temple.
Quetzal supported the delivery of the 'Big Green Swap' in St Matthews Community Centre
Quetzal Volunteer Community Connector - Oluchi Anozie - received Volunteer of the Year Award from De Montfort Student Union.
Quetzal participated in the 'Cultural Diverse Festival Mela' held in Cossington Recreation Ground and launched the self-help guide translated into Gujarati.
Quetzal held an online event with Leicester-based author and survivor, Deviki Patel.
Quetzal delivered an awareness and crafts workshop at the Attenborough Arts Centre in collaboration with Root IWC and Leicester-based artist Khush Kali
Quetzal held a stall at Leicester Pride in September 2022
Quetzal Creative Writers Club, a volunteer-led initiative was launched. They hold meeting every week on Zoom, exploring their creative writing skills.

Financial review

Policy on reserves

The trustees have examined the charity's requirements for reserves in light of the main risks to the organisation. The charity is seeking to build general funds to cover six months of annual costs. Quetzal's exit plan is based on the expectation that reserves are available should the organisation ever need to be wound down.

The Quetzal Project

Trustees' Report

Statement of Responsibilities

The trustees (who are also the directors of The Quetzal Project for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 03/08/2023 and signed on its behalf by:

msbisla

.....

Manjora Singh Bisla

Trustee

The Quetzal Project

Independent Examiner's Report to the trustees of The Quetzal Project ('the Company')

Independent examiner's report to the trustees of The Quetzal Project ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

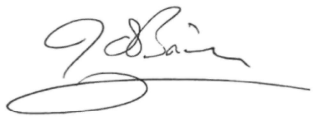
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



.....
John O'Brien MSc, FAIA, FCCA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date:06/09/2023

The Quetzal Project

Statement of Financial Activities for the Year Ended 31 March 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
Income and Endowments from:					
Donations and legacies	2	88,602	-	88,602	106,654
Charitable activities	3	272	133,493	133,765	72,840
Other trading activities	4	83	-	83	47
Investment income	6	514	-	514	4
Total income		89,471	133,493	222,964	179,545
Expenditure on:					
Charitable activities	7	(64,464)	(144,002)	(208,466)	(175,565)
Total expenditure		(64,464)	(144,002)	(208,466)	(175,565)
Net income/(expenditure)		25,007	(10,509)	14,498	3,980
Transfers between funds		(2,631)	2,631	-	-
Net movement in funds		22,376	(7,878)	14,498	3,980
Reconciliation of funds					
Total funds brought forward		107,902	57,338	165,240	161,260
Total funds carried forward	15	130,278	49,460	179,738	165,240

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 15.

The Quetzal Project

Statement of Financial Activities for the Year Ended 31 March 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	2	106,654	-	106,654
Charitable activities	3	5,350	67,490	72,840
Other trading activities	4	47	-	47
Investment income	6	4	-	4
Total income		112,055	67,490	179,545
Expenditure on:				
Charitable activities	7	(95,530)	(80,035)	(175,565)
Total expenditure		(95,530)	(80,035)	(175,565)
Net income/(expenditure)		16,525	(12,545)	3,980
Transfers between funds		3,245	(3,245)	-
Net movement in funds		19,770	(15,790)	3,980
Reconciliation of funds				
Total funds brought forward		88,132	73,128	161,260
Total funds carried forward	15	107,902	57,338	165,240

The Quetzal Project

(Registration number: 05319865)
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	10	667	-
Current assets			
Debtors	11	2,528	21,946
Cash at bank and in hand	12	181,376	144,284
		183,904	166,230
Creditors: Amounts falling due within one year	13	(4,833)	(990)
Net current assets		179,071	165,240
Net assets		179,738	165,240
Funds of the charity:			
Restricted income funds			
Restricted funds	15	49,460	57,338
Unrestricted income funds			
Unrestricted funds		130,278	107,902
Total funds	15	179,738	165,240

For the financial year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 7 to 20 were approved by the trustees, and authorised for issue on 03/08/2023 and signed on their behalf by:

msbisla

.....
Manjora Singh Bisla
Trustee

1 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
The financial statements have been prepared in accordance with 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
The Quetzal Project meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Government grants
Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33.3% straight line

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	-	-	24,947
Donations from individuals	9,943	9,943	7,784
Grants, including capital grants;			
Government grants	49,659	49,659	70,923
Grants from other charities	29,000	29,000	3,000
	88,602	88,602	106,654

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Service delivery	251	-	251	5,350
Grants	-	133,444	133,444	67,490
Sundry income	21	49	70	-
	272	133,493	133,765	72,840

4 Income from other trading activities

	Unrestricted funds General £	Total funds £	Total 2022 £
Local fundraising and street collection income	83	83	47
	83	83	47

5 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Comic Relief	15,000	52,517	67,517
The National Lottery - Awards for All	-	30,030	30,030
Lloyds Bank Foundation	-	27,250	27,250
Office of the Police and Crime Commissioner for Leicestershire	-	13,647	13,647
The Clothworker's Foundation	-	9,000	9,000
Leicester County Council	-	1,000	1,000
Leicester City CCG	40,625	-	40,625
Garfield Weston	10,000	-	10,000
West Leicestershire CCG	3,992	-	3,992
East Leicestershire & Rutland CCG	3,418	-	3,418
Leicestershire Community Foundation	3,000	-	3,000
Charnwood Borough Council	1,624	-	1,624
EMR Community Fund	1,000	-	1,000
Sundry donations	9,943	-	9,943
	88,602	133,444	222,046

6 Investment income

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Interest receivable and similar income;			
Interest receivable on bank deposits	514	514	4

7 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Cleaning & hygiene	1,214	695	1,909	1,635
Office rent	3,920	5,800	9,720	12,000
Repair & maintenance	338	10,830	11,168	4,294
Utilities	2,424	1,859	4,283	4,141
Recruitment & training	721	686	1,407	354
Salaries, NI & pensions	41,565	80,127	121,692	106,726
Staff travel & expenses	277	190	467	179
Accounts & payroll	1,291	-	1,291	1,386
Business support costs	3,143	-	3,143	1,397
IT service support costs	160	3,566	3,726	2,456
Licences & website	1,085	-	1,085	1,388
Office equipment & supplies	971	349	1,320	1,143
Phone Costs	1,552	-	1,552	2,122
Printing & postage	805	-	805	54
Activities - outreach venues	-	125	125	-
Insurances	2,688	-	2,688	851
Projects & events	-	5,086	5,086	1,440
Marketing & awareness	64	255	319	3,285
Paid Counsellors	2	28,298	28,300	24,662
Volunteer expenses & resources	479	759	1,238	382
Volunteer supervision	1,049	300	1,349	650
Volunteer training	375	5,077	5,452	2,455
Depreciation	333	-	333	-
Evaluation costs	-	-	-	2,370
Sundry expenditure	8	-	8	195
	64,464	144,002	208,466	175,565

8 Net incoming/outgoing resources

Net incoming resources for the year include:

	2023 £	2022 £
Depreciation of fixed assets	333	-

9 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	115,462	101,662
Social security costs	3,886	3,684
Pension costs	2,344	1,380
	121,692	106,726

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2023 No	2022 No
Average number of employees	8	7

5 (2022 - 5) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £2,344 (2022 - £1,380).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £37,662 (2022 - £31,568).

10 Tangible fixed assets

	Computer equipment £	Total £
Cost		
At 1 April 2022	21,949	21,949
Additions	1,000	1,000
At 31 March 2023	22,949	22,949
Depreciation		
At 1 April 2022	21,949	21,949
Charge for the year	333	333
At 31 March 2023	22,282	22,282
Net book value		
At 31 March 2023	667	667
At 31 March 2022	-	-

11 Debtors

	2023 £	2022 £
Trade debtors	343	20,399
Prepayments	2,185	1,392
Other debtors	-	155
	2,528	21,946

12 Cash and cash equivalents

	2023 £	2022 £
Cash at bank	181,376	144,284

13 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	3,420	-
Other creditors	1,413	990
	4,833	990

14 Obligations under leases and hire purchase contracts

The total value of future minimum lease payments was as follows:

	2023 £	2022 £
Within one year	9,600	9,600
In two to five years	9,600	19,200
	19,200	28,800

15 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
General					
General fund	77,793	89,471	(64,464)	(2,631)	100,169
Designated					
Reserves	30,109	-	-	-	30,109
Total unrestricted funds	107,902	89,471	(64,464)	(2,631)	130,278
Restricted funds					
Comic Relief	5,425	46	(5,471)	-	-
Lloyds Bank Foundation fund	-	27,250	(16,683)	-	10,567
NW Leicestershire DC fund	6,332	-	(6,332)	-	-
Office of the Police & Crime Commisisoner fund	4,281	-	(4,281)	-	-
NHS Surge	4,722	-	(4,722)	-	-
Renovations	501	9,003	(10,830)	1,326	-
Making Local Life Better	695	-	(695)	-	-
CR Continuation fund	-	52,517	(52,517)	-	-
MH Project	19,756	-	(8,231)	-	11,525
Randal Charitable	8,725	-	(8,725)	-	-
The Shires fund	-	1,000	(1,000)	-	-
The Queen and I	2,631	-	(2,631)	-	-
Carlton Hayes Mental Health Trust	4,270	-	(4,270)	-	-
MOJ	-	7,625	(6,175)	-	1,450
National Lottery	-	30,030	(4,112)	-	25,918
OPCC Commissioners Safety fund	-	-	(1,305)	1,305	-
Peer Support Groups	-	6,022	(6,022)	-	-
Total restricted funds	57,338	133,493	(144,002)	2,631	49,460
Total funds	165,240	222,964	(208,466)	-	179,738

The Quetzal Project

Notes to the Financial Statements for the Year Ended 31 March 2023

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
General					
General fund	88,132	112,055	(95,530)	(26,864)	77,793
Designated					
Reserves	-	-	-	30,109	30,109
Total unrestricted funds	88,132	112,055	(95,530)	3,245	107,902
Restricted					
Comic Relief	22,507	10,068	(27,150)	-	5,425
Lloyds Bank Foundation fund	10,837	-	(10,837)	-	-
NW Leicestershire DC fund	403	5,775	(1,181)	1,335	6,332
Office of the Police & Crime Commisisoner fund	2,016	9,980	(7,715)	-	4,281
UAVA	3,245	-	-	(3,245)	-
NHS Surge	27,955	-	(23,233)	-	4,722
Renovations	4,830	-	(4,329)	-	501
Making Local Life Better	-	2,900	(2,205)	-	695
MH Project	-	19,756	-	-	19,756
Randal Charitable	-	9,180	(455)	-	8,725
The Queen and I	-	2,631	-	-	2,631
Carlton Hayes Mental Health Trust	-	4,700	(430)	-	4,270
Charnwood BC fund	1,335	-	-	(1,335)	-
Shires	-	2,500	(2,500)	-	-
Total restricted funds	73,128	67,490	(80,035)	(3,245)	57,338
Total funds	161,260	179,545	(175,565)	-	165,240

The specific purposes for which the funds are to be applied are as follows:

Charnwood BC fund - supporting our women in Charnwood District and our outreach venue in Loughborough;
Comic Relief - supporting Asian women in inner city Leicester through a community based approach;
Lloyds Bank Foundation fund - core costs support to pay for senior staff;
NW Leicestershire DC fund - to cover the outreach venue in Coalville;
Office of the Police & Crime Commissioner fund - to contribute towards assessment and counselling sessions and limited overhead costs;
NHS Surge - funding enabling us to meet additional demand for our services that arose as a result of the pandemic;
Renovations - for the purpose of improvements and repairs to the Quetzal building;
Making Local Life Better - funding contributing toward the costs of training for two Clinical Supervisors;
CR Continuation fund - Continuation of the 'Breaking the Silence' project;
MH Project - outreach and counselling in the Market Harborough district;
Randal Charitable - funding for Counselling sessions;
Shires - funding for information technology equipment;
The Queen and I - participative art group in celebration of the Queen's jubilee;
Carlton Hayes Mental Health Trust - funding for Counselling sessions;
MOJ - Delivery of Counselling services;
National Lottery - Contributions towards Project Costs;
OPCC Commissioners Safety fund - Delivery of counselling services;
Peer Support Groups - Peer support training project costs.

The transfers from the General fund to the Renovation and OPCC Commissioners Safety fund is to cover the deficits on these activities.

16 Analysis of net assets between funds

	Unrestricted			
	General	Designated	Restricted	2023 Total funds
	£	£	£	£
Tangible fixed assets	667	-	-	667
Current assets	104,335	30,109	49,460	183,904
Current liabilities	(4,833)	-	-	(4,833)
Total net assets	100,169	30,109	49,460	179,738

	Unrestricted			
	General	Designated	Restricted	2022 Total funds
	£	£	£	£
Current assets	78,783	30,109	57,338	166,230
Current liabilities	(990)	-	-	(990)
Total net assets	77,793	30,109	57,338	165,240

17 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2023	2022
	£	£
Independent examination	825	800
Other financial services	168	156
	993	956

18 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

19 Taxation

The charity is a registered charity and is therefore exempt from taxation.

20 Trustees remuneration and expenses

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

21 Related party transactions

There were no related party transactions in the year.

QUETZAL

England & Wales - Charity number 1141890

Accounts

Company registration number: 05319865

Charity registration number: 1141890

The Quetzal Project

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2022

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

The Quetzal Project

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 6
Independent Examiner's Report	7
Statement of Financial Activities	8 to 9
Balance Sheet	10
Notes to the Financial Statements	11 to 19

The Quetzal Project

Reference and Administrative Details

Trustees	Shirley Munden Fazeela Patel Richard John Fresia-Farrelly Elizabeth Sarah Ryley Jan Sibley Manjora Singh Bisla Meena Kumari
Senior Management Team	Deborah Knight, Chief Executive Officer
Charity Registration Number	1141890
Company Registration Number	05319865
Registered Office	14-16 Talbot Lane Leicester LE1 4LR
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

The Quetzal Project

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2022.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Shirley Munden
	Fazeela Patel
	Richard John Fresia-Farrelly
	Elizabeth Sarah Ryley
	Jan Sibley
	Manjora Singh Bisla
	Meena Kumari
	Fern Kenney (until 01/11/2021)

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 22 November 2004 and most recently amended 30 November 2020. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

New trustees were appointed with the assistance of Reach Volunteering. A trustee recruitment pack was developed including a role description and personal specification. The role was advertised and applicants were asked to provide a CV and cover letter for assessment. Applications were assessed by the existing board of trustees with the assistance of the CEO. Shortlisted applicants were invited for interview and background checks were carried out. Those successful were asked to attend the AGM to be officially appointed by being proposed and seconded by existing board members. Full induction and training is provided ensuring all trustees are well equipped to govern the organisation effectively.

The Quetzal Project

Trustees' Report

Objectives and activities

Objects and aims

Quetzal provides free and inclusive counselling and support to women aged 16 and over, living in Leicester, Leicestershire and Rutland that have experienced childhood sexual abuse.

Our Aims
Give women a voice to be heard and enable agency and control;
Work with local communities to challenge the shame and taboo narratives and raise awareness of childhood sexual abuse;
Work in a trauma-informed way that doesn't re-traumatise women, or staff and volunteers;
Keep the voice of those with lived experience central to how we work and shape what we do.

Our Objectives
Provide high quality tailored support to survivors of childhood sexual abuse that meets their individual needs;
Ensure support is accessible and available when needed;
Work in collaboration with other local organisations to ensure the best possible standard of service delivery;
Raise awareness of the effects of childhood sexual abuse and of trauma-informed care.

Objectives, strategies and activities

Long Term Counselling
This consists of time limited (of up to one year) free counselling following an assessment to ensure clients are suitable for our service, and that we are able to meet their needs. All of our counsellors are either qualified or undertaking training and receive specialist training and support from our clinical lead. Counselling takes place at the same time weekly with the same counsellor to ensure you have consistency, for up to one year. We are able to offer this service through face-to-face, telephone or on-line methods.

Crisis Counselling
This consists of short term (up to 6 sessions) free counselling following an assessment. Crisis counselling is offered to clients we assess as being in crisis and who will benefit from counselling sessions whilst waiting for long term counselling to become available. All of our counsellors are either qualified or undertaking training and receive specialist training and support from our clinical lead. We are able to offer this service through face-to-face, telephone or on-line methods.

Single Session Therapy
This consists of a focused approach through a one-off 90-minute session with our specialist, trained counsellors.

Emotional Support Services
We run a 'Check and Chat' Service and weekly drop in workshops to provide emotional support to clients both on the waiting list and after counselling.

Quetzal also provide training in the area of childhood sexual abuse and the benefits of counselling to both community groups, counsellors and professionals.

Quetzal continue to be funded to deliver the "Breaking the Silence initiative" which supports women from South Asian communities within their community and through face-to face counselling sessions and with the support of our team of community connector volunteers raises awareness of the trauma of childhood sexual abuse.

The Quetzal Project

Trustees' Report

Public benefit

Quetzal enables service users to improve their mental health and wellbeing, increase their confidence and better manage their lives and relationships. Our services allow women that have experienced childhood sexual abuse to begin to recover from this trauma and improve their personal situation and engage more freely in their community.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements

Q1
In Quarter 1, Quetzal delivered 5 online community awareness session to raise awareness about the impacts of childhood sexual abuse on adult survivors. One of the session was conducted with South Asian Health Action where they discussed ways to raise awareness in South Asian Communities. Quetzal also collaborated with Lightseekers, a community art organisation for the delivery of a 9-session online programme called "Ways to Wellbeing". The programme aimed to support communities in Leicester with the tools and knowledge to better manage their mental health. The whole programme welcomed 160 people.
As part of the Breaking the Silence Initiative Quetzal filmed and animated some of our survivors' 'stories of change' which have been added to our website and social media.
Quetzal officially resumed face-to-face counselling on the 1st of September 2021.

Q2
In Quarter 2, Quetzal delivered two community discussion to find out what communities would do differently to increase awareness in Black, Asian and minority ethnic communities about the trauma of childhood sexual abuse. Quetzal collaborated with various organisations and individuals to fundraise and increase awareness including:
Leicester Business Education College and their NCS (Nation Citizen Service) programme to deliver two separate fundraising campaigns including NCS Crush the Hush with a Brush and a Sponsored walk
Trade Sexual Health to deliver Bhensexplaining Kitty Party to increase awareness about sexual health and the needs of South Asian females
The Conversation Volunteers with the support of Quetzal community connectors delivered an online session about how to start a community garden
Ideas to Impacts consultancy, to organise interviews and workshops with Quetzal Staff and Volunteers to assess the impacts of the Breaking the Silence Initiative on the overall performance of Quetzal and their level of support to female survivors of childhood sexual abuse
Quetzal worked towards the organisation of the Stories of Change exhibition where it collaborated with female survivors and painters - Em Penney, Kaajel Patel and Elizabeth Shane, the University of Leicester Let's Talk about Sexual Violence, Lightseekers, Leicester Business Education College, HOPE Training & Consultancy and Trade Sexual Health
Quetzal collaborated with Mendhi artist, Tayyibah Lockhat and graphic designer Poonam at Thanki Scribbles to develop new poster and leaflets for Quetzal
Quetzal appeared on the radio including Leicester Community Radio to promote their involvement in the London Landmarks Marathon, BBC Leicester Radio to promote their Pick It Up Litter Picking Campaign
6 members of the public and three staff members and volunteers participated in the London Landmarks Marathon fundraising more than £3000

The Quetzal Project

Trustees' Report

Q3
In Quarter 3, Quetzal collaborated with various organisations and individuals to fundraise and increase awareness including:
• A Volunteer Community Connector, Oluchi Anozie, delivered a litter picking event called Pick It Up in Leicester Westcotes ward and appeared along with Deborah Knight, CEO at Quetzal on BBC Radio Leicester in October
• Quetzal delivered in November with the support of Trade Sexual Health a Kitty Party to their beneficiaries, volunteers and staff
• Quetzal joined Coalville C.A.N. for a Mega Walk in November raising awareness about Quetzal in North West Leicestershire
• Quetzal delivered Self-Defence Class
• Quetzal appeared on Leicester Stories Episode 3 Leicester Builds Back Better Podcast and BBC Radio Leicester
• Quetzal delivered their AGM on the International Day for the Elimination of Violence Against Women and Girls - 25th November 2021 - the video of the AGM can be found here
Quetzal launched several outreach programme including:
• North West Leicestershire Outreach
• Charnwood Outreach
• Melton Outreach
With the main aim to raise awareness about the trauma of childhood sexual abuse and the value of counselling in those regions.

Q4
In 2021-2022, Quetzal received in total 426 referrals, a 63% increase in the number of referrals compared to 2020-2021 (261).
In Quarter 4, Quetzal delivered events and workshops further involving female survivors and communities with their cause:
• Quetzal delivered in January a volunteer induction weekend
• Quetzal delivered in February Quetzal Stories of Change Exhibition. The exhibition lasted a month and involved 4 female artists and survivors, and organisations such as the University of Leicester, Lightseekers and Trade Sexual Health
• Quetzal delivered a Meet the Author event with survivor and author, Elizabeth Shane
• Quetzal participated in two volunteer and placement fairs at De Montfort University and Sherwood Training Institute
• Quetzal continued its North West Leicestershire Outreach in Coalville by participating to Coalville C.A.N. Mega Walks, a volunteering fun fair at Coalville library, as well as organising the Alive & Kicking Females in Coalville 5-day celebration event for International women's day in March
• Quetzal started delivering weekly workshops where female survivors can learn practical techniques and coping strategies to deal with their trauma, build resilience and connect with others
• Quetzal produced 3 videos and 8 social media clips informing female survivors of the process to engage with therapies
• Quetzal recruited two fundraisers to run the London Landmarks Half-Marathon
• Quetzal also had a stall for International Women's Day event organised by Jasmine House
Quetzal launched three further outreach programmes including:
• Crush the Hush Programme for 16-24 Years old
• Harborough Outreach
• "We Will Not Be Silent" to enhance our support to Black, African and Caribbean Survivors

We would like to thank all our volunteers, funders and supporters for their continued hard work and support which enables Quetzal to deliver our services to women in Leicester, Leicestershire and Rutland.

The Quetzal Project

Trustees' Report

Financial review

Policy on reserves

The trustees have examined the charity's requirements for reserves in light of the main risks to the organisation. The charity is seeking to build general funds to cover six months of annual costs. Quetzal's exit plan is based on the expectation that reserves are available should the organisation ever need to be wound down.

Statement of Trustees' Responsibilities

The trustees (who are also the directors of The Quetzal Project for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations. The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The annual report was approved by the trustees of the charity on 01/12/2022 and signed on its behalf by:

.....

Manjora Singh Bisla
Trustee

The Quetzal Project

Independent Examiner's Report to the trustees of The Quetzal Project

Independent examiner's report to the trustees of The Quetzal Project ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2022.

Responsibilities and basis of report
As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

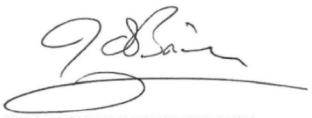
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



.....
John O'Brien MSc, FCCA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date: 09/12/2022

The Quetzal Project

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2022 £	Total 2021 £
Income and Endowments from:					
Donations and legacies	2	106,654	-	106,654	160,826
Charitable activities	3	5,350	67,490	72,840	75,753
Other trading activities	4	47	-	47	-
Investment income	6	4	-	4	14
Total income		112,055	67,490	179,545	236,593
Expenditure on:					
Charitable activities	7	(95,530)	(80,035)	(175,565)	(158,251)
Total expenditure		(95,530)	(80,035)	(175,565)	(158,251)
Net income/(expenditure)		16,525	(12,545)	3,980	78,342
Transfers between funds		3,245	(3,245)	-	-
Net movement in funds		19,770	(15,790)	3,980	78,342
Reconciliation of funds					
Total funds brought forward		88,132	73,128	161,260	82,918
Total funds carried forward	14	107,902	57,338	165,240	161,260

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 14.

The Quetzal Project

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £
Income and Endowments from:				
Donations and legacies	2	160,826	-	160,826
Charitable activities	3	7,338	68,415	75,753
Investment income	6	14	-	14
Total income		168,178	68,415	236,593
Expenditure on:				
Charitable activities	7	(110,386)	(47,865)	(158,251)
Total expenditure		(110,386)	(47,865)	(158,251)
Net income		57,792	20,550	78,342
Net movement in funds		57,792	20,550	78,342
Reconciliation of funds				
Total funds brought forward		30,340	52,578	82,918
Total funds carried forward	14	88,132	73,128	161,260

The Quetzal Project

(Registration number: 05319865)
Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
Current assets			
Debtors	10	21,946	3,007
Cash at bank and in hand	11	144,284	159,213
		166,230	162,220
Creditors: Amounts falling due within one year	12	(990)	(960)
Net assets		165,240	161,260
Funds of the charity:			
Restricted income funds			
Restricted funds	14	57,338	73,128
Unrestricted income funds			
Unrestricted funds		107,902	88,132
Total funds	14	165,240	161,260

For the financial year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 8 to 19 were approved by the trustees, and authorised for issue on 01/12/2022 and signed on their behalf by:

M Singh Bisla

.....

Manjora Singh Bisla
Trustee

The Quetzal Project

Notes to the Financial Statements for the Year Ended 31 March 2022

1 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
The financial statements have been prepared in accordance with 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
The Quetzal Project meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Exemption from preparing a cash flow statement
The charity opted to adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Government grants
Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33.3% straight line

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2022 £	Total 2021 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	24,947	24,947	5,000
Donations from individuals	7,784	7,784	11,641
Grants, including capital grants;			
Government grants	70,923	70,923	84,314
Grants from other charities	3,000	3,000	59,871
	106,654	106,654	160,826

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Client contribution	-	-	-	240
Service delivery	5,350	-	5,350	36,765
Other unrestricted income	-	-	-	2,313
Grants	-	67,490	67,490	36,435
	5,350	67,490	72,840	75,753

4 Income from other trading activities

	Unrestricted funds General £	Total funds £	Total 2021 £
Local fundraising and street collection income	47	47	-
	47	47	-

5 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
East Leicestershire & Rutland CCG	13,043	19,756	32,799
Comic Relief	-	10,068	10,068
Office of the Police and Crime Commissioner for Leicestershire	-	9,980	9,980
The Randal Charitable Foundation	-	9,180	9,180
Assura Foundation	-	4,900	4,900
Carlton Hayes Mental Health Charity	-	4,700	4,700
Leicestershire Community Foundation	-	5,531	5,531
Leicester County Council	-	2,500	2,500
Charnwood Borough Council	875	875	1,750
Suicide Prevention Fund	20,287	-	20,287
Ministry of Justice	22,919	-	22,919
Leicester City CCG	18,849	-	18,849
West Leicestershire CCG	15,237	-	15,237
Voluntary Action Leicester	4,660	-	4,660
The Schroder Charity	3,000	-	3,000
Sundry donations	7,784	-	7,784
	106,654	67,490	174,144

6 Investment income

	Unrestricted funds General £	Total 2022 £	Total 2021 £
Interest receivable and similar income;			
Interest receivable on bank deposits	4	4	14

7 Expenditure on charitable activities

	Unrestricted General funds £	Restricted funds £	Total 2022 £	Total 2021 £
Cleaning & hygiene	1,635	-	1,635	1,249
Office rent	7,225	4,775	12,000	9,600
Repairs & maintenance	-	4,294	4,294	8,286
Utilities	3,141	1,000	4,141	2,655
Recruitment & training	104	250	354	405
Salaries, NI & pensions	71,889	34,837	106,726	99,390
Staff travel & expenses	179	-	179	298
Accounts & payroll	1,386	-	1,386	1,726
Business support costs	-	1,397	1,397	-
IT service support costs	1,351	1,105	2,456	1,806
Licences & website	1,136	252	1,388	2,465
Office equipment & supplies	1,108	35	1,143	1,193
Phone costs	1,361	761	2,122	2,534
Printing & postage	54	-	54	152
Projects & events	1,141	299	1,440	-
Insurances	851	-	851	602
Other service costs	-	-	-	103
Sundry expenses	195	-	195	410
Paid counsellors	2,526	22,136	24,662	16,355
Evaluation	-	2,370	2,370	-
Volunteer expenses & resources	201	181	382	240
Volunteer supervision	-	650	650	3,054
Volunteer training	-	2,455	2,455	1,766
Depreciation	-	-	-	1,750
Marketing & awareness	47	3,238	3,285	2,212
	95,530	80,035	175,565	158,251

8 Net incoming/outgoing resources

Net incoming resources for the year include:

	2022 £	2021 £
Depreciation of fixed assets	-	1,750

9 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
Staff costs during the year were:		
Wages and salaries	101,662	96,239
Social security costs	3,684	2,215
Pension costs	1,380	936
	106,726	99,390

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2022 No	2021 No
Average number of employees	7	7

5 (2021 - 2) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £1,380 (2021 - £936).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £31,568 (2021 - £20,422).

10 Debtors

	2022 £	2021 £
Trade debtors	20,399	425
Prepayments	1,392	2,400
Other debtors	155	182
	21,946	3,007

11 Cash and cash equivalents

	2022 £	2021 £
Cash at bank	144,284	159,213

12 Creditors: amounts falling due within one year

	2022 £	2021 £
Other creditors	990	960

13 Obligations under leases and hire purchase contracts

The total value of future minimum lease payments was as follows:

	2022 £	2021 £
Within one year	9,600	9,600
In two to five years	19,200	28,800
	28,800	38,400

14 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
General					
General fund	88,132	112,055	(95,530)	(26,864)	77,793
Designated					
Reserves	-	-	-	30,109	30,109
Total unrestricted funds	88,132	112,055	(95,530)	3,245	107,902
Restricted funds					
Charnwood BC fund	1,335	-	-	(1,335)	-
Comic Relief	22,507	10,068	(27,150)	-	5,425
Lloyds Bank Foundation fund	10,837	-	(10,837)	-	-
NW Leicestershire DC fund	403	5,775	(1,181)	1,335	6,332
Office of the Police & Crime Commisisoner fund	2,016	9,980	(7,715)	-	4,281
UAVA	3,245	-	-	(3,245)	-
NHS Surge	27,955	-	(23,233)	-	4,722
Renovations	4,830	-	(4,329)	-	501
Making Local Life Better	-	2,900	(2,205)	-	695
MH Project	-	19,756	-	-	19,756
Randal Charitable	-	9,180	(455)	-	8,725
Shires	-	2,500	(2,500)	-	-
The Queen and I	-	2,631	-	-	2,631
Carlton Hayes Mental Health Trust	-	4,700	(430)	-	4,270
Total restricted funds	73,128	67,490	(80,035)	(3,245)	57,338
Total funds	161,260	179,545	(175,565)	-	165,240

Notes to the Financial Statements for the Year Ended 31 March 2022

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
Unrestricted funds				
General				
General fund	30,340	168,178	(110,386)	88,132
Restricted				
Charnwood BC fund	1,335	-	-	1,335
Comic Relief	16,663	24,220	(18,376)	22,507
Lloyds Bank Foundation fund	23,367	-	(12,530)	10,837
NW Leicestershire DC fund	403	-	-	403
Office of the Police & Crime Commisisoner fund	9,980	-	(7,964)	2,016
UAVA	830	4,025	(1,610)	3,245
NHS Surge	-	27,955	-	27,955
Renovations	-	4,830	-	4,830
Covid19 Response	-	7,385	(7,385)	-
Total restricted funds	52,578	68,415	(47,865)	73,128
Total funds	82,918	236,593	(158,251)	161,260

The specific purposes for which the funds are to be applied are as follows:

Charnwood BC fund - supporting our women in Charnwood District and our outreach venue in Loughborough;
Comic Relief - supporting Asian women in inner city Leicester through a community based approach;
Lloyds Bank Foundation fund - core costs support to pay for senior staff;
NW Leicestershire DC fund - to cover the outreach venue in Coalville;
Office of the Police & Crime Commissioner fund - to contribute towards assessment and counselling sessions and limited overhead costs;
NHS Surge - funding enabling us to meet additional demand for our services that arose as a result of the pandemic;
Renovations - for the purpose of improvements and repairs to the Quetzal building;
Making Local Life Better - funding contributing toward the costs of training for two Clinical Supervisors;
MH Project - outreach and counselling in the Market Harborough district;
Randal Charitable - funding for Counselling sessions;
Shires - funding for information technology equipment;
The Queen and I - participative art group in celebration of the Queen's jubilee;
Carlton Hayes Mental Health Trust - funding for Counselling sessions.

The transfer from the General fund to the Reserves fund represents a formal designation of the organisations reserves.
The transfer from the UAVA fund to the General fund reflects the absence of any restrictions on the use of these funds.
The transfer from the Charnwood BC fund to the NW Leicestershire DC fund reflects the combining of funds where the restriction on how these funds can be spent is the same.

15 Analysis of net assets between funds

	Unrestricted			
	General	Designated	Restricted	2022 Total funds
	£	£	£	£
Current assets	78,783	30,109	57,338	166,230
Current liabilities	(990)	-	-	(990)
Total net assets	77,793	30,109	57,338	165,240

	Unrestricted		
	General	Restricted	2021 Total funds
	£	£	£
Current assets	89,092	73,128	162,220
Current liabilities	(960)	-	(960)
Total net assets	88,132	73,128	161,260

16 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2022	2021
	£	£
Independent examination	800	800
Other financial services	156	396
	956	1,196

17 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

18 Taxation

The charity is a registered charity and is therefore exempt from taxation.

19 Trustees remuneration and expenses

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

20 Related party transactions

There were no related party transactions in the year.

QUETZAL

England & Wales - Charity number 1141890

Accounts

Company registration number: 05319865
Charity registration number: 1141890

The Quetzal Project

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2021

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

The Quetzal Project

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 7
Independent Examiner's Report	8
Statement of Financial Activities	9 to 10
Balance Sheet	11
Notes to the Financial Statements	12 to 22

The Quetzal Project

Reference and Administrative Details

Trustees	Shirley Munden Fazeela Patel Fern Kenny Richard John Fresia-Farrelly Elizabeth Sarah Ryley Jan Sibley Manjora Singh Bisla Meena Kumari
Senior Management Team	Hollie Venn, Service Manager
Principal Office	14-16 Talbot Lane Leicester LE1 4LR
Company Registration Number	05319865
Charity Registration Number	1141890
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

The Quetzal Project

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2021.

Trustees

Shirley Munden

Fazeela Patel

Fern Kenny

Richard John Fresia-Farrelly (appointed 12 November 2020)

Elizabeth Sarah Ryley (appointed 12 November 2020)

Jan Sibley (appointed 12 November 2020)

Manjora Singh Bisla (appointed 12 November 2020)

Meena Kumari (appointed 12 November 2020)

Sharon Kerry (resigned 12 November 2020)

Sue Dixon (resigned 12 November 2020)

Kerry Corbett (resigned 12 November 2020)

Structure, governance and management

Nature of governing document

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 22 November 2004 and most recently amended 30 November 2020. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Recruitment and appointment of trustees

New trustees were appointed with the assistance of Reach Volunteering. A trustee recruitment pack was developed including a role description and personal specification. The role was advertised and applicants were asked to provide a CV and cover letter for assessment. Applications were assessed by the existing board of trustees with the assistance of the CEO. Shortlisted applicants were invited for interview and background checks were carried out. Those successful were asked to attend the AGM to be officially appointed by being proposed and seconded by existing board members. Full induction and training is provided ensuring all trustees are well equipped to govern the organisation effectively.

The Quetzal Project

Trustees' Report

Objectives and activities

Objects and aims

Quetzal provides free and inclusive counselling and support to women aged 16 and over, living in Leicester, Leicestershire and Rutland that have experienced childhood sexual abuse.

Our Aims
Give women a voice to be heard and enable agency and control.
Work with local communities to challenge the shame and taboo narratives and raise awareness of childhood sexual abuse.
Work in a trauma-informed way that doesn't re-traumatise women, or staff and volunteers.
Keep the voice of those with lived experience central to how we work and shape what we do.

Our Objectives
Provide high quality tailored support to survivors of childhood sexual abuse that meets their individual needs.
Ensure support is accessible and available when needed.
Work in collaboration with other local organisations to ensure the best possible standard of service delivery.
Raise awareness of the effects of childhood sexual abuse and of trauma-informed care.

Objectives, strategies and activities

Long Term Counselling
This consists of time limited (of up to one year) free counselling following an assessment to ensure clients are suitable for our service, and that we are able to meet their needs. All of our counsellors are either qualified or undertaking training and receive specialist training and support from our clinical lead. Counselling takes place at the same time weekly with the same counsellor to ensure you have consistency, for up to one year. We are able to offer this service through face-to-face, telephone or on-line methods.

Crisis Counselling
This consists of short term (up to 6 sessions) free counselling following an assessment. Crisis counselling is offered to clients we assess as being in crisis and who will benefit from counselling sessions whilst waiting for long term counselling to become available. All of our counsellors are either qualified or undertaking training and receive specialist training and support from our clinical lead. We are able to offer this service through face-to-face, telephone or on-line methods.

Group Support
This consists of a group of up to 8 clients over a period of 12 weeks. The groups are facilitated by 2 counsellors who will have a structured timetable of what each session covers weekly and provide the opportunity for feedback on the sessions each week.

Single Session Therapy
This consists of a focused approach through a one-off 90-minute session with our specialist, trained counsellors.

In addition to the counselling services we provide described above, Quetzal also provide training in the area of childhood sexual abuse and the benefits of counselling to both community groups, counsellors and professionals.
Quetzal are also funded to deliver the "breaking the silence initiative" which supports women from South Asian communities within their community and through face-to face counselling sessions and with the support of our team of community connector volunteers raises awareness of the trauma of childhood sexual abuse.

The Quetzal Project

Trustees' Report

Public benefit

Quetzal enables service users to improve their mental health and wellbeing, increase their confidence and better manage their lives and relationships. Our services allow women that have experienced childhood sexual abuse to begin to recover from this trauma and improve their personal situation and engage more freely in their community.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements

No on-site services took place during the first part of the year to reduce the risk of COVID infections; however, counselling sessions were delivered through online platforms, with less than 5% of women not accepting this offer of counselling and returning to the waiting list for face-to-face sessions.

Quetzal also continued to provide contact and emotional support to women on the waiting lists through the 'Check and Chat' facility with 113 women supported. We also delivered 2 sets of 12-week Groupwork sessions. We have continued our existing work in the community, particularly our Breaking the Silence Initiative aimed at South Asian women, and have been involved in local campaigns around sexual and domestic abuse, fed into regional CPS consultations on new legislation proposals/prosecuting guidance.

This year Quetzal initially saw a drop in the number of referrals we received compared to the previous year. It was due to the belief amongst clients and referring agencies that the COVID-19 restrictions forced a closure of the service. Quetzal responded with targeted communication with partners and via social media to highlight that we were still supporting women.

A surge in referrals during Q4 meant Quetzal achieved the same total number of referral as of 2019-2020 despite lockdown restrictions. With the new website, the increase acceptance of having counselling online and successful communication campaigns, Quetzal was able to achieve continuity of service and improve and develop our organisation even during the pandemic.

Quetzal was also able to reduce our waiting list by 80%. This means our waiting time reduced from 6-8 months to 2-3 months. Quetzal achieved this by introducing new therapeutic service provision (including group session therapy, single session therapy and 16-week counselling sessions), recruiting new volunteers and increasing the caseload of counsellors who were willing to take on more clients whilst working from home.

Quetzal also launched a new website and delivered successful campaigns to increase awareness about our services, including the Crush the Hush campaign in collaboration with Leicester education Business College, Let's Talk about Sexual Violence with the University of Leicester and finally delivered online awareness raising sessions in collaboration with Women of the World Leicester during White Ribbon Week. The Crush the Hush Campaign received national recognition by NCS as one of the best campaigns delivered in the period with a featured article. Quetzal also featured on Leicester Community Radio, Eava.fm and Sabras Radio to further increase awareness about our services.

The Quetzal Project

Trustees' Report

We would like to thank all our volunteers, funders and supporters for their contiued hard work and support which enables Quetzal to deliver our services to women in Leicester, Leicestershire and Rutland.

The Board of Trustees would also like to thank the Lloyd's Foundation Business programme for the provision of a business support mentor to help establish the newly recruited Board of Trustees into their roles.

After a comprehensive in house induction delivered by the CEO and the staff team, Business Mentor Wynne Garnett, who had worked with Quetzal previously supporting our business development, facilitated a bespoke programme of support.

Consisting of strategic planning activities with all Board members to identify governance responsibilites, our revised organisational vision, mission and values, our aspirations and long term plans, the development and business and financial planning strategy and the roles and responsibilities of the Board members and the skills and expertise they bring to Quetzal.
This has ensured a clear strategy for the operation work of the newly recruited Board of Trustees.

Financial review

Policy on reserves

The trustees have examined the charity's requirements for reserves in light of the main risks to the organisation. The charity is seeking to build general funds to cover six months of annual costs. Quetzal's exit plan is based on the expectation that reserves are available should the organisation ever need to be wound down.

The Quetzal Project

Trustees' Report

Statement of Trustees' Responsibilities

The trustees (who are also the directors of The Quetzal Project for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Quetzal Project

Trustees' Report

The annual report was approved by the trustees of the charity on 25/11/21 and signed on its behalf by:

M Bisla

.....

Manjora Singh Bisla
Trustee

The Quetzal Project

Independent Examiner's Report to the trustees of The Quetzal Project

Independent examiner's report to the trustees of The Quetzal Project ('the Company')
I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2021.

Responsibilities and basis of report
As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



.....
John O'Brien MSc, FCCA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date: 14/12/2021

The Quetzal Project

Statement of Financial Activities for the Year Ended 31 March 2021 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Income and Endowments from:					
Donations and legacies	2	160,826	-	160,826	52,921
Charitable activities	3	7,338	68,415	75,753	68,254
Investment income	5	14	-	14	62
Total income		168,178	68,415	236,593	121,237
Expenditure on:					
Charitable activities	6	(110,386)	(47,865)	(158,251)	(145,516)
Total expenditure		(110,386)	(47,865)	(158,251)	(145,516)
Net income/(expenditure)		57,792	20,550	78,342	(24,279)
Net movement in funds		57,792	20,550	78,342	(24,279)
Reconciliation of funds					
Total funds brought forward		30,340	52,578	82,918	107,197
Total funds carried forward	18	88,132	73,128	161,260	82,918

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 18.

The Quetzal Project

Statement of Financial Activities for the Year Ended 31 March 2021 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2020 £
Income and Endowments from:				
Donations and legacies	2	52,921	-	52,921
Charitable activities	3	8,646	59,608	68,254
Investment income	5	62	-	62
Total income		61,629	59,608	121,237
Expenditure on:				
Charitable activities	6	(97,721)	(47,795)	(145,516)
Total expenditure		(97,721)	(47,795)	(145,516)
Net (expenditure)/income		(36,092)	11,813	(24,279)
Net movement in funds		(36,092)	11,813	(24,279)
Reconciliation of funds				
Total funds brought forward		66,432	40,765	107,197
Total funds carried forward	18	30,340	52,578	82,918

The Quetzal Project

(Registration number: 05319865)
Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	12	-	1,750
Current assets			
Debtors	13	3,007	12,377
Cash at bank and in hand	14	159,213	70,135
		162,220	82,512
Creditors: Amounts falling due within one year	15	(960)	(1,344)
Net current assets		161,260	81,168
Net assets		161,260	82,918
Funds of the charity:			
Restricted income funds			
Restricted funds	18	73,128	52,578
Unrestricted income funds			
Unrestricted funds		88,132	30,340
Total funds	18	161,260	82,918

For the financial year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- 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.

The financial statements on pages 9 to 22 were approved by the trustees, and authorised for issue on 25/11/21 and signed on their behalf by:



Manjora Singh Bisla
Trustee

1 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
The financial statements have been prepared in accordance with 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) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation
The Quetzal Project meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Exemption from preparing a cash flow statement
The charity opted to adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Government grants
Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	33.3% straight line

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Pension costs charges in the Statement of Financial Activities represent the contributions payable by the charity during the year.

2 Income from donations and legacies

	Unrestricted funds		
	General £	Total 2021 £	Total 2020 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	5,000	5,000	-
Donations from individuals	11,641	11,641	4,508
Grants, including capital grants;			
Government grants	84,314	84,314	46,913
Grants from other charities	59,871	59,871	1,500
	160,826	160,826	52,921

3 Income from charitable activities

	Unrestricted funds			
	General £	Restricted funds £	Total 2021 £	Total 2020 £
Client contributions	240	-	240	3,746
Service delivery	4,785	31,980	36,765	7,375
Other unrestricted income	2,313	-	2,313	-
Grants	-	36,435	36,435	57,133
	7,338	68,415	75,753	68,254

4 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
Comic Relief	8,875	24,220	33,095
The National Lottery Community Fund	-	7,385	7,385
Screwfix	-	3,830	3,830
Groundwork	-	1,000	1,000
Office of the Police & Crime Commissioner Leicestershire	25,280	-	25,280
NHS Leicester City CCG	18,762	-	18,762
Lloyds Bank Foundation	17,416	-	17,416
Leicestershire Community Foundation	16,400	-	16,400
NHS West Leicestershire CCG	15,166	-	15,166
NHS East Leicestershire & Rutland CCG	12,983	-	12,983
Leicestershire County Council - Communities Fund	10,025	-	10,025
Charities Aid Foundation	5,300	-	5,300
Charles Haywood Foundation	5,000	-	5,000
Severn Trent	5,000	-	5,000
Carlton Hayes Mental Health Charity	4,880	-	4,880
Leicester County Council	2,098	-	2,098
Haberdashers Charitable Fund	2,000	-	2,000
Sundry donations	11,641	-	11,641
	160,826	36,435	197,261

5 Investment income

	Unrestricted funds		
	General £	Total 2021 £	Total 2020 £
Interest receivable and similar income;			
Interest receivable on bank deposits	14	14	62

6 Expenditure on charitable activities

	Unrestricted General funds £	Restricted funds £	Total 2021 £	Total 2020 £
Cleaning & hygiene	1,249	-	1,249	1,846
Office rent	2,825	6,775	9,600	10,129
Repairs & maintenance	8,286	-	8,286	4,158
Utilities	560	2,095	2,655	6,538
Recruitment & training	405	-	405	1,846
Salaries, NI & pensions	77,451	21,939	99,390	82,945
Staff travel & expenses	298	-	298	425
Accounts & payroll	1,726	-	1,726	1,730
Computer equipment	-	-	-	95
IT service support costs	330	1,476	1,806	1,368
Licences & website	1,590	875	2,465	2,604
Office equipment & supplies	-	1,193	1,193	3,648
Phone costs	2,456	78	2,534	4,253
Printing & postage	152	-	152	9
Activities - outreach venues	-	-	-	330
Client travel fund	-	-	-	232
Consultancy costs	-	-	-	7,956
Insurances	602	-	602	1,004
Other service costs	103	-	103	406
Sundry expenses	410	-	410	766
Paid counsellors	6,050	10,305	16,355	2,870
Evaluation	-	-	-	1,163
Volunteer expenses & resources	240	-	240	240
Volunteer supervision	2,108	946	3,054	1,805
Volunteer training	425	1,341	1,766	3,974
Depreciation	1,750	-	1,750	3,176
Marketing & awareness	1,370	842	2,212	-
	110,386	47,865	158,251	145,516

7 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2021	2020
	£	£
Depreciation of fixed assets	1,750	3,176

8 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Kerry Corbett
Kerry Corbett received remuneration of £Nil (2020: £1,050) during the year.

for counselling services

Sue Dixon
Sue Dixon received remuneration of £1,765 (2020: £1,040) during the year.

for counselling services

Fazeela Patel
Fazeela Patel received remuneration of £690 (2020: £Nil) during the year.

for counselling services

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

9 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2021	2020
	£	£
Independent examination	800	1,120
Other financial services	396	552
	1,196	1,672

10 Staff costs

The aggregate payroll costs were as follows:

	2021 £	2020 £
Staff costs during the year were:		
Wages and salaries	96,239	80,478
Social security costs	2,215	2,317
Pension costs	936	150
	99,390	82,945

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2021 No	2020 No
Average number of employees	7	8

2 (2020 - 2) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £936 (2020 - £150).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £20,422 (2020 - £10,584).

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Computer equipment £	Total £
Cost		
At 1 April 2020	21,949	21,949
At 31 March 2021	21,949	21,949
Depreciation		
At 1 April 2020	20,199	20,199
Charge for the year	1,750	1,750
At 31 March 2021	21,949	21,949
Net book value		
At 31 March 2021	-	-
At 31 March 2020	1,750	1,750

13 Debtors

	2021 £	2020 £
Trade debtors	425	8,752
Prepayments	2,400	2,400
Other debtors	182	1,225
	3,007	12,377

14 Cash and cash equivalents

	2021 £	2020 £
Cash on hand	-	324
Cash at bank	159,213	69,811
	159,213	70,135

15 Creditors: amounts falling due within one year

	2021 £	2020 £
Other creditors	960	1,344

16 Obligations under leases and hire purchase contracts

The total value of future minimum lease payments was as follows:

	2021 £	2020 £
Within one year	9,600	9,600
In two to five years	28,800	38,400
	38,400	48,000

17 Charity status

The charity is a company limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

18 Funds

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
Unrestricted funds				
General				
General fund	30,340	168,178	(110,386)	88,132
Restricted funds				
Charnwood BC fund	1,335	-	-	1,335
Comic Relief	16,663	24,220	(18,376)	22,507
Lloyds Bank Foundation fund	23,367	-	(12,530)	10,837
NW Leicestershire DC fund	403	-	-	403
Office of the Police & Crime Commisisoner fund	9,980	-	(7,964)	2,016
UAVA	830	4,025	(1,610)	3,245
NHS Surge	-	27,955	-	27,955
Renovations	-	4,830	-	4,830
Covid19 Response	-	7,385	(7,385)	-
Total restricted funds	52,578	68,415	(47,865)	73,128
Total funds	82,918	236,593	(158,251)	161,260

The Quetzal Project

Notes to the Financial Statements for the Year Ended 31 March 2021

	Balance at 1 April 2019 £	Incoming resources £	Resources expended £	Balance at 31 March 2020 £
Unrestricted funds				
General				
General fund	66,432	61,629	(97,721)	30,340
Restricted funds				
Awards for All	8,838	-	(8,838)	-
Charnwood BC fund	1,335	-	-	1,335
Comic Relief	11,590	23,224	(18,151)	16,663
Wesleyan fund	600	-	(600)	-
Lloyds Bank Foundation fund	17,669	23,929	(18,231)	23,367
NW Leicestershire DC fund	733	-	(330)	403
Office of the Police & Crime Commisisoner fund	-	9,980	-	9,980
UAVA	-	2,475	(1,645)	830
Total restricted funds	40,765	59,608	(47,795)	52,578
Total funds	107,197	121,237	(145,516)	82,918

The specific purposes for which the funds are to be applied are as follows:

Charnwood BC fund - supporting our women in Charnwood District and our outreach venue in Loughborough;
Comic Relief - supporting Asian women in inner city Leicester through a community based approach;
Lloyds Bank Foundation fund - core costs support to pay for senior staff;
NW Leicestershire DC fund - to cover the outreach venue in Coalville;
Office of the Police & Crime Commissioner fund - to contribute towards assessment and counselling sessions and limited overhead costs;
UAVA - for undertaking time limited counselling sessions;
NHS Surge - funding enabling us to meet additional demand for our services that arose as a result of the pandemic;
Renovations - for the purpose of improvements and repairs to the Quetzal building;
Covid19 Response - funding enabling us to meet additional demand for our services that arose as a result of the pandemic.

19 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	2021 Total funds £
Current assets	89,092	73,128	162,220
Current liabilities	(960)	-	(960)
Total net assets	88,132	73,128	161,260

	Unrestricted funds General £	Restricted funds £	2020 Total funds £
Tangible fixed assets	1,750	-	1,750
Current assets	29,934	52,578	82,512
Current liabilities	(1,344)	-	(1,344)
Total net assets	30,340	52,578	82,918

20 Related party transactions

There were no related party transactions in the year.